



ECFE, New Hope Learning Center
8301 47th Ave N, Room 15
New Hope, MN 55428

Welcome to ECFE

We are pleased to offer you a variety of FREE baby classes! We invite you to get to know us and learn how ECFE can support you along your parenting journey.

- Babies & Books
- Baby Massage
- Baby Talk and Play
- Grandparents Class
- HUG - home visits
- Making the First Months Matter
- Prenatal-5 month classes

Attend three or more FREE classes and receive \$10 off your 6-10 month class fee!

Do you have older children? ECFE offers classes for parents with children from birth through pre-kindergarten.

- Terrific Twos (1 & 2-days/wk)
- Mixed Age Adventures 2-5 yrs
- Kids Create Art
- Math Rocks
- New Brother/New Sister
- Family Gym Time
- Parent Connections, Birth-3 and 4-8 years of age (parent only classes)

Baby Talk and Play

Come and explore our infant classroom as you enjoy one-on-one playtime, reading, music and movement fun with your child. This class is led by a licensed parent educator, who can answer your parenting and child development questions. There is no fee or registration needed for this class. Drop in any time!

Parents and their infants-6-20 months

Tuesdays Sept 13-May 30
10:45 am-12:15 pm Rm 18

Early Childhood Family Education 2022-2023

Classes and activities for families with children birth through pre-kindergarten

Infants & Wonderful Ones

The following classes are offered at no cost

Babies & Books

Join us for this literacy focused class. Play with your baby, meet families, and enjoy stories and songs. A light snack will be served and families will go home with a free book for their home library! These classes are co-sponsored with HUG (Helping Us Grow).

Parents and their infants-birth-12 months

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|---------|---|--------------|--------------|-------|
| EF-F101 | M | Oct 17, 2022 | 1:15-2:15 pm | Rm 18 |
| EF-F102 | T | Dec 13, 2022 | 1:15-2:15 pm | Rm 18 |
| EW-F103 | T | Feb 21, 2023 | 6:15-7:15 pm | Rm 25 |
| EW-F104 | M | May 8, 2023 | 1:15-2:15 pm | Rm 18 |

Baby Massage

Enhance baby's development, digestion, sleep and ability to relax through loving touch, sight, sound and movement. Massage also helps to improve communication and build your attachment to your baby. Bring a blanket for your baby.

Parents and their infants-1 month-crawling

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|---------|----|--------------|--------------|-------|
| EW-F113 | Th | Apr 21, 2022 | 1:15-2:15 pm | Rm 18 |
| EW-F114 | Th | May 26, 2022 | 1:15-2:15 pm | Rm 18 |
| EF-F107 | Th | Oct 13, 2022 | 1:15-2:15 pm | Rm 18 |
| EF-F108 | T | Nov 29, 2023 | 6:15-7:15 pm | Rm 23 |
| EW-F109 | Th | Jan 26, 2023 | 1:15-2:15 pm | Rm 18 |
| EW-F110 | T | Mar 21, 2023 | 6:15-7:15 pm | Rm 23 |
| EW-F113 | Th | Apr 13, 2023 | 1:15-2:15 pm | Rm 18 |
| EW-F114 | Th | May 25, 2023 | 1:15-2:15 pm | Rm 18 |

Making the First Months Matter

Your baby's brain is growing and changing every second! Learn more about the important role you play in building your baby's brain and leave with brain building activities you and your baby can enjoy together.

Parents and their infants-prenatal-12 months

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|---------|----|--------------|--------------|-------|
| EW-F120 | Th | June 2, 2022 | 1:15-2:15 pm | Rm 18 |
| EF-F116 | T | Aug 30, 2022 | 6:15-7:15 pm | Rm 18 |
| EW-F117 | Th | Dec 15, 2022 | 1:15-2:15 pm | Rm 23 |
| EW-F118 | T | Dec 20, 2022 | 6:15-7:15 pm | Rm 2 |
| EW-F119 | Th | June 1, 2023 | 1:15-2:15 pm | Rm 18 |

Child care for siblings is available at no cost on a limited basis for classes listed above.

Grandparents Class

Whether you will be, or are grandparenting, near or far, join other grandparents as you prepare for this special role, relationship and time in your life.

Grandparents of infants pre-birth to 12 months

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|---------|---|--------------|--------------|---------|
| EF-F123 | T | Oct 25, 2022 | 6:00-7:30 pm | Virtual |
| EW-F124 | T | Apr 18, 2023 | 6:00-7:30 pm | Virtual |

New Wonders

For parents and their children prenatal-10 months

Having a new baby is exciting and challenging. These relaxing, informative classes are designed to be your time to slow down and enjoy your child. Children will experience a variety of sounds, textures, and physical activities as they learn through movement and their senses.

You will learn about child development as you meet with our licensed parent educators and other parents to discuss sleep schedules, nutrition, infant development and more. You'll have the opportunity to observe your child, develop your parenting goals, and enjoy the interactive time you spend together.

| Session 1 | | | Session 2 | | | Session 3 | | |
|---|---------------------|---------------------------------|---|---------------------|-----------------------|---|---------------------|--------------------------------|
| Includes information on adjusting to life with a new baby, building a relationship with a baby, understanding infant sleep and supporting infant development. | | | Builds on information provided in Session 1, with all new topics. We recommend starting with Session 1. | | | Families who took a Session 1 or Session 2 class continue with new topics in Session 3. | | |
| FREE! | | | FREE! | | | These classes use the sliding fee scale | | |
| Pre-5 mo EF-D101 | W 6-7:15 pm | Sept 14-Oct 26 Rm 18 | Pre-5 mo EF-D201 | W 6-7:15 pm | Nov 2-Dec 21 Rm 18 | 6-10 mo EW-D301 | W 6-7:30 pm | Jan 11-May 31 Rm 18 |
| Pre-5 mo EF-D102 | Th 8:45-10:15 am | Sept 15-Oct 27 Rm 18 | Pre-5 mo EF-D202 | Th 8:45-10:15 am | Nov 3-Dec 22 Rm 18 | 6-10 mo EW-D302 | Th 8:45-10:15 am | Jan 12-June 1 Rm 18 |
| Birth-12 mo EF-D103 | M 6-7:15 pm | Oct 24-Dec 19 Virtual | | | | 6-15 mo EW-D303 | M 6-7:15 pm | Jan 9-June 5 Virtual |
| Pre-5 mo EW-D104 | W 6-7:15 pm | Jan 11-Mar 8 Virtual | | | | | | |
| Pre-5 mo EW-D105 | F 8:45-10:15 am | Jan 13-Mar 10 Rm 25 | | | | | | |
| Pre-5 mo EW-D106 | W 6-7:15 pm | Mar 15-May 31 Virtual | | | | | | |
| Pre-5 mo EW-D107 | F 8:45-10:15 am | Mar 17-June 2 Rm 25 | | | | | | |

Full Year Infant Classes - Parents and their children 6-20 months

6-10 months - For children born Oct 1, 2021-Feb 28, 2022

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| EF-B115 | M | Sept 12-June 5 | 6:15-7:45 pm | Rm 18 |
| EF-B116 | T | Sept 13-May 30 | 8:45-10:15 am | Rm 18 |
| EF-B117 | Th | Sept 15-June 1 | 10:45 am-12:15 pm | Rm 18 |

11-15 months - For children born May 1, 2021-Sept 30, 2021

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|---------|---|----------------|-------------------|-------|
| EF-B118 | M | Sept 12-June 5 | 10:45 am-12:15 pm | Rm 18 |
| EF-B119 | T | Sept 13-May 30 | 6:15-7:45 pm | Rm 18 |
| EF-B120 | W | Sept 14-May 31 | 8:45-10:15 am | Rm 18 |
| EF-B121 | F | Sept 16-June 2 | 10:45 am-12:15 pm | Rm 18 |

16-20 months - For children born Dec 1, 2020-Apr 30, 2021

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|---------|----|----------------|-------------------|-------|
| EF-B122 | M | Sept 12-June 5 | 8:45-10:15 am | Rm 18 |
| EF-B123 | W | Sept 14-May 31 | 10:45 am-12:15 pm | Rm 18 |
| EF-B124 | Th | Sept 15-June 1 | 6:15-7:45 pm | Rm 18 |
| EF-B125 | F | Sept 16-June 2 | 8:45-10:15 am | Rm 18 |

6-20 month and session 3 classes are offered on a sliding fee scale based on family income.

For fees and other information, please visit <https://earlychildhood.rdale.org/> or call the ECFE office at 763-504-4170.

Childcare for siblings is offered for all New

HUG - Helping Us Grow

One-to-one visits for new or expectant parents

Are you a new or expecting parent? Call us to schedule a FREE personalized visit for you and your baby!

HUG is a community partnership with Robbinsdale ECFE and the Hennepin County Family Services Collaborative in Robbinsdale, designed to support all expectant families, and families with children up to 36 months of age.

HUG provides

- Free, one-to-one visits with a caring, knowledgeable licensed parent educator
- Current information on parenting, baby's development, and community resources
- Opportunities to connect with other families with newborns in the area
- A *Welcome New Baby* gift and more...

For more information or to arrange a visit, call HUG at 763-504-4983 or ECFE at 763-504-4170.

Para recibir más información en español, por favor llame al 763.504.8985, deje un mensaje con su nombre y número telefónico y un trabajador bilingüe le regresará la llamada.

