

Early Childhood Family Education **ECFE**

Register for the lottery by December 3!

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DISTRICT 196

COMMUNITY EDUCATION

One District. Infinite Possibilities.



ce.district196.org/ecfe

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ECFE is for you!

Early Childhood Family Education (ECFE)

ECFE is a program for parents/guardians and their children during the years from birth through prekindergarten. It is based on the idea that parents/guardians provide their child's first and most significant learning environment and are the child's first and most important teachers. We work to support you as a parent/caregiver and to strengthen families. In District 196, we also offer classes for parents with children up to third grade in order to support continued parent engagement in children's learning and development. A typical ECFE class includes:

- **Parent-child interaction:** Time together to enjoy a classroom filled with developmentally appropriate learning activities.
- **Parent education:** Relevant, effective education and support that encourage the growth and development of families.
- **Early childhood education:** Children explore, gain independence and practice social skills with the guidance of a licensed early childhood teacher.

Our ECFE program also offers one-time weekly events for parents and children to enjoy together, including Family and Baby Playtimes. **See page 4 and the back cover for details.**

For more information about weekly classes and one-time events, call 952-388-1953 or visit ce.district196.org/ecfe to register.

**The Early Childhood Family Services mission:
Educating, developing and inspiring our community of young children
and their families for lifelong learning.**





Save the Date for Winter Family Fun

Saturday, February 22, 2025
9:30-11:30 a.m.
Dakota Valley Learning Center
4679 144th Street West, Apple Valley

Free to attend. Donations will be accepted at the door.

Minnesota winters can get long. Are you looking for ways to beat those winter blahs with your little ones? Join us for some family fun at the Dakota Valley Learning Center! The ECFS Advisory Council will host a variety of activities for you to play and be creative. Shake those sillies out with a family dance party.

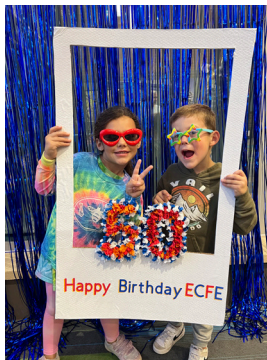
A silent auction will be held at the event with proceeds going to support the Foundation for Early Childhood Family Services. More details to follow.

Watch our website, ce.district196.org/ecfe, for upcoming details.
No registration is required.



Introducing EGG: Empowering Generational Greatness

District 196 ECFE has been chosen as one of eight exclusive sites in Minnesota to pilot the EGG program. Short for 'Empowering Generational Greatness,' EGG is a fun, flexible and science-backed curriculum designed to help children ages 3 to 5 develop executive function and self-regulation skills during the most vital stage of brain development. The EGG curriculum guides parents with activities that work in just minutes per day to build focus and resilience—key capacities for success in school and life. Come and be part of a brand new ECFE experience. *See page 6 for class details. The EGG curriculum will also be implemented in Preschool Discovery.*



A big thank you to the ECFS Advisory Council for hosting a successful ECFE 50th Birthday Bash in October. Families enjoyed traditional ECFE activities in the classrooms, danced to the fun tunes of the Jolly Pops band and had a yummy treat to cap off the evening. It was a wonderful celebration of 50 years of building family and community relationships.

As required by Title IX and other state and federal nondiscrimination laws, District 196 does not discriminate in admission, employment or in any of its education programs and activities, including vocational opportunities, on the basis of sex, race, religion, color, creed, national origin, marital status, familial status, disability, status with regard to public assistance, sexual orientation, gender identity, membership or activity in a local human rights commission, age or genetic information. The Director of Human Resources, Shelly Monson (651-423-7859 –shelly.monson@district196.org) is the designated Title IX Coordinator and has also been designated to respond to all employment-related inquiries regarding the district's non-discrimination policies. The Director of Elementary Education, Jeremy Sorenson (651-423-7782 – jeremy.sorenson@district196.org) and the Director of Secondary Education, Eric Hansen (651-423-7712 – eric.hansen@district196.org) have been designated to respond to student-related inquiries regarding the district's non-discrimination policies. The Director of Special Education, Janet Fimmen (651-423-7629 – janet.fimmen@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068. Inquiries about the application of Title IX and its regulations to District 196 may be referred to the Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights (OCR), or both. District 196's nondiscrimination policies and grievance procedures are located at district196.org and contain information about how to report discrimination and make a complaint.



Babies: Birth Through 11 Months

Non-Separating, Babies Only

Babies sure bring big changes to every family! Join other parents of infants and learn how to make the adjustment to 'being a family.' This will be a relaxing and informative class. You can ask your questions, and we will share ideas with you about building a solid base for your family. We will also have time to sing songs and play some games.

Tue | Jan 7-Mar 18 | 3:30-5:00 p.m. | FREE*
Room 216 | skip Feb 18 | 103-216A | Cindy and Laurie

Tue | Jan 7-Mar 18 | 5:30-7:00 p.m. | FREE*
Room 216 | skip Feb 18 | 103-216B | Cindy and Laurie

Fri | Jan 10-Mar 21 | 8:45-10:15 a.m. | FREE*
Room 216 | skip Jan 17; Feb 7; Mar 7 | 103-216C
Cindy and Mandi D.

***Baby classes are free to School District 196 families.
Out-of-District families use Fee B.**



"ECFE classes are an amazing resource and I have learned so much about my child, myself and my parenting. It is such a welcoming and safe space."

– ECFE parent

Baby Playtime

Ages Birth-18 Months

Non-Separating, Babies Only

This is a time for babies and parents to play in our infant environment. Come and explore new toys, sing songs or enjoy other fun activities led by an ECFE teacher. There will also be time to meet other parents and their babies. **See our website [weekly, ce.district196.org/ecfe](http://www.ce.district196.org/ecfe), to register.**

Fri | Jan 10-Mar 21 | 10:45 a.m.-12:15 p.m. | FREE
Room 216 | skip Jan 17; Feb 7; Mar 7 | Cindy and Mandi D.



Parents and Ones: Non-Separating

Ages 12-24 Months

Non-Separating, Prekindergarten Siblings Welcome

Looking for a fun class for your one-year-old? Join other parents and toddlers for a morning, afternoon or an evening class. Toddlers love to take off and explore if their parents are close by. The parent discussion will take place in the children's room, where toddlers can check in with their parents if they need to. **Please register all prekindergarten children who will be attending the class.**

Mon | Jan 6-Mar 17 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Jan 20; Feb 17 | 220-216A
Cindy, Caren and Mandi D.

Mon | Jan 6-Mar 17 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | skip Jan 20; Feb 17 | 220-216B
Cindy, Caren and Mandi D.

Wed | Jan 8-Mar 19 | 3:30-5:00 p.m. | Fee B
Room 216 | skip Feb 5 | 220-216C
Susan E., Caren and Candace

Wed | Jan 8-Mar 19 | 5:30-7:00 p.m. | Fee B
Room 216 | skip Feb 5 | 220-216D
Susan E., Caren and Candace

Parents and Ones: Separating

Ages 12-24 Months

Separating, Prekindergarten Siblings Welcome

If your one-year-old is ready for a little more time apart from you, try our separating class. We will work to meet the individual needs of each child as the parents move to a separate room for discussion. **Please register all prekindergarten children who will be attending the class.**

Thu | Jan 9-Mar 20 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Feb 6 | 222-216A
Susan E., Caren, Candace and Mandi D.

Thu | Jan 9-Mar 20 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | skip Feb 6 | 222-216B
Susan E., Caren, Candace and Mandi D.

Parenting Ones and Twos

Ages 12-35 Months

Non-Separating, Prekindergarten Siblings Welcome

Ones and Twos are growing at high speed and love to explore everything in their world. Developing limits as they set out to try everything in sight can be challenging. Make a date with your toddler to learn and play together. You will meet other parents and learn and share about this incredible stage in your children's development together. **Please register all prekindergarten children who will be attending the class**

Wed | Jan 8-Mar 19 | 8:45-10:15 a.m. | Fee B
Room 216 | 230-216A
Michelle, Caren and Mandi D.

Wed | Jan 8-Mar 19 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | 230-216B
Michelle, Caren and Mandi D.

Parents and Twos

Ages 24-35 Months

Separating, Prekindergarten Siblings Welcome

Twos are growing at high speed, so they require guidance and limits as they set out to try everything in sight. Make a date with your two-year-old and learn delightful ways to enjoy time together. You will value a parent group where you can learn about and share this super stage in your child's development. **Please register all prekindergarten children who will be attending the class.**

Mon | Jan 6-Mar 17 | 8:45-10:15 a.m. | Fee B
Room 215 | skip Jan 20; Feb 17 | 255-215A
Susan S., Kylen, Candace and Janet

Mon | Jan 6-Mar 17 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | skip Jan 20; Feb 17 | 255-215B
Susan S., Kylen, Candace and Janet

Mon | Jan 6-Mar 17 | 5:30-7:00 p.m. | Fee B
Room 216 | Jan 20; Feb 17 | 255-216
Cindy, Caren, Debbie and Holly

Tue | Jan 7-Mar 18 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Feb 18 | 255-216A
Cindy, Caren, Janet and Mandi D.

Tue | Jan 7-Mar 18 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | skip Feb 18 | 255-216B
Cindy, Caren, Janet and Mandi D.

Wed | Jan 8-Mar 19 | 8:45-10:15 a.m. | Fee B
Room 215 | 255-215C
Susan S., Mandy H., Candace and Laurie

Wed | Jan 8-Mar 19 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | 255-215D
Susan S., Mandy H., Candace and Laurie



Parenting Your Two- or Three-Year Old

Ages 24-48 Months

Separating, Prekindergarten Siblings Welcome

This is indeed a special developmental time for you and your child. The transition from toddler to preschooler is in full swing and brings with it delight and surprise as children navigate their world. Hold onto your hat as your child takes you on this roller coaster ride. Language, motor development, social skills and handling big feelings are all a part of the everyday learning. **Please register all prekindergarten children who will be attending the class.**

Thu | Jan 9-Mar 20 | 8:45-10:15 a.m. | Fee B
Room 204 | skip Feb 6 | 265-204A
Laura, Katie KS, Akiko and Julie M.

Thu | Jan 9-Mar 20 | 10:45 a.m.-12:15 p.m. | Fee B
Room 204 | skip Feb 6 | 265-204B
Laura, Katie KS, Akiko and Julie M.

Fri | Jan 10-Mar 21 | 8:45-10:15 a.m. | Fee B
Room 118 | skip Jan 17; Feb 7; Mar 7 | 265-118A
Joy, Jocelyn, Dani and Melissa

Fri | Jan 10-Mar 21 | 10:45 a.m.-12:15 p.m. | Fee B
Room 118 | skip Jan 17; Feb 7; Mar 7 | 265-118B
Joy, Jocelyn, Dani and Melissa

Parents and Threes

Separating, Prekindergarten Siblings Welcome

Three-year-olds are bursting with energy and enthusiasm for learning. It is a time of physical, emotional and intellectual change. Connect with other parents of threes to discuss their curious questions, power struggles, emotions and bursts of language. Friendships are a focus for this age, and they will practice social skills under the guidance of our early childhood staff. **Please register all prekindergarten children who will be attending the class.**

Tue | Jan 7-Mar 18 | 9:15-11:30 a.m. | Fee A
Room 215 | skip Feb 18 | 275-215
Susan S., Kylen, Candace and Gail

Parents and Preschoolers

Ages 3-Prekindergarten

Separating, Prekindergarten Siblings Welcome

This class, specially focused on ages three, four and five, covers a variety of parenting topics to offer you and your children a super time together. The parent group will decide which topics to discuss, such as self-esteem, discipline and power struggles. Preschoolers will enjoy doing new things and meeting new friends. **Please register all prekindergarten children who will be attending the class.**

Thu | Jan 9-Mar 20 | 1:15-3:30 p.m. | Fee A
Room 118 | skip Feb 6 | 315-118
Heather, Caren and Janet

Little Scientists

Ages 3-Prekindergarten

Separating, Prekindergarten Siblings Welcome

Children will learn and discover through a STEM (Science, Technology, Engineering and Math) lens to build 21st century skills. Bring your curious children to this class as we explore science for preschoolers. We will do some fun, easy and developmentally appropriate experiments that will foster curiosity, develop problem solvers and give kids an 'I did it' feeling. In the parent room, we will look at ways to encourage our children's interest in STEM activities, as well as other parenting topics.

Wed | Jan 8-Mar 19 | 1:15-3:30 p.m. | Fee A
Room 215 | 555-215
Susan S., Kylen, Gail and Laurie

Empowering Generational Greatness (EGG)

NEW

Ages 3-Prekindergarten

Separating, Prekindergarten Siblings Welcome

This new class, exclusive to eight sites in Minnesota, is designed to help young children develop executive function and self-regulation skills during the most vital stage of brain development. You will learn ways to relax bodies, quiet minds, embrace big feelings, interact with others and work toward successful learning. Join us this winter as we work together to build your child's focus, resilience and emotional regulation through language, storytelling and mindfulness activities.



Tue | Jan 7-Mar 18 | 1:00-3:15 p.m. | Fee A
Room 118 | skip Feb 18 | 306-118
Joy, Jocelyn, Dani and Melissa



Connections PRESCHOOL

Preschool Discovery for Three-Year-Olds

Are you looking for a preschool experience for your child? This class is for children who were 3 years old by **November 1, 2024**. It combines an ECFE class with preschool and meets twice per week. An early childhood teacher guides children with preschool experiences that meet their developmental needs and encourage their natural curiosity. Once a week, parents participate in classroom activities and a parent discussion with a licensed parent educator. This is a monthly tuition-based class, and tuition assistance on a sliding fee scale is available. This class includes the EGG curriculum teaching executive function and self-regulation (see description above). Sibling care is available on Mondays for a fee. **For more information, visit ce.district196.org/preschool.**

The Power of Showing Up

Ages Birth-Prekindergarten

Separating

Parenting isn't easy. Showing up is. Your greatest impact begins right where you are. Based on the latest brain and attachment research, *The Power of Showing Up* by Daniel Siegal and Tina Payne Bryson, this class explores the four building blocks of a child's healthy development. Every child needs to feel safe, seen, soothed and secure. This class will focus on a parent's approach to child-rearing and the skills and abilities one needs to build the parent-child relationship.

Mon | Jan 6-Mar 17 | 9:30-11:45 a.m. | Fee A

Room 204 | skip Jan 20; Feb 17 | 511-204

Laura, Katie KS, Akiko and Julie M.

A Little Bit of Everything

Ages Birth-Prekindergarten

Separating

Parents will choose the discussion topics for this class. Everything you want to know and were afraid to ask, including common and unique questions about being a parent. Some topics may include language and communication, parenting as a team, siblings, social skills and conflict and life balance. The class will be built by participants, designed around the group's interest and children's needs. The early childhood room is designed for children to play, explore and try out new skills.

Tue | Jan 7-Mar 18 | 9:30-11:45 a.m. | Fee A

Room 204 | skip Feb 18 | 704-204

Joy, Katie KS, Akiko, Julie M.

Surviving and THRIVING With Twins and Triplets

Ages Birth-Prekindergarten

Separating

When you are parenting multiples, life is a grand adventure with joys and challenges that can make you feel like you are just surviving day to day. This ECFE experience is designed with your family in mind. You'll thrive when you have time with other parents to discuss topics related to bringing up multiples with confidence. Your children will explore, discover and meet friends in an environment with experienced teachers to help.

Wed | Jan 8-Mar 19 | 9:30-11:45 a.m. | Fee A

Room 204 | 624-204

Laura, Katie KS, Akiko and Julie M.



"I am more forgiving with myself and now have an understanding that other parents are experiencing similar challenges."

– ECFE parent

Learning, Knowing, Growing

Ages Birth-Prekindergarten

Separating

Each of us has a distinct personality, temperament and learning style. This class will help you appreciate and understand your child's personality type and temperament, and you will discover how you can learn together. Children will experience social interaction with their peers.

Thu | Jan 9-Mar 20 | 9:15-11:30 a.m. | Fee A

Room 215 | skip Feb 6 | 670-215

Cindy, Kylen, Gail and Laurie

Conscious Discipline

Ages Birth-Prekindergarten

Separating

Children's brains are changing every day and it can be hard to keep up with all the new behaviors that can push our buttons. You will learn how brain state affects how we as parents approach our children's behavior. Conflict can be an opportunity to teach and learn. This class will explore the two parts of discipline: the health of the relationship and the skill set involved. You'll walk away with new insights about your child and yourself as well as strategies to try immediately.

Fri | Jan 10-Mar 21 | 9:15-11:30 a.m. | Fee A

Room 204 | skip Jan 17; Feb 7; Mar 7 | 463-204

Laura, Katie KS, Akiko and Julie M.



Grandparenting Today

Ages Birth-Prekindergarten

Separating

Join other grandparents to engage in conversations on topics related to the unique joys and challenges of grand-parenting. Grown-ups will have time for discovering new activities to engage their little ones, as well as time to share stories, strategies and suggestions with other grand-carers. Young children will experience the joy of being, learning and growing together in a group, with the security that comes from attending with their beloved caregiver.

Fri | Jan 10-Mar 21 | 9:30-11:45 a.m. | Fee A
skip Jan 17; Feb 7; Mar 7 | 617-300
Michelle, Toni, Katie L. and Rehana
Cedar Valley Learning Center

Parenting Children With Special Needs

Ages Birth-Prekindergarten

Separating

All parents and children who are served by School District 196 Early Childhood Special Education programs are invited to a class planned just for you. Meet and connect with other parents of children with unique needs and who share similar experiences of parenthood. Children are free to play in a relaxed environment while you enjoy learning and discussing in a group setting led by a licensed parent educator and trained special education staff. This class is offered at no cost to families. Programming is funded through a collaboration between ECSE and ECFE. **If you are interested in joining this class, please use the QR code or this link <https://tinyurl.com/mtbtzyj4> and you will be contacted. Registration for this class will be processed through ECSE.**



Mon | Jan 6-Mar 17 | 5:45-7:45 p.m. | FREE
Room 204 | skip Jan 20; Feb 17 | 820-204
Laura, Katie KS, Julie M.
and teaching staff from District 196 ECSE

Fri | Jan 10-Mar 21 | 9:30-11:45 a.m. | Free
Room 215 | skip Jan 17; Feb 7; Mar 7 | 820-215
Heather, Mandy H., Candace, Debbie
and teaching staff from District 196 ECSE



"ECFE classes are a special shared time where I can solely focus on my child. My child's confidence has built over the quarter."

- ECFE parent

Ready Families with ECFE & American Indian Education

Families with Children Ages Birth-Kindergarten
Separating

This school year, ECFE and the American Indian Education (AIE) Program are collaborating to provide a series of FREE learning opportunities. Topics and activities include emergent language and literacy skills using practices of Dakota and Ojibwe culture. We will work toward family and community school readiness using the Successful Learner Equation. **If you are interested in joining this series of events, please use the QR code or this link <https://tinyurl.com/5n7x47w6> and you will be contacted by the AIE Program Specialist, Lisa Turgeon. Or contact her at: Lisa.Turgeon@district196.org or call 651-423-7890.**



Tue | Jan 21; Feb 25; Mar 18 | 5:30-7:30 p.m. | FREE
Room 204

Laura, Katie KS, Julie M. and
Staff from District 196 American Indian Education

Kids, Parents and Power Struggles

Ages Birth-7 Years

Separating

Power struggles often feel like someone has to win and someone has to lose. A 'win-win' solution is where each party comes away feeling like they got what they wanted. Getting to 'win-win' takes negotiation. This class is designed to help identify the sources of conflict in the home, be it bed times, meal times or an imbalance in discipline and parenting styles, and to turn those struggles for power into empowerment.

Mon | Jan 6-Mar 17 | 5:30-7:30 p.m. | Fee A

Room 215 | skip Jan 20; Feb 17 | 675-215

Shelly, Kylen, Akiko and Janet

A Little Bit of Everything

Ages Birth-7 Years

Separating

Parents will choose the discussion topics for this class. Everything you want to know and were afraid to ask, including common and unique questions about being a parent. Some topics may include language and communication, parenting as a team, siblings, social skills and conflict and life balance. The class will be built by participants, designed around the group's interest and children's needs. The early childhood room is designed for children to play, explore and try out new skills.

Tue | Jan 7-Mar 18 | 5:45-7:45 p.m. | Fee A

Room 215 | skip Feb 18 | 704-215

Susan S., Suzan K., Debbie and Stacy

Positive Solutions

Ages Birth-7 Years

Separating

Looking for ideas to increase enjoyment and reduce stress when interacting with your child? Positive Solutions provides evidence-based strategies to boost your child's ability to choose desirable behaviors and adopt more positive ways of interacting with peers and adults. Parents/caregivers will come away with a better understanding of what is behind behavior we often find challenging and discover positive approaches to help your child grow and learn. In addition to time for adult discussion, you will have time to play and learn with your child in a classroom designed for children and adults to practice positive and effective behaviors, all while strengthening relationships.

Wed | Jan 8-Mar 19 | 5:45-7:45 p.m. | Fee A

Room 215 | skip Feb 5 | 465-215

Michelle, Kylen, Gail and Sharanya

Managing Emotional Mayhem

Ages Birth-7 Years

Separating

Self-regulation is a foundational component to emotional well-being and lifelong success. The focus of this class is to become aware of your own emotional states. This awareness will help you learn skills to support the development of your own self-regulation, which in turn will help you coach the development of self-regulation within your children. Based on the book *Managing Emotional Mayhem* by Dr. Becky Bailey, this class will help lay the groundwork to achieve better self-regulation for ourselves and our children and see conflict as an opportunity for learning social and life skills.

Thu | Jan 9-Mar 20 | 5:45-7:45 p.m. | Fee A

Room 215 | skip Feb 6 | 643-215

Heather, Mandy H., Candace and Katie L.

Dad and Me

Ages Birth-7 Years

Separating

Fathers of all types have an important relationship with their children that is instrumental in their development. Join together in a community of men to learn, share and play while building a support system rooted in fatherhood. This group will focus on quality time with our kids, including gym time. Relaxed discussions about parenting and what it means to be a dad are included. Bring your experiences as a father, or father figure, to share with the group and take home new tips and ideas from both other dads and our parenting educator. Your children will make new friends and learn skills with the guidance of our early childhood teachers.

Thu | Jan 9-Mar 20 | 5:45-7:45 p.m. | Fee A

Room 118 | skip Feb 6 | 910-118

Joy, Jocelyn, Dani and Melissa



"ECFE is great for parents and kids. It helps encourage growth, connection and community."

– ECFE parent



Classes at a Glance

Dakota Valley Learning Center
4679 144th St. W., Apple Valley

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#220-216A Parents and Ones (non-separating) 8:45-10:15	#255-216A Parents and Twos 8:45-10:15	#230-216A Parenting Ones and Twos (non-separating) 8:45-10:15	#222-216A Parents and Ones 8:45-10:15	#103-216C Babies Birth-11 Months (babies only; non-separating) 8:45-10:15	Family Playtime (non-separating) Ages birth-7 years 9:00-11:00 See dates on back cover
#255-215A Parents and Twos 8:45-10:15	#275-215 Parents and Threes 9:15-11:30	#255-215C Parents and Twos 8:45-10:15	#265-204A Parenting Your Two- or Three-Year Old 8:45-10:15	#265-118A Parenting Your Two- or Three-Year Old 8:45-10:15	
#511-204 The Power of Showing Up Ages birth- prekindergarten 9:30-11:45	#704-204 A Little Bit of Everything Ages birth- prekindergarten 9:30-11:45	#624-204 Twins and Triplets Ages birth- prekindergarten 9:30-11:45	#670-215 Learning, Knowing, Growing Ages birth- prekindergarten 9:15-11:30	Family Playtime (non-separating) Ages birth- prekindergarten 9:00-11:00	
#220-216B Parents and Ones (non-separating) 10:45-12:15	#255-216B Parents and Twos 10:45-12:15	#230-216B Parenting Ones and Twos (non-separating) 10:45-12:15	#222-216B Parents and Ones 10:45-12:15	#463-204 Conscious Discipline Ages birth- prekindergarten 9:15-11:30	
#255-215B Parents and Twos 10:45-12:15	#306-118 Empowering Generational Greatness (EGG) Ages 3-5 years & pre-k siblings 1:00-3:15	#255-215D Parents and Twos 10:45-12:15	#265-204B Parenting Your Two- or Three-Year Old 10:45-12:15	#820-215 Parenting Children with Special Needs Ages birth- prekindergarten 9:30-11:45	
#255-216 Parents and Twos 5:30-7:00	#103-216A Babies Birth-11 Months (babies only; non-separating) 3:30-5:00	#555-215 Little Scientists Ages 3-5 & pre-k siblings 1:15-3:30	#315-118 Parents and Preschoolers Ages 3-5 years & pre-k siblings 1:15-3:30	#617-300 * Grandparenting Today Ages birth- prekindergarten 9:30-11:45	
#820-204 Parenting Children with Special Needs Ages birth- prekindergarten 5:45-7:45	#103-216B Babies Birth-11 Months (babies only; non-separating) 5:30-7:00	#220-216C Parents and Ones (non-separating) 3:30-5:00	#910-118 Dad and Me Ages birth-7 years 5:45-7:45	Baby Playtime (babies only; non-separating) Birth-18 Months 10:45-12:15	
#675-215 Power Struggles Ages birth-7 years 5:30-7:30	#704-215 A Little Bit of Everything Ages birth-7 years 5:45-7:45	#220-216D Parents and Ones (non-separating) 5:30-7:00	#643-215 Managing Emotional Mayhem Ages birth-7 years 5:45-7:45	#265-118B Parenting Your Two- or Three-Year Old 10:45-12:15	
		#465-215 Positive Solutions Ages birth-7 years 5:45-7:45			

Siblings ages birth-prekindergarten are welcome in all age-specific classes. Please register all children, including siblings, who will be attending class.

Unless otherwise noted, all classes include separation for the parent discussion component of class.

* This class is at Cedar Valley Learning Center, 14420 Glenda Drive, Apple Valley.

Register now!

Classes fill quickly. Your best chance of being placed in your first class choice is to register for the lottery by December 3.

How to Register for Weekly Classes

Online at ce.district196.org/ecfe

Click on ECFE Registration. If you have an existing Eleyo account, click on Log In. If you are new to Eleyo, click on Sign Up. After you log in or your new account is created, add an ECFE class to your cart and click on Checkout to complete your registration.

If you need a paper registration form, please contact us at 952-388-1953.

Important Registration Information

ECFE classes are open to all families, including adults and children with disabilities. Our sites are accessible and sign language interpreters are available for our classes. If you need assistance to register, please call 952-388-1953.

- Please register for one ECFE class per family for the lottery. Our classes are popular and we try to accommodate as many families as possible.
- After the lottery, beginning December 7, you are welcome to register for additional classes.
- Class confirmations are emailed, if an email address is provided.
- When registering online for ECFE classes, you will automatically receive an email from Community Education confirming your registration.
- **If you do not receive an email, or do not have the chance to enter payment information, please call 952-388-1953 right away.**
- Any change to an existing registration needs to be done by our office staff. Feel free to call to check on your registration. When registering for an ECFE class, remember to check your inbox and spam folders for an email from Community Education.

Photograph and Video Permissions

Enrollment in District 196 Community Education classes or activities constitutes permission for District 196 to take and use photographs, video, and other likenesses of you and your enrolled minor child in District 196's promotional materials and publications. If you do not want any image and likeness of you or your minor child to be used in this manner, notify your parenting educator or early childhood teacher. You will be given an opt-out form.

Winter Registration Timeline

- Registration deadline for the lottery is December 3, 2024.
- Lottery (computer generated) will be December 5, 2024.
- Following the lottery, registration is on a first-come, first-served basis. Class availability can be checked online.

Families living outside School District 196 may register beginning December 30.

Site Locations

CVLC | Cedar Valley Learning Center | DVLC | Dakota Valley Learning Center
14420 Glenda Dr., Apple Valley | 4679 144th St. W., Apple Valley

Payment Information

- If registering online, credit card payment (Visa®, MasterCard® or Discover®) is required at the time of registration. Your credit card will be charged when you are placed in a class.
- Babies nine weeks or younger are not counted as a second child when determining class fee.
- Cancellations prior to the start of class will receive a full refund. Cancellations during the first two weeks of class will receive a refund minus a \$25 processing fee. All registrations are considered final after the second class meeting and are not eligible for a refund.
- All School District 196 families are encouraged to attend, regardless of their ability to pay. Consider the sliding fee scale as a guide to determine what your family can afford.
- Please call 952-388-1953 if you have questions regarding registration or payment.

Sliding Fee Scale	Fee A		Fee B	
	1 child	2 or more	1 child	2 or more
\$0 - \$19,999	\$0.00	\$0.00	\$0.00	\$0.00
\$20,000 - 39,999	\$52.00	\$68.00	\$38.00	\$49.00
\$40,000 - 59,999	\$73.00	\$94.00	\$53.00	\$68.00
\$60,000 - 79,999	\$94.00	\$115.00	\$68.00	\$83.00
\$80,000 - 99,999	\$125.00	\$146.00	\$91.00	\$106.00
\$100,000 - 119,999	\$157.00	\$183.00	\$114.00	\$133.00
\$120,000 and up	\$189.00	\$215.00	\$137.00	\$156.00

Class fees are based on your family annual income and determined by a sliding fee scale. **District 196 residents are encouraged to attend regardless of their ability to pay.**

Bulletin Board

ECFE for One **FREE**

ECFE provides an opportunity for you to meet one-on-one with a parent coach to discuss your goals, challenges and strengths. We will work with you to understand your child, connect with resources and learn some activities to support your child's growth and development. Coaching is available in your home, by phone or at the Dakota Valley Learning Center. **For more information or to schedule coaching, call 952-388-1953 or email michelle.doran@district196.org.**

Weather/Emergency Closing Announcements for ECFE and Family School

Check the following sources for weather-related schedule changes.

- Information will be posted on our website, ce.district196.org/ecfe.
- Information will be posted on our Facebook page, District 196 ECFE.
- Television stations will display our district as 'Rosemount-Apple Valley-Eagan Public Schools'.

Decisions about ECFE evening classes will be made by mid-afternoon.

Is Your Child Immunized?

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. An early childhood immunization form must be on file before a child attends any early childhood program and updated once per school year. Updates to immunization records are accepted any time. You are welcome to bring your updated record to the first day of class, fax it to 952-388-1948 or email it to ecfe@district196.org.

Early Childhood Screening

The screening staff looks forward to welcoming you at the **District Service Center, 14301 Diamond Path W., Apple Valley, MN 55124**. If your child is three and a half years old and you currently receive school district mailings, you will automatically be sent a letter inviting you and your child to an early childhood screening.

Call Early Childhood Screening if

- you are new to the district,
- your child is almost 4 years old and has NOT been screened,
- you have concerns about a preschool child,
- you need more information about the screening process, or
- your child is entering kindergarten in the fall of 2025 and has not been screened.

You can contact the Early Childhood Screening office at 651-423-7899 or ecscreening@district196.org.



ECFS Advisory Council

Melissa Dunlay and Jamie Duffey, Co-Chairs

The ECFS (Early Childhood Family Services) Parent Advisory Council supports Early Childhood programming within District 196. This programming includes Early Childhood Family Education, Connections Preschool and Family School. The Parent Advisory Council is a highly valued resource for District 196 ECFS and assists in the development, planning and monitoring of Early Childhood Family Education programs within the District. Parents involved in any District 196 Early Childhood programs are welcome to join.

Meetings are held at the Dakota Valley Learning Center from 6:15-8:15 p.m. on the third Tuesday of every month during the school year. New members are always welcome. This is a wonderful opportunity to enhance the programs and make connections with other parents. **For more information, <https://ce.district196.org/community/ecfs-advisory-council>**. We look forward to meeting you!



More Enrichment

Enjoy learning with your child!

Enrich your child's early learning experiences. Activities and athletic programs provide young children with additional opportunities to learn and grow. Fee assistance is available. For a map with location abbreviations, names, addresses and directions visit ce.district196.org and choose MENU and CONTACT | MAP. Call 651-423-7920 for more information.



Learn to Swim

It's never too early to encourage a love of water. We offer age-appropriate safety instruction by certified Red Cross instructors: **Parent Tot (ages 6 to 36 mos)** and **Preschool 1 with Parent** and **Preschool 1, 2 or 3 (ages 3 to 5)** at our middle school pools. Weekly evening and weekend daytime and evening classes begin January 6, 8, 14, 18, 19, or 23. Visit ce.district196.org/swim, email aquatics@district196.org or call 952-431-8777 for more information and to register.

Register early as space is limited.

Note: registration for January-March swim classes opens December 10 at 6:00 a.m.

Hoopster Tots, Floor Hockey Tots and VolleyKats/Mini-Hawk Volleyball (ages 2-4)

Develop motor skills and self-confidence and focus on developing fundamental skills and personal improvement, while introducing an element of light competition. Through fun, skill-based activities and games, learn the fundamentals of the sport. *Skyhawks Sports Academy* instructors are trained to effectively handle the individual needs of young athletes and have experience with sports specific programming.

Preschool Gymnastics (ages 3-5)

Express creativity while learning the basics of gymnastics. Learn tumbling, balance, safety and combination skills. Work on balance beam, wedge, tumbling, bars, spring board and mini tramp. *Jason Passeri* is the lead instructor and *Rosemount High School's* gymnastics coach. He was the 2012, '13, '15 and '16 Region III Coach of the Year and the 2010, '13, '14, '18, '19 MAGA (Midwest Amateur Gymnastics Association) Coach of the Year, 2019 Section Coach of the Year, and 2022 IAA Coach of the Year.



Beginner Little Ninjas (ages 3-5)

Follow instructions, learn to pay attention, cooperate, show respect for yourself and others, and practice self-control and self-discipline. Basic martial arts skills, as well as stranger-danger and limited self-defense appropriate for this age group will be covered. White Belt is included. *Phil Tobey* coordinates Northwest Martial Arts.

Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
Hoopster Tots							
(ages 2-3)	Sat	Jan 25-Feb 15	9:00-9:30 a.m.	4	\$69	DR	Skyhawks Sports
(ages 3-4)	Sat	Jan 25-Feb 15	9:40-10:10 a.m.	4	\$69	DR	Skyhawks Sports
(ages 2-3)	Sat	Feb 22-Mar 15	9:00-9:30 a.m.	4	\$69	RE	Skyhawks Sports
(ages 3-4)	Tue	Feb 22-Mar 15	9:40-10:10 a.m.	4	\$69	RE	Skyhawks Sports
VolleyKats							
(ages 3-4)	Sat	Jan 25-Feb 15	9:00-9:30 a.m.	4	\$69	RE	Skyhawks Sports
(ages 3-4)	Sat	Feb 22-Mar 15	9:00-9:30 a.m.	4	\$69	DR	Skyhawks Sports
Mini-Hawk Volleyball							
(ages 4-6)	Sat	Jan 25-Feb 15	9:40-10:25 a.m.	4	\$79	RE	Skyhawks Sports
Floor Hockey Tots							
(ages 3-4)	Tue	Jan 21-Feb 11	4:30-5:00 p.m.	4	\$69	DR	Skyhawks Sports
Preschool Gymnastics* (ages 3-5)							
*Registration opens on	Fri	Jan 24-Feb 28	5:45-6:30 p.m.	5	\$74	RHS	Jason Passeri
December 10 at 6:00 a.m.	Sat	Jan 25-Mar 1	12:15-1:00 p.m.	5	\$74	RHS	Jason Passeri
	Mon	Jan 27-Mar 3	5:45-6:30 p.m.	5	\$74	RHS	Jason Passeri
Beginner Little Ninjas (ages 3-5)							
	Sat	Feb 1-Mar 22	noon-12:30 p.m.	8	\$80	RMS	NW Marital Arts
	Mon	Feb 3-Mar 31	5:45-6:15 p.m.	8	\$80	RMS	NW Marital Arts
	Tue	Feb 4-Apr 1	5:45-6:15 p.m.	8	\$80	RMS	NW Marital Arts
	Thu	Feb 13-Apr 3	5:45-6:15 p.m.	6	\$60	RMS	NW Marital Arts



More Enrichment

Scan the QR code for more classes and to register



Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
Tumbling (ages 3-5)	Wed	Jan 8-29	6:00-6:45 p.m.	4	\$45	SHMS	Jena Waite
	Sat	Jan 11-Feb 8	11:00-11:45 a.m.	4	\$45	SHMS	Jena Waite
Preschool Creative Dance (ages 3-5)	Wed	Jan 8-29	5:00-5:45 p.m.	4	\$45	SHMS	Jena Waite
	Sat	Jan 11-Feb 8	9:00-9:45 a.m.	4	\$45	SHMS	Jena Waite
	Wed	Feb 12-Mar 5	5:00-5:45 p.m.	4	\$45	SHMS	Jena Waite
	Sat	Feb 22-Mar 22	9:00-9:45 a.m.	5	\$55	SHMS	Jena Waite
Silly Slimes (ages 4-6)	Fri	Feb 7	10:00 a.m.-noon	1	\$27	FRMS	Science Explorers
Valentine's Day Craft Party X's & O's (adult and child 18 mos-6 yrs)	Sat	Feb 15	9:30-10:30 a.m.	1	\$27	FRMS	Kidcreate
DIY Crystals (ages 4-9)	Sat	Mar 1	1:00-4:00 p.m.	1	\$49	FRMS	Kidcreate
Leprechaun Mansion (ages 4-9)	Sat	Mar 15	1:00-4:00 p.m.	1	\$49	FRMS	Kidcreate
Yoga Wonder (ages 3-5)	Wed	Feb 12-Mar 5	6:00-6:45 p.m.	5	\$55	SHMS	Jena Waite
	Sat	Feb 22-Mar 22	11:00-11:45 a.m.	5	\$55	SHMS	Jena Waite

Free! Music Together Demonstration

(adult and child birth-5 yrs)

Tue	Dec 10	9:00-9:45 a.m.	1	Free!	AVCC	Music Together
Wed	Dec 11	10:00-10:45 a.m.	1	Free!	AVCC	Music Together
Thu	Dec 12	5:15-6:00 p.m.	1	Free!	AVCC	Music Together
Thu	Dec 12	6:15-7:00 p.m.	1	Free!	AVCC	Music Together

Register for a free demonstration class before the winter session starts to find out if **Music Together** is a good fit for your family.

Music Together

(adult and child birth-5 yrs)

Tue	Jan 7-Mar 11	9:00-9:45 a.m.	10	\$199, \$119*	AVCC	Music Together
Tue	Jan 7-Mar 11	10:00-10:45 a.m.	10	\$199, \$119*	AVCC	Music Together
Wed	Jan 8-Mar 12	9:00-9:45 a.m.	10	\$199, \$119*	AVCC	Music Together
Wed	Jan 8-Mar 12	10:00-10:45 a.m.	10	\$199, \$119*	AVCC	Music Together
Wed	Jan 8-Mar 12	11:00-11:45 a.m.	10	\$199, \$119*	AVCC	Music Together
Thu	Jan 9-Mar 13	5:15-6:00 p.m.	10	\$199, \$119*	AVCC	Music Together
Thu	Jan 9-Mar 13	5:15-6:00 p.m.	10	\$199, \$119*	AVCC	Music Together

*add'l childM

Registration for many classes opens on
Tuesday, December 10, 2024 at 6:00 a.m.

Request an Interpreter
Solicite un interprète
Badhanka "codso turjumaan"
bit.ly/translatereq

Do you need fee assistance?

Visit ce.district196.org/feeassistance,
email communityed@district196.org
or call 651-423-7920.



Winter Family Fun Activities



Paint on Snow

Bring some snow fun indoors or head outside to color the snow. Collect some snow in a dishpan or shallow container. Bring it inside and let your children color it with a mixture of 1 part food coloring and 3 parts water. Use a brush, spray bottle or pipette to create a design.

Bright White Playdough Recipe

Mix the following ingredients together, let cool and enjoy dough that looks like sparkling snow.

Materials

- 1 cup cornstarch
- 1 cup boiling water
- ½ cup salt
- Few drops liquid glycerine (not essential, but makes smoother)
- 1 Tbsp. oil
- 1 Tbsp. cream of tartar
- Silver glitter

Snowman Sensory Bag

Fill a quart-size plastic zipper bag with inexpensive shaving cream or hair gel that is mixed with some white paint. Add buttons (for a mouth) and foam cutouts (eyes, nose). Close the bag and place packing or duct tape over the edge to seal things in tightly. Children can manipulate the bag to create a snowman's face. This is a very calming activity.

Simple Bird Feeder

Materials

- Plain Cheerios
- Pipe cleaners

Give your child Cheerios to string on a pipe cleaner and hang on a tree near your window. Watch the birds eat the delicious treat and count how many birds visit your house.

Build an Indoor Snowman

- Read the book *Snowballs* by Lois Ehlert (available at your local library).
- Cut out three circles from white paper; small, medium and large.
- Glue the three circles together in the shape of a snowman.
- Decorate the snowman with a variety of materials, such as yarn, crayons, macaroni, etc.

Snowman Snack

Ingredients

- Banana chunks
- Cheese balls
- Raisins
- Carrot piece
- Pretzel sticks
- Raspberry

Have your child create their own edible snowman using banana chunks or cheese balls as the body, pretzel sticks as the arms, raisins for the eyes, a carrot piece for the nose and a raspberry for the hat. Enjoy the yummy snack.





DISTRICT 196

COMMUNITY EDUCATION

One District. Infinite Possibilities.

Independent School District 196
3455 153rd St W • Rosemount MN 55068

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Leah Gardner, Director
Jackie Magnuson, Director

One-Time Events

Family Playtimes

Non-Separating

Pop in to play with your little ones and our ECFE staff. Dress up for dramatic play. Explore the wonders of math, science and senses while you squish, squeeze and create with playdough. Dump, pour, mash and mix in the sensory table. Become a little artist at the easel. Run, jump, climb and learn through movement in our gym. Expand language skills at story and circle time.

See our website [weekly, ce.district196.org/ecfe](http://ce.district196.org/ecfe), to register.

Ages Birth-Kindergarten

Fri | Jan 10-Mar 21 | 9:00-11:00 a.m. | \$5 per child
Room 116 | skip Jan 17; Feb 7; Mar 7 | Caren and Nichole

Ages Birth-7 Years

Sat | Jan 11, 25; Feb 1; Mar 1, 15
9:00-11:00 a.m. | \$5 per child | Room 116



Baby Playtime

Ages Birth-18 Months

Non-Separating, Babies Only

This is a time for babies and parents to play in our infant environment. Come and explore new toys, sing songs or enjoy other fun activities led by an ECFE teacher. There will also be time to meet other parents and their babies.

See our website [weekly, ce.district196.org/ecfe](http://ce.district196.org/ecfe), to register.

Fri | Jan 10-Mar 21 | 10:45 a.m.-12:15 p.m. | FREE
Room 216 | skip Jan 17; Feb 7; Mar 7 | Cindy and Mandi D.