

# Early Childhood Family Education (ECFE)

*Infants, Toddlers, Preschoolers & Parents*

2023-2024  
Registration  
Guide

*Early Childhood  
Where BEARS Begin*





# Program Information

## WELCOME

### Early Childhood Family Education (ECFE)

ECFE offers classes for parents and their children ages birth to 5 years old (*before kindergarten*).

- ◆ Programs are designed for parents and their infants, toddlers, and preschool age children.
- ◆ Classes help strengthen family relationships and provide information and resources to parents.
- ◆ Programs strive to build a strong foundation for families by forming a partnership between home and school.

## BIENVENIDO

### Educación Infantil Familiar (ECFE)

ECFE ofrece clases a padres/madres/guardianes y a sus hijos de 0 a 5 años (*antes del kindergarten*).

- ◆ Los programas están diseñados para los padres y sus hijos/as en edad preescolar.
- ◆ Las clases ayudan a fortalecer las relaciones familiares y a proveer información y recursos a los padres para ayudar a sus hijos a crecer y a desarrollar su potencial al máximo.
- ◆ Los programas ayudan a establecer una asociación fundamental entre la escuela y la familia.

## ZOO SIAB TXAIS TOS

### Kev kawm ntawv (ECFE)

ECFE muaj qhia ntawv rau cov niam txiv thiab cov menyuam mos yug los txog rau 5 xyos (*ua ntej kawm ntawm qib kindergarten*).

- ◆ Cov kev pab cuam yog tsim rau cov niam txiv thiab lawv cov menyuam mos, menyuam yau, thiab cov menyuam kawm preschool.
- ◆ Kev kawm ntawv yog pab kom muaj kev sib raug zoo rau tsev neeg thiab muaj lus qhia thiab kev pab rau cov niam txiv ntawm txoj kev pab txhawb lawv cov menyuam loj hlob.
- ◆ Muaj kev rau tsev neeg koom tes ntawm hauv tsev thiab lub tsev kawm ntawv.

## Contact Us

Programs, Registration, Events & Class Openings

Main Office: 651-653-3100

### Early Childhood Programs

**Darcy Rodriguez, Early Childhood Supervisor**

651-653-3102 | darcy.rodriguez@isd624.org

**Nicole Mersch, Early Childhood Program Specialist**

651-653-3118 | nicole.mersch@isd624.org

### Early Childhood Special Education

**Angela Drange, EC Special Education Supervisor**

651-653-3101 | angela.drange@isd624.org

## Early Childhood Sites

Each of the White Bear Lake Area Schools' Early Childhood program sites have unique areas that foster large muscle development and active play. Locations and codes for those school are listed below.

- **Normandy Park - NP**  
2482 County Rd F East, White Bear Lake  
Normandy Park has an indoor gym and outdoor playground designed especially for young children.
- **Oneka Elementary - OE**  
4888 Heritage Parkway N, Hugo  
Oneka's indoor and outdoor spaces accommodate preschoolers and early elementary grades.
- **Tamarack Nature Center - TAM**  
5287 Otter Lake Road, White Bear Township  
Tamarack Nature Center has a Nature Play Area and Discovery Garden with daily nature exploration activities.

## Home Visits

### ECFE Makes House Calls

Home visits are offered to families with children birth to age five (not yet in kindergarten). A licensed Family Educator will share information about community resources and talk about how children grow and develop, and how your child learns.

Contact Tami at 651-653-3159  
to schedule your free home visit.  
tamara.lemieux@isd624.org

## Early Childhood Special Education

Special education services are provided free of charge to children birth to age five. Children younger than three are generally seen at home by teachers and specialists. Call 651-653-3100 for more information.

## Family Literacy

**AGES BIRTH TO 5 (BEFORE KINDERGARTEN)**

This multi-age class meets two days per week and is for families wanting to practice English. Parents and children attend together to improve their English language skills through conversation, learning activities, music, and more. An English/ESL teacher and an ECFE teacher teach the class together.

**Mondays & Wednesdays | 11:00 AM-1:30 PM | NP | \$25/month**

**Tuesdays & Thursdays | 11:30 AM-2 PM | NP | \$25/month**

## Knee-High Nature

**AGES 2-3 BY SEPT 1, 2023**

In this unique parent-child program, we explore, investigate, and unearth nature's secrets that lie beyond the classroom doors. Parents will have one-on-one time with their child(ren); indoors and outside. There will also be time for parents to meet with the teacher in a different room to discuss their child's learning and development while children spend time with a Naturalist learning more about themselves, each other and the natural world.

**Thursdays | 11:30 AM-1:30 PM | TAM | Cost: Fee C (see back cover)**

**Fridays | 8:45-10:45 AM | TAM | Cost: Fee C (see back cover)**

## Conscious Discipline Virtual Parenting Circle

Join us for an online parenting circle led by a licensed parent educator. The focus of this group will be Conscious Discipline framework. Through this course, we will focus on the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. We will learn what the Conscious Discipline philosophy is and how it applies not only your relationship with your child but also supports all relationships.

**Thursdays | 6:30-7:45 PM | \$60**

**Runs for 12 weeks**

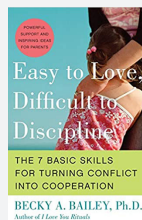
**Session A      Sept 28-Jan 4**

**Session B      Feb 1-Apr 25**

**CEU's Available**

*\*Session 1 and 7 will be in-person*

### Book Recommendation for Parents:



**Easy to Love,  
Difficult to  
Discipline: The  
7 Basic Skills  
for Turning  
Conflict into  
Cooperation** by  
**Becky A.  
Bailey, Ph.D.**

**About the Author:** Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents' Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.

## Help Me Grow

### Early Childhood Information & Referral

Connecting families to early intervention services. Some children need extra help to learn and grow. Help Me Grow is a Minnesota state initiative that connects children with developmental delays and disabilities and their families to free, local early intervention services.

If you have a concern about a child's development, you can refer the child through Help Me Grow for a free screening or evaluation. Services are free to eligible children ages birth-5, regardless of income or immigrant status.

Help Me Grow's website, [helpmegrowmn.org](http://helpmegrowmn.org), offers valuable information to help parents and caregivers understand a child's development. Resources include developmental milestones, strategies to encourage development and information about referrals.

To refer a child, visit [helpmegrowmn.org](http://helpmegrowmn.org) or call 651-604-3700. Interpretation services are available for referrals by phone.



## ECFE Classes include Three Components:

### Parent-Child Interaction

You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.

### Parent Education

Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children's classroom for non-separating classes.

### Children's Classroom

While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.



## Infants

**AGES BIRTH - 12 MONTHS**

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

**Mondays | 8:45-10:15 AM | NP**

**Cost: Fee B (see back cover)**

*Non-separating*

## Ones

**AGE 1 BY SEPT 1, 2023**

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles.

**Tuesdays | 8:45-10:45 AM | NP**

*(Gradual parent/child separation will occur)*

**Wednesdays | 8:45-10:45 AM | NP**

*Non-separating first semester*

**Cost: Fee A (see back cover)**

## ECFE Terrific Twos

**AGE 2 BY SEPT 1, 2023**

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development.

**Wednesdays | 8:45-10:45 AM | NP**

**Thursdays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**

## Parent-Child Playschool

**AGES 2-3 BY SEPT 1, 2023**

Playschool is an opportunity for children to become more comfortable and confident in a classroom setting, learn to follow rules, routines and directions, begin to initiate social interactions, and become an integral part of a group.

In the fall, children come to school with a parent/guardian and spend time in a traditional ECFE classroom gaining these skills and separating during parent time one day a week on Mondays. Starting on November 14, 2023, we will implement the second day as child-only. Children may attend the second day, Tuesday, as soon as they are 2.5 years old.

**Mon & Tue | 8:45-10:45 AM | NP**

*Monday is a parent/child day*

*Tuesday is child only starting Nov 14*

### Fee scale

Income	Class Fee
\$0-29,999	\$450
\$30-49,999	\$550
\$50-69,999	\$650
\$70-89,999	\$750
\$90,000+	\$850

## Multi-Age

**AGES BIRTH - 5 BY SEPT 1, 2023**

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning, and other topics. Gradual parent/child separation is flexible and can occur as the child's needs are met.

**Mondays | 6-7:30 PM | NP**

**Cost: Fee B (see back cover)**

**Tuesdays | 6-7:30 PM | OE**

**Cost: Fee B (see back cover)**

**Fridays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**



## Multi-Age Pop In & Play Time!

AGES BIRTH - 5 BY SEPT 1, 2023

Parents and children will enjoy a variety of activities and circle time with our Early Childhood teachers. Grandparents and other caregivers are welcome.

**Tuesdays | 11 AM-12 PM | NP**

**Cost: \$5/session**

*Non-separating*

## Grandparents Class

AGES BIRTH - 5 BY SEPT 1, 2023

When we had young children they didn't come with instruction manuals and as we journey into being grandparents, we find that they still don't. Whether you are on full time duty raising your grandchild or want to have a special time with your young grandchild, this ECFE class is for you. Come and connect with other grandparents and have a chance to play with your grandchild in an environment set up with young children in mind. We will explore the unique joys and challenges of being a grandparent during our separation time.

**Thursdays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**



## Young Explorers

AGES 2.5-3 BY SEPT 1, 2023

Children will learn and discover exciting things in these mini sessions. These theme based classes offer opportunities to work on age-appropriate developmental skills that will foster curiosity while exploring new learning experiences. Mini sessions are offered from September -May. This is a drop off class.

### Session 1: "Look What I Can Do!"

Welcome to our classroom! This month we are exploring the classroom, learning how to use school materials, such as glue, scissors, markers, and crayons, exploring the school building, and learning the routines in a classroom. Get ready to play, learn and have some fun in Young Explorers.

**\$45 | Fridays | Sept 15, 22, 29 | 8:45-10:45 AM | OE**

### Session 2: "Fall Harvest"

Autumn leaves are falling down, falling down, falling down. Come join us as we explore and learn about fall harvest, create autumn crafts and make a fall sensory item to take home.

**\$45 | Fridays | Oct 6, 13, 27 | 8:45-10:45 AM | OE**

### Session 3: "Forest Animals"

Winter is coming and all the woodland creatures are getting ready for the change in season. Come and learn about animal habitats and which animals hibernate. Together we will make a big bear cave in our classroom.

**\$45 | Fridays | Nov 3, 10, 17 | 8:45-10:45 AM | OE**

### Session 4: "Gingerbread Friends & Fun"

"Run, run, run as fast you can! You can't catch me, I'm the Gingerbread Man." This month we'll be exploring (and maybe tasting) all things gingerbread! We'll be reading gingerbread books, playing in our very own gingerbread house, creating gingerbread artwork and building a gingerbread house to take home.

**\$45 | Fridays | Dec 1, 8, 15 | 8:45-10:45 AM | OE**

# Special Events



## Fall Farm Fun at Pinehaven

AGES 1+

Join us for a bus trip to the farm. We will take a trolley ride out to the pumpkin fields and pick a pumpkin to bring home. Next, we will visit the animals on the farm. Children will get to pet a variety of sheep, goats, donkeys, cows, mini horses and even see the emu and peacocks. Afterwards families can explore the play sets, corn pits, and giant slide. Check in starts at Normandy Park at 8:45 AM. Bus leaves at 9 AM and returns to Normandy Park at 12:30 PM. Families can drive separate or sign up for the bus ride. Bring a snack. This is a caregiver and child field trip. Registration is limited, event is rain or shine.

**Monday, Oct 16 | 9 AM-12:30 PM | NP**

**Cost: \$10/person ages 1+**

## Fall Parent Event

**Conscious Discipline for Parents**

Conscious Discipline is an evidence-based approach that supports social/ emotional development. It provides an array of behavior management strategies that parents can use to turn everyday situations into learning opportunities. Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for your family.

Join us for an explanation of conscious discipline and a conversation about how to implement some of the strategies in your home environment.

**FREE | Thursday, Nov 2 | 6:30-7:30 | NP**

**Childcare: \$5/child with a \$10 max/family**

## FAMILY EVENTS

- **ECFE Open House - Normandy Classes**  
Sept 7, 2023 | 8:45-10:45 AM | NP
- **ECFE Open House - Oneka Classes**  
Sept 8, 2023 | 8:45-10:45 AM | OE
- **PAC Fall Event**  
Oct 26, 2023 | 5-6:30 PM | NP
- **Winter Wonderland**  
Dec 18, 2023 | 9-11 AM | NP
- **PAC Winter Event at Jack Yost Park**  
Feb 8, 2024 | Evening-TBD
- **Movin' and Messin'**  
Feb 9, 2024 | 9-11 AM | NP
- **Library Story Time**  
Feb 27, 2024 | 6-7:15 PM | OE
- **Spring Fling**  
Apr 9, 2024 | 9-11 AM | NP
- **PAC Spring Event**  
May 9, 2024 | Evening-TBD | West Park
- **End of the Year ECFE Party**  
May 30, 2024 | 5:30-7 PM | NP

## Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children.

**Ages 1-5 with adult**

**Wednesdays**

**Nov 1-Mar 6 | 5:30-7:30 PM**

*No class Nov 22, Dec 20, 27*

**\$3/child**

**\$7/immediate family**

Payable at the door each night.



## Registration

Register online at [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) or in-person at Normandy Park Education Center, 2482 County Road F East White Bear Lake, MN 55110.

## Cancellations

We reserve the right to cancel classes due to insufficient enrollment. Fees paid will be refunded. Refunds will not be issued for classes missed or after a class has started.

## Determine Payment Due

Use the class fee schedule on the back cover to determine fee for the first child attending the class. Add half of the fee for each additional child from the same family attending the same class.

## Payments

All one-time payments are due at the time of registration. Payments for full year classes will be split into three equal payments. The first payment will be due at the time of registration and the second and third payments will occur in November and February. No family will be denied participation due to inability to pay. If you need help with payments call 651-653-3100.

## Refund Policy

Refunds will be issued when requested at least five working days prior to the class starting date. A \$10 service charge will be deducted from each refund processed.

## Immunization Records

Immunization records **MUST** accompany the registration if your child is participating in an ECFE class. Class registrations will not be processed without an up-to-date immunization record each school year. Immunization records can be faxed directly from your clinic to 651-653-3155.



## JOIN OUR PAC!

### What is the Parent Advisory Council (PAC)?

Every Early Childhood program is required to have an advisory council that assists in the developing, planning and monitoring of the ECFE program. The PAC consists of parents participating in the program, local community professionals, and agency representatives who can offer input and guidance on community needs.

- The PAC meets 3 times per year (Sept, Jan and Apr). Childcare provided at meetings.
- The PAC runs 3 special events per year (fall, winter, spring).
- The PAC helps to approve special grants for the program.
- The PAC supports 2 fundraisers per year.

Meeting Dates and Time TBD  
If interested send an email to:  
[wblearlychildhoodpta@gmail.com](mailto:wblearlychildhoodpta@gmail.com)

facebook

Follow us on Facebook!  
White Bear Lake  
Early Childhood PTA

## Sliding Fee Scale for ECCE Classes

Gross Annual Household Income	Fee A 2 hr/wk class	Fee B 1.5-1.75 hr/wk class	Fee C Tamarack
\$100,000+	\$550	\$430	\$750
\$75,000-\$99,999	\$475	\$370	\$625
\$50,000-\$74,999	\$365	\$280	\$500
\$35,000-\$49,999	\$280	\$225	\$375
\$20,000-\$34,999	\$225	\$150	\$275
\$0-\$19,999	\$140	\$120	\$160

Please note the appropriate combined family income.  
This is your class fee for the school year.

# Bear Care



## Health and Wellness Clinic

RISE UP  
HEALTH CLINICS

A no-cost school-based health clinic

for students of any age in the White Bear Lake Area School District.

## Located in WBLAHS - North Campus

### Health Clinic

Mondays, 10:00 am - 6:00 pm  
Wednesdays, 10:00 am - 6:00 pm  
Fridays, 8:00 am - 3:30 pm

### Mental Health Counseling

Mondays, Tuesdays, and Thursdays  
During school and after-school hours



## Health services provided

Sports physicals  
Wellness exams  
COVID vaccines and testing  
Flu shots and other vaccines  
Acute illness care  
Strep throat testing

Ear infections, pink eye treatment  
Mono testing  
Bladder infection testing  
Teen health  
Mental health counseling  
Chronic illness management

WEBSITE



SCAN ME

Call, email, or visit our website to  
make an appointment!

(651) 653-2923

[BearCare@RiseUpHealthClinics.org](mailto: BearCare@RiseUpHealthClinics.org)

## Early Childhood Screening

### SCREEN AT THREE

Early Childhood Screening is required by the State of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

### 3 reasons to screen at age 3

- ◆ Screening can ensure school success
- ◆ If health or developmental concerns are identified, educational services are available immediately
- ◆ It is fun for children and provides caregivers with valuable information regarding child development

To view all available screening sessions and to register, visit [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) or call 651-653-3100 to make an appointment.

Screenings are held at:  
Normandy Park Education Center,  
2482 County Road F East, WBL.

## SIGN UP FOR CLASSES ALL YEAR!

After the initial sign up, registrations are welcome at anytime. Fees will be adjusted based on the date your family starts class.

Call 651-653-3100 for class availability or view openings online at [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com).

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