



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

# 2023-2024 Early Childhood Family Education (ECFE)

ECFE offers daytime and evening classes for families with infants, toddlers, preschoolers, and expecting families. Families have time to play and learn with other children and a licensed staff. Families also get to connect with other parents and a parent educator to discuss a variety of parenting topics.

## 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-6 month classes
- Parent Connections

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
- Drop-in and Play
- Book Buddies
- Parent Connections

## 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 through 20 months

Tuesdays Sep 12-May 28  
 10:15-11:45 am Rm 18

## Incredible Infants

### One Time Infant Classes

The following infant classes are offered at no cost, though preregistration is required. Child care for siblings is available, at no cost, on a limited basis.

### 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 through 12 months

EF-F101	M	Oct 16, 2023	1:15-2:15 pm	Rm 18
EF-F102	M	Dec 11, 2023	1:15-2:15 pm	Rm 18
EW-F103	T	Feb 27, 2024	6:15-7:15 pm	Rm 23
EW-F104	M	May 6, 2024	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 to crawling

EF-F107	Th	Sep 21, 2023	1:15-2:30 pm	Rm 18
EF-F108	T	Nov 14, 2023	6-7:15 pm	Rm 23
EW-F109	Th	Jan 25, 2024	1:15-2:30 pm	Rm 18
EW-F110	T	Mar 19, 2024	6-7:15 pm	Rm 23
EW-F111	Th	Apr 18, 2024	1:15-2:30 pm	Rm 18
EW-F112	Th	May 23, 2024	1:15-2:30 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 through 12 months

EF-F116	T	Sep 5, 2023	6:15-7:15 pm	Rm 23
EW-F117	Th	Oct 26, 2023	1:15-2:15 pm	Rm 18
EW-F118	T	Dec 5, 2023	6:15-7:15 pm	Rm 23
EW-F119	Th	Mar 14, 2024	1:15-2:15 pm	Rm 18

# Weekly Infant Classes

Having an infant is exciting and challenging. Our weekly classes are designed to be your time to slow down, enjoy your child, and connect with others. Children will explore and learn through music, movement, and play. With support from our licensed parent educators, families also get to discuss and learn more about infant sleep, feeding, ways to support growth and development, managing parenting stress and so much more. Child care for siblings is available for all weekly infant classes.

Parents and their infants, prenatal through 15 months								
Session 1 (Free)			Session 2 (Free) Builds on information provided in Session 1, with all new topics.			Session 3 (Sliding fee scale) Families who took session 1 or 2, continue with new topics in session 3.		
Pre-6 mo. EF-D101	W 6-7:15 pm	Sep 13-Oct 25 Rm 18	Pre-6 mo. EF-D201	W 6-7:15 pm	Nov 1-Dec 20 Rm 18	6-12 mo. EW-D301	W 6-7:30 pm	Jan 10-May 29 Rm 18
Pre-6 mo. EF-D102	Th 8:45-10:15 am	Sep 14-Oct 26 Rm 18	Pre-6 mo. EF-D202	Th 8:45-10:15 am	Nov 2-Dec 21 Rm 18	6-12 mo. EW-D302	Th 8:45-10:15 am	Jan 11-May 30 Rm 18
Birth-12 mo. EF-D103	M 6-7:30 pm	Oct 23-Dec 18 Virtual				3-15 mo. EW-D303	M 6-7:30 pm	Jan 8-Jun 3 Virtual
Pre-6 mo. EW-D104	W 6-7:15 pm	Apr 3-May 29 Rm 25						
Pre-6 mo. EW-D105	F 10:45 am-12:15 pm	Apr 5-May 31 Rm 18						

## Parents and their children, 6 through 20 months

### 6 through 12 months - for children born Aug 1, 2022-Mar 1, 2023

EF-B115	M	Sep 11-Jun 3	6-7:30 pm	Rm 18
EF-B116	T	Sep 12-May 28	12:30-2 pm	Rm 18
EF-B117	W	Sep 13-May 29	8:45-10:15 am	Rm 18
EF-B118	Th	Sep 14-May 30	10:45 am-12:15 pm	Rm 18

### 12 through 20 months - for children born Dec 1, 2021-Sep 1, 2022

EF-B119	M	Sep 11-Jun 3	9:30-11 am	Rm 18
EF-B120	T	Sep 12-May 28	6-7:30 pm	Rm 18
EF-B121	W	Sep 13-May 29	10:45 am-12:15 pm	Rm 18
EF-B122	Th	Sep 14-May 30	6-7:30 pm	Rm 18
EF-B123	F	Sep 15-May 31	8:45-10:15 am	Rm 18

**6-20 month & session 3 classes** are offered on a sliding fee scale based on family size and income. For fees and other information, scan the QR code or call the ECFE office at 763-504-4170.



## 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.



## The Joy of Grandparenting

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. This class meets virtually.

### Grandparents of infants, pre-birth through 12 months

EF-F113	T	Oct 17 & 24	6-7:15 pm
EW-F114	W	Apr 17 & 24	6-7:15 pm