



EDEN PRAIRIE SCHOOLS
Community Education

ECFE

EARLY
CHILDHOOD
FAMILY
EDUCATION

2023-24



www.edenpr.org/ECFE



Welcome to Early Childhood Family Education where we inspire each child in their love of learning. As your child's first and most important teacher, Early Childhood Family Education (ECFE) classes are here to help you be the best parent you can be. These classes are designed to serve you and your child age birth to five. ECFE is unique to Minnesota and is a program of Eden Prairie Schools Community Education.

By choosing ECFE in Eden Prairie you can count on us to uphold the following core values while your child participates in ANY of our programs:

We believe each person has intrinsic value.

We believe each person has individual gifts, interests and talents.

We believe community benefits when each person contributes.

We believe relationships flourish on a foundation of mutual respect.

We believe continuous learning is essential for personal fulfillment, opportunity and success.

This catalog outlines the many opportunities to best fit your family for the upcoming school year. Our highly qualified staff are excited to get to know you and help you build upon your unique gifts that contribute to our school community.

It is never too early to start stimulating your baby's mind in ways that promote healthy development and build on your relationship with your child. Our staff will show you ways to nurture your child's development physically, emotionally, and mentally. We have an inspiring curriculum that offers opportunities for you to learn with your child. There is also time for parent-only discussions where you will find answers to questions and meet other parents.

EARLY CHILDHOOD FAMILY EDUCATION SCHEDULE FALL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM		
	Tiny Explorers	Tiny Explorers	Small Wonders*		
	Movers and Shakers	Movers and Shakers	Movers and Shakers		9:30-11:30 AM
					Daddy and Me*
				10:30 AM -11:30 PM	
	10:45 AM -12:15 PM	10:45 AM -12:15 PM	10:45 AM -12:15 PM	Fantastic Fridays*	
11:00 AM - 12:00 PM	Small Wonders*	Tiny Explorers	Little Learners		
Parents of Preschoolers*	Tiny Explorers	Movers and Shakers			
	Movers and Shakers				
	3:30-4:30 PM				
	Small Wonders*				
	4:45-5:45 PM				
	Small Wonders*				
	Tiny Explorers*				
	Movers and Shakers*				
	6:00-7:00 PM				
	Small Wonders*				
	Tiny Explorers*				
	Movers and Shakers*				
	8:00-9:00 PM				
	Emotion Coaching**				
	Mindful Parenting**				

KEY Age by Sept. 1, 2023

Less than 1 year	3-4 Year
1 Year	Birth-5 Year
2 Year	Parents Only

In person ECFE classes are held at the Lower Campus at 8100 School Road, Eden Prairie, MN 55344. Enter door 11. Online class information will be shared as needed.

Fall Classes run September 11-November 17, 2023.

Winter Classes run November 27, 2023-February 16, 2024.

Spring Classes run February 20-May 3, 2024.

* Indicates a seasonal session

** Indicates an online class

WHAT CAN I EXPECT AT A TYPICAL ECFE CLASS?

Parent-Child Activity: Time for you and your child to learn and play together, with songs, stories, and developmentally appropriate activities you can do at home.

Parent Discussion: Spend time with other parents discussing the joys and challenges of parenting while learning effective, research-based parenting strategies. A licensed parent educator will guide the discussion and share information about child development.

Children's Learning Time: In classes where children and parents separate for the parent discussion, children will stay with licensed early childhood teachers. Children will learn social-emotional skills while playing and learning with other children.



WELCOME BABIES!

Give your baby a strong start. These classes are for newborn through 12 month babies and their significant caregivers: mom, dad, grandparents, etc. Meet new friends and enjoy bonding time with your baby!

- **Baby Breakfast Story Time**
- **Baby Dinner Story Time**
- **Tummytime Essentials**

These baby classes are offered free of charge, but pre-registration is requested. A variety of dates and times are offered throughout the year. Visit us online to learn more and register!

Do You Have a New Baby? Congratulations!

Eden Prairie Community Education has a variety of options for your family.

- Free welcome packet
- Free baby events
- ECFE Baby classes (Small Wonders)
- Free in-home or virtual 'Helping Us Grow' parent consultations

Email us at ComEd@edenpr.org or call 952-975-7200 to learn more!

ECFE OUTREACH CLASSES-FREE!

Early Childhood Family Education is a wonderful resource for Eden Prairie families. Finances or transportation should not be a barrier for families interested in learning more about how to best support your child's growth and development. In an effort to make ECFE classes available to all families, we host outreach classes that are taught in the community.

Classes are held throughout the school year. A detailed schedule is available at class. Pre-registration is requested. Additional outreach locations may be added throughout the year. Check our website to learn more! Register for free online at www.edenpr.org/epcommunityed or call **952-975-7200**.

BRIAR HILL

#1224 Briar Hill (*Residents Only*)
Mondays, 1:00–2:30 p.m.

Briar Hill Apartments
7025 Woodland Dr.
Eden Prairie, MN 55346

PRAIRIE MEADOWS

#1224 Prairie Meadows (*Residents Only*)
Thursdays, 1:00–2:30 p.m.

Prairie Meadows
11345 Westwind Dr.
Eden Prairie, MN 55344

PRESERVE CENTER

#1224 Preserve (*Residents Only*)
Fridays, 10:30 AM–12:00 p.m.

The Preserve
11221 Anderson Lakes Pkwy.
Eden Prairie, MN 55344

ECFE FAQS



When do ECFE classes start and end?

School Year-long Classes begin on Sept. 11 and run through May 3. This aligns with the school district calendar for non-school days. Registrations are accepted year round based on availability and fees are pro-rated.

Seasonal Classes are scheduled in three sessions though the school year. They align with the school district calendar for non-school days. There are classes that start in September (fall), November (winter), and February (spring).

What is the difference between seasonal classes and school year-long classes?

ECFE classes run in two separate schedules to give your family flexibility. The school year-long schedule allows the same group of families to stay together for the full school year. The seasonal session allows increased flexibility for your calendar. Both the seasonal and school year-long classes will cover similar topics and lessons.

Can I take more than one seasonal class?

Yes, you can sign up for one or all three in a school year. Class content and topics will vary based on class attendees. Please note, some content may repeat.

What is the difference between a non-separating, gradual separating, and separating class?

In a non-separating class, parents stay with their children for the entire class. In gradual separating, there is a transition from parent/child time to separate time over the course of the class. Our separating classes include some parent discussion time held in a separate room.

Where are classes held?

All ECFE classes are held at Lower Campus, 8100 School Road, Eden Prairie, MN 55344. Enter Door 11.

What resources are available for children with special needs?

Early Childhood and Family Education classes are inclusive of all children and families. Our program staff have strong collaborations with Early Childhood Special Education and work together as a team, including parents, to best meet the learning and developmental needs of all children in our classes.

How much do ECFE classes cost?

The cost of classes are based on the sliding fee scale below. They are designed to be affordable for all families to attend.

What if I have other children who need care during class (i.e. Sibling Care)?

Care is available for siblings of children registered in ECFE classes. Babies through 5-year-olds grow by leaps and bounds in our child centered sibling care classrooms. Staff provide a flexible, fun learning environment which includes a theme-based curriculum explored through games, songs, art activities, and child-directed play.

Our experienced staff provide a safe, secure environment for your child that includes:

- Gentle, loving care
- Feeding and diapering per parent request

Registration is required; fees are listed on the sliding fee scale below.

Sliding Fee Scale for ECFE Classes

Yearly Household Income	Year-Long Class Fee	Seasonal Class Fee	One-Time Class	Sib Care Year-Long Class Fee	Sib Care Seasonal Class Fee	Sib Care One-Time Class
\$130,000 and Above	\$567	\$189	\$21	\$282	\$94	\$10.50
\$100,000-\$129,999	\$540	\$180	\$19	\$267	\$89	\$9.50
\$80,000-\$99,999	\$462	\$154	\$16	\$228	\$76	\$8.50
\$60,000-\$79,999	\$387	\$129	\$13	\$192	\$64	\$7.50
\$40,000-\$59,999	\$312	\$104	\$11	\$159	\$53	\$6.50
Under \$40,000	\$0	\$0	\$0	\$0	\$0	\$0

ECFE classes are priced on a sliding fee scale based on your household income. Payment for seasonal and one-time classes are made in full at time of registration. For year-long classes, payment is charged to bank information on file three times a year - on September 4, November 20, and February 12.



ECFE CLASSES

SMALL WONDERS

Less than 1 yr. (by Sept. 1, 2023)

Enjoy this relaxing, informative class for children who are less than one year old. This class is designed to be your time to slow down, enjoy your little one and develop a supportive network with other parents. Parents and children enjoy songs, puppets, musical instruments and other fun activities in our bright and baby-safe classroom. A knowledgeable parent educator will lead interactive discussions on feeding, sleeping, safety, brain development, balancing your life as a new parent and more. *Non-Separating. Cost: See sliding fee scale on page 3.*

Fall Session* (Sept.-Nov.)

#1202-01	Tuesdays	10:45 a.m.-12:15 p.m.
#1202-02	Tuesdays	4:45-5:45 p.m.
#1202-03	Thursdays	9:00-10:30 a.m.
#1202-10	Tuesdays	3:30-4:30 p.m.
#1202-11	Tuesdays	6:00-7:00 p.m.

Winter Session* (Nov.-Feb.)

#1202-04	Tuesdays	10:45 a.m.-12:15 p.m.
#1202-05	Tuesdays	4:45-5:45 p.m.
#1202-06	Thursdays	9:00-10:30 a.m.
#1202-12	Tuesdays	3:30-4:30 p.m.
#1202-13	Tuesdays	6:00-7:00 p.m.

Spring Session* (Feb.-May)

#1202-07	Tuesdays	10:45 a.m.-12:15 p.m.
#1202-08	Tuesdays	4:45-5:45 p.m.
#1202-09	Thursdays	9:00-10:30 a.m.
#1202-14	Tuesdays	3:30-4:30 p.m.
#1202-15	Tuesdays	6:00-7:00 p.m.

**Sign up for a single seasonal session, or all three!*

TINY EXPLORERS

Age 1 yr. (by Sept. 1, 2023)

Toddlers grow, change and try new things at a rapid pace. Join this class where eager students turn a whirl of activity into learning that inspires confidence. You will learn songs, games, stories and activities to extend your child's learning at home. There will be parent discussion time to explore what is behind your toddler's endless energy and enthusiasm. *Non-Separating.*

The curriculum covered will have some repetition from prior seasonal sessions and will focus on each child/family's needs. *Cost: See sliding fee scale on page 3.*

School Year-long (Sept.-May.)

#1203-01	Tuesdays	9:00-10:30 a.m.
#1203-02	Tuesdays	10:45 a.m. -12:15 p.m.
#1203-03	Wednesdays	9:00-10:30 a.m.
#1203-04	Wednesdays	10:45 a.m. -12:15 p.m.

Fall Session* (Sept.-Nov.)

#1203-05	Tuesdays	4:45-5:45 p.m.
#1203-06	Tuesdays	6:00-7:00 p.m.

Winter Session* (Nov.-Feb.)

#1203-07	Tuesdays	4:45-5:45 p.m.
#1203-08	Tuesdays	6:00-7:00 p.m.

Spring Session* (Feb.-May)

#1203-09	Tuesdays	4:45-5:45 p.m.
#1203-10	Tuesdays	6:00-7:00 p.m.

**Sign up for a single seasonal session, or all three!*

HAVE A NEW BABY? NEW TO EDEN PRAIRIE?

Being in the census database ensures you will receive ECCE, screening and kindergarten information when your child is eligible. Call 952-975-7200 or email ComEd@edenpr.org to make sure you're on the list!



MOVERS AND SHAKERS

Age 2 yr. (by Sept. 1, 2023)

Two year olds use experimentation to help interpret their world. Join this class and watch your child explore every learning opportunity with curiosity and passion. Children will practice social-emotional skills that can be used in and outside the classroom. Parents will meet and discuss topics like healthy eating habits, toilet training and how to set limits with love. Enjoy parent/child time including songs, activities and games that will help your child thrive in every way. Relax and enjoy the parent support and discussion time while building a network of friends for your child and family. *Separating.*

*Please note that the fall session may not separate. Separation is not our first priority due to the variety of experience and age range of the children. The curriculum covered will have some repetition from prior seasonal sessions and will focus on each child/family's needs.

Cost: See sliding fee scale on page 3.

School Year-long (Sept.-May.)

#1204-01	Tuesdays	9:00-10:30 a.m.
#1204-02	Tuesdays	10:45 a.m.-12:15 p.m.
#1204-03	Wednesdays	9:00-10:30 a.m.
#1204-04	Wednesdays	10:45 a.m.-12:15 p.m.
#1204-05	Thursdays	9:00-10:30 a.m.

Fall Session (Sept.-Nov.)*

#1204-06	Tuesdays	4:45-5:45 p.m.
#1204-07	Tuesdays	6:00-7:00 p.m.

Winter Session (Nov.-Feb.)*

#1204-08	Tuesdays	4:45-5:45 p.m.
#1204-09	Tuesdays	6:00-7:00 p.m.

Spring Session (Feb.-May)*

#1204-10	Tuesdays	4:45-5:45 p.m.
#1204-11	Tuesdays	6:00-7:00 p.m.

LITTLE LEARNERS

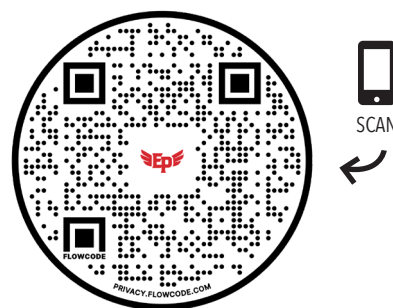
Age 3 yr. (by Sept. 1, 2023)

Three and four year olds are excited to explore the world and meet new friends! The preschool years are full of discovery, but can also be a parenting challenge. Your child will build positive self esteem, confidence, and independence while they are in the classroom. Parents will learn more strategies for successful and effective parenting. *Separating. Cost: See Sliding Fee Scale on pg. 3.*

School Year-long (Sept.-May.)

#1208-04 Thursdays 10:45 a.m.-12:15 p.m.

**Sign up for a single seasonal session, or all three!*



Scan the QR Code to register for ECCE classes!
Learn more about our program at edenpr.org/ECCE



PARENTS OF PRESCHOOLERS

Would you like an ECFE type experience with your preschooler?

While your child is in preschool, take the opportunity to join **Parents of Preschoolers**! This parent only class provides education, connection and support in parenting the preschool stage, and aligns with preschool hours for easy pick up when class is done. (see page 7 for full description).

Parents of Preschoolers – \$50 per session

Fall Session (Sept.–Nov.)*

#1218-01 Mondays 11:00 a.m.–12:00 p.m.

Winter Session (Nov.–Feb.)*

#1218-02 Mondays 11:00 a.m.–12:00 p.m.

Spring Session (Feb.–May)*

#1218-03 Mondays 11:00 a.m.–12:00 p.m.

DADDY AND ME

1–5 Years

This class provides time for interactions between dad and child or children. Boost your parent bond through planned activities, circle time, music, gym time and more. Relax and enjoy the parent discussion time while building a network of friends for your child and family. Register only one child for this class and the remaining children 1 to 5 are free! *Cost: See Sliding Fee Scale on pg. 3.*

Fall Session (classes begin Sept. 9)

#1210-01 Saturdays 9:30–11:30 a.m.

Spring Session (classes begin Feb. 10)

#1210-02 Saturdays 9:30–11:30 a.m.

FANTASTIC FRIDAYS

Multi-Age

Register for indoor exploring time in the Historic Gym with a children's teacher and parent educator in this non-separating class. Children birth to 5 are welcome and each week will bring new activities. Meet in the Historic Gym (8100 School Road, Door #5).

Register for each weekly session you plan to attend.

#1410 Fridays 10:30–11:30 AM



EDEN PRAIRIE SCHOOLS
Community Education

WELCOME babies

*Want to try an
ECFE class for
FREE?*

Give your baby a strong start! These classes are for newborns through babies age 12 months and their significant caregivers: mom, dad, grandparents, etc. These baby classes are offered **FREE** of charge, but pre-registration is required. A variety of dates and times are offered throughout the year. All classes are held at Lower Campus, 8100 School Road. Enter Door 11 – Little Eagles.



Tummy Time Essentials

Tummy time is more than a hot parenting trend - it's an important way to help babies strengthen their neck and shoulder muscles, and improve motor skills. Why is that important? Wonder how it impacts your little one? What do you do if your infant doesn't enjoy tummy time? We have support for you!

Join us for this FREE class to learn tips from a licensed physical therapist to:

- help your child enjoy tummy time,
- massage to provide comfort and relaxation,
- ways to position your baby to minimize head shape issues,
- work on midline head posture for visual development.

Recommended for children who are NOT yet crawling.

In person



Welcome Baby Dinner (Breakfast)

Welcome new babies! We want to celebrate your little one and share the community and support available to your family. Please join us for this FREE opportunity to meet new friends, bond with your baby, and connect with a Parent Educator to have your questions answered and learn about future events. You can enjoy stories, song time, and a meal will be provided. Each family will receive a Welcome Baby Bag!

In person - These events are offered in partnership with Helping Us Grow (HUG).

SEPTEMBER

FREE Tummy Time Essentials

Tuesday, Sept. 12, 6:00–7:00 PM

FREE Welcome Baby Dinner

Wednesday, Sept. 27, 5:30–7:00 PM

OCTOBER

FREE Tummy Time Essentials

Tuesday, Oct. 10, 6:00–7:00 PM

FREE Welcome Baby Breakfast

Saturday, Oct. 14, 9:00–10:30 AM

FREE Welcome Baby Dinner

Wednesday, Oct. 25, 5:30–7:00 PM

NOVEMBER

FREE Tummy Time Essentials

Tuesday, Nov. 14, 6:00–7:00 PM

FREE Welcome Baby Dinner

Wednesday, Nov. 15, 5:30–7:00 PM

DECEMBER

FREE Tummy Time Essentials

Tuesday, Dec. 12, 6:00–7:00 PM

FREE Welcome Baby Dinner

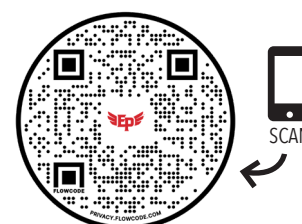
Wednesday, Dec. 13, 5:30–7:00 PM

Learn more and register at edenprairie.ce.eleyo.com!

REGISTER TODAY TO RESERVE YOUR SPOT!

 **ONLINE** edenprairie.ce.eleyo.com |  **PHONE** 952-975-7200

*Para obtener información en español, contáctese 952-975-7206.
Haddii aad ubaahan tahay caawinaad af Somali so wac 952-975-7254.*



Scan the QR Code to register
for **FREE** ECFE classes!

PARENT EDUCATION

Emotion Coaching for Parents

This five week online class will focus on parent's role in supporting their child's emotional growth and intelligence. Using research from Gottman Institute, "Emotion Coaching: the Heart of Parenting", we will discuss and explore the five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. *Class Zoom links will be sent via email upon registration. \$25 per session.*

Tuesdays, 8:00-9:00 PM

- #1510-01 Fall Session – September 12–October 10, 2023
- #1510-02 Winter Session – November 28, 2023–January 9, 2024
- #1510-03 Spring Session – February 20–March 26, 2024

Mindful Parenting

In this five week online class we will discuss ways to be a more mindful parent, learning how to respond rather than react in stressful parenting situations. Mindful parenting means that you bring your conscious attention to what's happening, instead of getting hijacked by your emotions. Managing our own emotions and behaviors is the key to teaching kids how to manage theirs. Parenting young children is difficult, let's support each other and learn skills to be more mindful of our responses to our children. *Class Zoom links will be sent via email upon registration. \$25 per session.*

Tuesdays, 8:00-9:00 PM

- #1540-01 Fall Session – October 17–November 14, 2023
- #1540-02 Winter Session – January 16–February 13, 2024
- #1540-03 Spring Session – April 2–April 30, 2024

Parents of Preschoolers

Do you have a preschool aged child who is in multi-day preschool and you would like support with parenting a preschooler? Join an ECCE Parent Educator and other parents in this parent only class to share the joys and occasional challenges that come with this stage!

Topics include: general development, gaining cooperation, enhancing communication, helping your child to be a problem solver, emotional intelligence and other relevant topics.

*Parent only, in person class with a Parent Educator. \$50 per session
Sibling care is available.*

Mondays, 11:00 AM-12:00 PM

- #1218-01 Fall Session – September 11–November 17, 2023
- #1218-02 Winter Session – November 27, 2023–February 16, 2024
- #1218-03 Spring Session – February 20 – May 3, 2024

WAYS TO REGISTER FOR ECCE PROGRAMS



ONLINE www.edenpr.org/ECCE



PHONE 952-975-7200
*Haddi aad ubaahan tahay caawinaad
af Somali so wac 952-975-7254.*



IN PERSON Call 952-975-7200 to make an
appointment for in-person registration

*Para obtener información en español, contáctese con Karla Rocha en krocha@edenpr.org o 952-975-7206.
Haddii aad ubaahan tahay caawinaad af Somali kala xidhiidh Saidha Sharif at 952-975-7254 ama ssharif@edenpr.org.*



PRESCHOOL SAMPLER

INTERESTED IN PRESCHOOL, BUT YOUR CHILD TURNS 3 AFTER SEPTEMBER 1, 2023?

PRESCHOOL SAMPLER

This class is designed for children to ease into the world of preschool. Children will 'practice' preschool during this drop-off class, available as a one or two day session. Students will strengthen their independence and will be ready to soar as a Little Eagle into preschool. Children must be 3 by the start of class, and actively toilet training to enroll in Preschool Sampler. *This class is held at Lower Campus.*

1-Day Session 1	1-Day Session 2
November 3, 2023–February 9, 2024 Friday, 9:00 AM–11:00 AM 10-Sessions (see sliding fee scale below)	February 23, 2024–May 17, 2024 Friday, 9:00 AM–11:00 AM 10-Sessions (see sliding fee scale below)

2-Day Session 1	2-Day Session 2	2-Day Session 3
October 3, 2023–December 19, 2023 Tue/Thu, 9:00 AM–11:00 AM 3 equal payments (see sliding fee scale below)	January 9, 2024–March 14, 2024 Tue/Thu, 9:00 AM–11:00 AM 3 equal payments (see sliding fee scale below)	March 28, 2024–June 4, 2024 Tue/Thu, 9:00 AM–11:00 AM 3 equal payments (see sliding fee scale below)

Sliding Fee Scale for Preschool Sampler Classes

Yearly Household Income	\$100,000 and Above	\$75,000 – \$99,999	\$50,000 – \$74,999	\$25,000 – \$49,999	Under \$25,000
1-Day	\$275	\$230	\$190	\$150	\$85
2-Day	\$185 x3	\$155 x3	\$130 x3	\$100 x3	\$55 x3

READY! for Kindergarten



Each session
provides different focus
areas and toys.
**SIGN UP FOR ALL
TO MAXIMIZE
LEARNING!**

THREE SESSIONS TO CHOOSE FROM!

Sign up for all three to maximize learning.

9:30 a.m.–12:00 p.m.

Fall Session - October 14, 2023

Winter Session - January 20, 2024

Spring Session - May 11, 2024

Yearly Household Income	READY!	Sibling Care
\$40,001 and Above	\$65	\$10
\$0-\$40,000	FREE (to Eden Prairie residents only)	FREE (to Eden Prairie residents only)

READY! for Kindergarten is part of our ECFE program for which classes are priced on a sliding fee scale based on your household income. Payment is made in full at time of registration.

Ready! for Kindergarten is a nationally recognized program shown to give parents and caregivers the skills and tools to help their children enter kindergarten at or above grade level. Designed for families with children ages 3 to 5.5 years. This class will include training on the reading, writing, and social-emotional skills that children need to thrive in school. The in-person training is for parents and guardians to learn how to utilize the learning tools with their children. Childcare is available for your child while you attend the class.

At the training you will receive a collection of high-quality toys (learning tools) to further your child's progress towards school readiness. *Please note: There is a Fall, Winter and Spring session with new content and new learning tools, so register for all three sessions!*

Ready! for Kindergarten is funded through a grant from The Foundation for Eden Prairie Schools (FEPS) and only available at no cost to Eden Prairie residents that meet the income requirement.

REGISTER Call 952-975-7200 or visit www.edenpr.org/READY

