

Early Childhood Family Education **ECFE**

Register for the lottery by August 6!

Parenting from the Inside Out

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Peaceful Parent, Happy Siblings

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Fostering a Play-Based Childhood

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Learning, Knowing, Growing

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The Power of Showing Up

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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.**



Meet Our New ECFS Manager, Zachary Gonsioroski



I am so honored by the opportunity to join this program's students, families and staff. I am deeply passionate about the transformational work that happens in early childhood and I couldn't be more excited to join in that work. Building on the incredible work of this program's staff and previous leadership, I will continue to lead with our program's mission in mind of *'Educating, developing and inspiring our community of young children and their families for lifelong learning.'*

I believe that high-quality early childhood and family education programs should meet the social, emotional and academic needs of all students and families. Through engaging opportunities, relevant content and research-based teaching practices, families will find a welcoming, safe and inclusive place to learn, grow and build meaningful relationships in our program.

I have had the opportunity to serve District 196 students and families since 2013. During that time I held the roles of a classroom teacher in grades 4 and 5, a K-5 instructional coach and as an assistant administrator both in Early Childhood Special Education and at Northview Elementary. I am thrilled to continue working on behalf of District 196 students and families in Early Childhood!

Please feel free to contact me any time. I hope to meet you and your family soon.

Zachary Gonsioroski
Early Childhood Family Services Manager
zachary.gonsioroski@district196.org
952-388-1955

ECFE 50th Birthday Bash

Thursday, October 3, 2024

5:00-7:00 p.m.

Dakota Valley Learning Center

4679 144th Street West, Apple Valley

Get your party hats on and come join the fun celebrating the 50th birthday of ECFE in Minnesota! Our classrooms will be open for all families to enjoy traditional ECFE activities such as playdough, creative art and familiar songs-the staples of bringing caregivers, parents and children together. Come celebrate and enjoy a treat as you connect with staff and families. Bring your own picnic and enjoy a live children's band.

Watch our website, ce.district196.org/ecfe, for details.

Sponsored by the ECFS Advisory Council



EARLY CHILDHOOD
FAMILY EDUCATION

As required by Title IX and other state and federal nondiscrimination laws, District 196 does not discriminate in 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. District 196 provides equal access to designated youth groups. 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 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. Title IX inquiries may also be referred to the Assistant Secretary of the US Office for Civil Rights.



ce.district196.org/ecfe • 952-388-1953 • 3

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 | Sep 10-Dec 17 | 3:30-5:00 p.m. | FREE*
Room 216 | 103-216A | Cindy and Laurie

Tue | Sep 10-Dec 17 | 5:30-7:00 p.m. | FREE*
Room 216 | 103-216B | Cindy and Laurie

Fri | Sep 6-Dec 20 | 8:45-10:15 a.m. | FREE*
Room 216 | skip Oct 4, 18; Nov 8, 29 | 103-216C
Cindy and Mandi D.

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



'My child and I are able to connect in a more meaningful way and we have made some great memories together.'

– 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 | Sep 6-Dec 20 | 10:45 a.m.-12:15 p.m. | FREE
Room 116 | skip Oct 4, 18; Nov 8, 29 | Cindy and Mandi D.



Parents and Ones: Non-Separating

Ages 12-24 Months

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 class.**

Mon | Sep 9-Dec 16 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Nov 11 | 220-216A
Cindy, Caren and Mandi D.

Mon | Sep 9-Dec 16 | 10:45 a.m.-12:15 p.m. | Fee B Room
216 | skip Nov 11 | 220-216B
Cindy, Caren and Mandi D.

Wed | Sep 4-Dec 18 | 3:30-5:00 p.m. | Fee B
Room 216 | skip Nov 6, 27 | 220-216C
Susan E., Caren and Candace

Wed | Sep 4-Dec 18 | 5:30-7:00 p.m. | Fee B
Room 216 | skip Nov 6, 27 | 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 class.**

Thu | Sep 5-Dec 19 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Oct 17; Nov 7, 28 | 222-216A
Susan E., Caren, Akiko and Mandi D.

Thu | Sep 5-Dec 19 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | skip Oct 17; Nov 7, 28 | 222-216B
Susan E., Caren, Akiko 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 siblings who will be attending class.**

Wed | Sep 4-Dec 18 | 8:45-10:15 a.m. | Fee B
Room 216 | skip Nov 27 | 230-216A
Michelle, Caren and Mandi D.

Wed | Sep 4-Dec 18 | 10:45 a.m.-12:15 p.m. | Fee B Room
216 | skip Nov 27 | 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 class.**

Mon | Sep 9-Dec 16 | 8:45-10:15 a.m. | Fee B
Room 215 | skip Nov 11 | 255-215A
Susan S., Heather V., Candace and Janet

Mon | Sep 9-Dec 16 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | skip Nov 11 | 255-215B
Susan S., Heather V., Candace and Janet

Mon | Sep 9-Dec 16 | 5:30-7:00 p.m. | Fee B
Room 216 | skip Nov 11 | 255-216
Cindy, Caren, Holly and Naoual

Tue | Sep 10-Dec 17 | 8:45-10:15 a.m. | Fee B
Room 216 | 255-216A
Cindy, Caren, Janet and Mandi D.

Tue | Sep 10-Dec 17 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | 255-216B
Cindy, Caren, Janet and Mandi D.

Wed | Sep 4-Dec 18 | 8:45-10:15 a.m. | Fee B
Room 215 | skip Nov 27 | 255-215C
Susan S., Mandy H., Candace and Laurie

Wed | Sep 4-Dec 18 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | skip Nov 27 | 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 prekindergarten children who will be attending class.**

Thu | Sep 5-Dec 19 | 8:45-10:15 a.m. | Fee B
Room 204 | skip Oct 17; Nov 7, 28 | 265-204A
Laura, Katie KS, Akiko and Julie M.

Thu | Sep 5-Dec 19 | 10:45 a.m.-12:15 p.m. | Fee B
Room 204 | skip Oct 17; Nov 7, 28 | 265-204B
Laura, Katie KS, Akiko and Julie M.

Fri | Sep 6-Dec 20 | 8:45-10:15 a.m. | Fee B
Room 118 | skip Oct 4, 18; Nov 8, 29 | 265-118A
Joy, Jocelyn, Dani and Melissa

Fri | Sep 6-Dec 20 | 10:45 a.m.-12:15 p.m. | Fee B
Room 118 | skip Oct 4, 18; Nov 8, 29 | 265-118B
Joy, Jocelyn, Dani and Melissa

Parents and Threes

Separating, Prekindegarten 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 class.**

Tue | Sep 10-Dec 17 | 9:15-11:30 a.m. | Fee A
Room 215 | 275-215
Susan S., Heather V., Candace and Gail

Wide Open Spaces

Ages 3-Prekindergarten

Separating, Prekindergarten Siblings Welcome

In this outdoor class, parents and children will interact with the natural environment and experience all the benefits of the great outdoors. A growing body of research links our mental, physical and spiritual health directly to our association with nature. Our backyard has woods to play in, a rock river, grass and hills to run and roll, an outdoor easel and xylophones and a spacious playground. We will go on at least two local field trips to discover our community's natural spaces. Common parenting topics of the group's choosing will also be explored in the parent group. **Please register all prekindergarten children who will be attending class**

Tue | Sep 17-Dec 17 | 1:00-3:15 p.m. | Fee A
Room 118 | 318-118
Joy, Jocelyn, Melissa and Dani

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 class.**

Thu | Sep 5-Dec 19 | 1:15-3:30 p.m. | Fee A
Room 118 | skip Oct 17; Nov 7, 28 | 315-118
Heather W., Caren and Janet



Connections PRESCHOOL

Preschool Discovery for Three-Year-Olds

Are you looking for a preschool experience for your child? This class is for children who will be 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, focused on the joys and challenges of raising a preschooler. This is a monthly tuition-based class, and tuition assistance on a sliding fee scale is available. **For more information, visit ce.district196.org/preschool.**



'I love open conversations about parenting-
the struggles and the fun.'

– ECFE parent

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.

Mon | Sep 9-Dec 16 | 9:30-11:45 a.m. | Fee A
Room 204 | skip Nov 11 | 463-204
Laura, Katie KS, Akiko and Julie M.

Parenting from the Inside Out

Ages Birth-Prekindergarten

Separating

Come and discover how a deeper self-understanding can help you build a more effective and enjoyable relationship with your child. Making sense of your childhood experiences has a profound effect on how you parent your own children. Connecting with other parents will provide an opportunity to reflect, keep what works and consider new parenting approaches. This class is based on the book *Parenting from the Inside Out* by Daniel Siegel and Mary Hartzell. The early childhood room is designed for children to play, explore and try out new skills.

Fri | Sep 6-Dec 20 | 9:15-11:30 a.m. | Fee A
Room 204 | skip Oct 4, 18; Nov 8, 29 | 508-204
Laura, Katie KS, Akiko and Julie M.

Fostering a Play-Based Childhood NEW

Ages Birth-Prekindergarten

Separating

Are you looking to enrich your child's development through the power of play? In an age where screen use dominates, daily schedules are hectic and families are overwhelmed, play might be getting lost. In this class, we'll explore strategies for prioritizing play in families. Research shows that children who have dedicated time for unstructured, child-directed play experience positive social and academic outcomes. Join us and take the first step towards making play a central part of your child's learning journey.

Wed | Sep 4-Dec 18 | 1:15-3:30 p.m. | Fee A
Room 215 | skip Nov 27 | 517-215B
Susan S., Heather V., Gail and Laurie

Peaceful Parent, Happy Siblings

Ages Birth-Prekindergarten

Separating

Are you looking for peace between your children? Join us as we discuss how to become a peaceful parent to support and teach your children how to reduce sibling rivalry, build relationship skills with each other and fight less. Our discussions will be based on Laura Markham's book, *Peaceful Parent, Happy Siblings*. Reading the book is not required for this class, but you may do so to enhance our discussion time. Children will enjoy the social experiences with others exploring our early childhood classroom.

Thu | Sep 5-Dec 19 | 9:15-11:30 a.m. | Fee A
Room 215 | skip Oct 17; Nov 7, 28 | 607-215
Cindy, Heather V., Gail and Laurie



'ECFE is a great quality time with my children and it is great support and information for parents.'

– ECFE parent

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 | Sep 6-Dec 20 | 9:30-11:45 a.m. | Fee A
skip Oct 4, 18; Nov 8, 29 | 617-300
Michelle, Toni, Katie L. and Rehana

Cedar Valley Learning Center



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 | Sep 4-Dec 18 | 9:30-11:45 a.m. | Fee A
Room 204 | skip Nov 27 | 624-204
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 | Sep 10-Dec 17 | 9:30-11:45 a.m. | Fee A
Room 204 | 704-204
Joy, Katie KS, Akiko and Julie M.

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://forms.gle/LhHwsFnevb2Vz61n9> and you will be contacted. Registration for this class will be processed through ECSE.**



Mon | Sep 16-Dec 16 | 5:45-7:45 p.m. | FREE
Room 204 | skip Nov 11 | 820-204
Laura, Katie KS, Kathy G., Julie M. and teaching staff from District 196 ECSE

Fri | Sep 13-Dec 20 | 9:30-11:45 a.m. | FREE
Room 215 | skip Oct 4, 18; Nov 8, 29 | 820-215
Heather W., Mandy H., Candace, Gail and teaching staff from District 196 ECSE



'ECFE has strengthened our bond as we played together and practiced separating. Circle time was a great way to connect and helped build confidence in my child.'

- ECFE parent

Kindergarten Readiness with American Indian Education

Ages Birth-Prekindergarten

Separating

This school year, ECFE is once again collaborating with the American Indian Education (AIE) Program to provide a series of FREE learning opportunities for families who are eligible to participate. We have planned a variety of learning activities based on the Dakota and Ojibwe values to provide positive reinforcement for cultural learning while working towards your child's school readiness. **If you are interested in joining this series of events, please use the QR code or this link <https://forms.gle/sWFRnQdMq6Fv5zobA> 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 | Oct 22; Dec 3 | 5:30-7:30 p.m. | FREE
Room 204

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

Conscious Discipline

Ages Birth-7 Years

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 will walk away with new insights about your child and yourself as well as strategies to try immediately.

Thu | Sep 5-Dec 19 | 5:45-7:45 p.m. | Fee A
Room 215 | skip Oct 3, 17; Nov 7, 28 | 463-215
Heather W., Mandy H., Candace and Katie L.

The Power of Showing Up

Ages Birth-7 Years

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.

Wed | Sep 4-Dec 18 | 5:45-7:45 p.m. | Fee A
Room 215 | skip Nov 6, 27 | 511-215
Michelle, Heather V., Gail and Sharanya

Fostering a Play-Based Childhood NEW

Ages Birth-7 Years

Separating

Are you looking to enrich your child's development through the power of play? In an age where screen use dominates, daily schedules are hectic and families are overwhelmed, play might be getting lost. In this class, we'll explore strategies for prioritizing play in families. Research shows that children who have dedicated time for unstructured, child-directed play experience positive social and academic outcomes. Join us and take the first step towards making play a central part of your child's learning journey.

Tue | Sep 10-Dec 17 | 5:45-7:45 p.m. | Fee A
Room 215 | 517-215A
Susan S., Suzan K., Stacy and Naoual

Learning, Knowing, Growing

Ages Birth-7 Years

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.

Mon | Sep 9-Dec 16 | 5:30-7:30 p.m. | Fee A
Room 215 | skip Nov 11 | 670-215
Susan E., Shelly, Akiko and Janet

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 | Sep 5-Dec 19 | 5:45-7:45 p.m. | Fee A
Room 118 | skip Oct 3, 17; Nov 7, 28 | 910-118
Joy, Jocelyn, Dani and Melissa



'My child has learned to have fun and play with other adults and children.'

– 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 Ages birth-11 months (non-separating) 8:45-10:15	Family Playtime (non-separating) Ages birth-7 years 9:00-11:00
#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	
#463-204 Conscious Discipline Ages birth-5 years 9:30-11:45	#704-204 A Little Bit of Everything Ages birth-5 years 9:30-11:45	#624-204 Twins and Triplets Ages birth-5 years 9:30-11:45	#607-215 Peaceful Parent, Happy Siblings Ages birth-5 years 9:15-11:30	Family Playtime (non-separating) Ages birth-5 years 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	#508-204 Parenting from the Inside Out Ages birth-5 years 9:15-11:30	
#255-215B Parents and Twos 10:45-12:15	#318-118 Wide Open Spaces Ages 3-5 years & 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 9:30-11:45	
#255-216 Parents and Twos 5:30-7:00	#103-216A Babies Ages birth-11 months (non-separating) 3:30-5:00	#517-215B Fostering a Play-Based Childhood Ages birth-5 years 1:15-3:30	#315-118 Parents and Preschoolers Ages 3-5 years & siblings 1:15-3:30	#617-300 * Grandparenting Today Ages birth-5 years 9:30-11:45	
#670-215 Learning, Knowing, Growing Ages birth-7 Years 5:30-7:30	#103-216B Babies Ages birth-11 months (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 (non-separating) Ages birth-18 months 10:45-12:15	
#820-204 Parenting Children With Special Needs Ages birth-5 years 5:45-7:45	#517-215A Fostering a Play-Based Childhood Ages birth-7 years 5:45-7:45	#220-216D Parents and Ones (non-separating) 5:30-7:00	#463-215 Conscious Discipline Ages birth-7 years 5:45-7:45	#265-118B Parenting Your Two- or Three-Year Old 10:45-12:15	
		#511-215 The Power of Showing Up 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 August 6.

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 August 10, you are welcome to register for additional classes.
- Class confirmations are emailed, if an email address is provided.
- When registering online for ECFE classes, in-district residents will automatically receive an email from Community Education confirming registration in the lottery.
- **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.

Fall Registration Timeline

- Registration deadline for the lottery is August 6, 2024.
- Lottery (computer generated) will be August 8, 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 August 28.

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	\$70.00	\$92.00	\$52.00	\$68.00
\$40,000 - 59,999	\$99.00	\$128.00	\$73.00	\$94.00
\$60,000 - 79,999	\$128.00	\$156.00	\$94.00	\$115.00
\$80,000 - 99,999	\$171.00	\$199.00	\$125.00	\$146.00
\$100,000 - 119,999	\$214.00	\$249.00	\$157.00	\$183.00
\$120,000 and up	\$257.00	\$293.00	\$189.00	\$215.00

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

Information will be posted on our website (ce.district196.org/ecfe), our Facebook page (District 196 ECFE) and local television stations (listed as Rosemount-Apple Valley-Eagan Public Schools). If school is canceled or there is a two-hour delayed start, all morning and afternoon ECFE classes will shift to E-Learning. You will receive an email message from your teachers with information relevant to your class topic. A decision 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 **NEW location: 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

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

Meet Our Advisory Council Co-Chairs



Hello! My name is Melissa Dunlay. My husband Michael and I have two sons, Sam and Luke, and we are due with our third child in July. I have really enjoyed being on the Advisory Council because I have gotten to know some really great people, and I get to give back to a program that has positively impacted our family and parenting over the years. ECFE has given me a place to ask questions and learn, meet other parents and form lifelong friendships. My kids have enjoyed playing with other children and meeting wonderful teachers. I feel so fortunate to have access to this program.



My name is Jamie, and I have been attending ECFE in District 196 for a few years with my two boys. My oldest went to Connections Preschool and now my second will be attending preschool this coming fall. We have loved all of our time spent in classes and we feel lucky to be part of such a special program. I decided to join the ECFS Advisory Council as I wanted to give back to the program that has given so much to me, as well as find out more about what keeps this program running. I have enjoyed getting to know more parents and supporting the programs - from assisting in sorting books for Family School, to showing the amazing teachers appreciation, to planning fundraising events and so much more.

For more information on the Advisory Council, visit <https://ce.district196.org/community/ecfs-advisory-council>.

Youth Enrichment

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 the week of September 16. 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 fall swim classes begins August 13 at 6:00 a.m.**

If you find a class full ... please complete the registration process and add yourself to the waitlist. Registration cancellations occur as well as the possibility of adding additional classes. If you are on the waitlist, we will contact you with the opportunities.

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.

Music Together (adult and child birth-5 yrs)

Discover the joy of making Music Together! Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of pure fun each week in these award-winning classes. We bring families together in a warm, supportive environment with the goal of having everyone feel comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music-makers just by having fun making music themselves. Classes are mixed-age so the siblings can be together. Infants under eight months on the first day of the fall session (born after Jan 25, 2024) attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook and parent education materials. Register your child only.

Music Together in the Valley

Try it for Free!

Music Together Demonstration (adult and child birth-5 yrs)

Try the **Music Together** class for free! Experience the joy of making music! Only one demo per family. Register your child only. Registration is required to attend.



Scan the QR code for more classes and to register now!

Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
Music Together Demonstration (adult and child birth-5 yrs)	Tue	Sep 10	9:00-9:45 a.m.	1	Free	AVCC	Music Together
	Wed	Sep 11	10:00-10:45 a.m.	1	Free	AVCC	Music Together
	Wed	Sep 11	11:00-11:45 a.m.	1	Free	AVCC	Music Together
	Thu	Sep 12	6:15-7:00 p.m.	1	Free	AVCC	Music Together
Music Together (adult and child birth-5 yrs)	Tue	Sep 24-Nov 26	9:00-9:45 a.m.	10	\$199, \$119	AVCC	Music Together
	Tue	Sep 24-Nov 26	10:00-10:45 a.m.	10	\$199, \$119	AVCC	Music Together
	Wed	Sep 25-Nov 27	9:00-9:45 a.m.	10	\$199, \$119	AVCC	Music Together
	Wed	Sep 25-Nov 27	10:00-10:40 a.m.	10	\$199, \$119	AVCC	Music Together
	Wed	Sep 25-Nov 27	11:00-11:45 a.m.	10	\$199, \$119	AVCC	Music Together
	Thu	Sep 26-Dec 5	5:15-6:00 p.m.	10	\$199, \$119	AVCC	Music Together
Thu	Sep 26-Dec 5	6:15-7:00 p.m.	10	\$199, \$119	AVCC	Music Together	
Wheels on the Bus (adult and child 18 mos-6 yrs)	Sat	Sep 28	9:30-10:30 a.m.	1	\$26	FRMS	Kidcreate
Fingerpaint Turkey (adult and child 18 mos-6 yrs)	Sat	Nov 23	9:30-10:30 a.m.	1	\$26	FRMS	Kidcreate
Ornament Making (adult and child 18 mos-6 yrs)	Sat	Dec 7	9:30-10:30 a.m.	1	\$26	FRMS	Kidcreate
Holiday Grinch (adult and child 18 mos-6 yrs)	Sat	Dec 14	9:30-10:30 a.m.	1	\$26	FRMS	Kidcreate



More Youth Enrichment

Baseball Tots (ages 3-4)

An exciting way to start being a part of America's favorite pastime! Learn how to hit, catch and throw while enjoying the game. Being one of the most difficult sports to initially grasp, this game is played with safe and age-appropriate equipment. *SuperTots Sports Academy instructors are trained to effectively handle the individual needs of young athletes and have experience with sports specific programming.*



Do you need financial assistance?
Visit ce.district196.org/financialassistance to learn more.

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. *NW Martial Arts*

Preschool Creative Dance (ages 3-5)

Use your imagination and self expression to explore the art of dance and music. Focus on coordination, musicality, rhythm and interpreting different styles of music through basic ballet movements. Wear dance attire or comfortable clothing and shoes. (Dance shoes are optional.) Children must be potty trained. *Ellen Schulte*

Floor Hockey Tots (ages 3-4)

Learn about stick handling, passing and shooting and team drills. Offensive and defensive fundamentals will be taught, along with scrimmage related activities each day. Develop endurance, coordination and speed. All equipment, including sticks and goggles provided. *SuperTots Sports Academy*

Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
Baseball Tots (ages 3-4)	Mon	Sep 16-Oct 7	5:15-5:45 p.m.	4	\$69	SBLC	SuperTots Sports
	Mon	Oct 23-Nov 13	5:15-5:45 p.m.	4	\$69	SBLC	SuperTots Sports
Beginner Little Ninjas (ages 3-5)	Mon	Sep 16-Nov 25	5:45-6:15 p.m.	11	\$110	RMS	NW Martial Arts
	Tue	Sep 17-Nov 26	5:45-6:15 p.m.	11	\$110	RMS	NW Martial Arts
	Thu	Sep 19-Nov 21	5:45-6:15 p.m.	10	\$100	RMS	NW Martial Arts
	Sat	Sep 21-Nov 23	noon-12:30 p.m.	10	\$100	RMS	NW Martial Arts
	Mon	Dec 2-Jan 27	5:45-6:15 p.m.	7	\$70	RMS	NW Martial Arts
	Tue	Dec 3-Jan 28	5:45-6:15 p.m.	7	\$70	RMS	NW Martial Arts
	Thu	Dec 5-Jan 30	5:45-6:15 p.m.	8	\$80	RMS	NW Martial Arts
	Sat	Dec 7-Jan 25	noon-12:30 p.m.	7	\$70	RMS	NW Martial Arts
Preschool Creative Dance (ages 3-5)	Tue	Sep 17-Oct 15	5:00-5:45 p.m.	5	\$55	SHMS	Ellen Schulte
	Tue	Oct 22-Nov 26	5:00-5:45 p.m.	5	\$55	SHMS	Ellen Schulte
Soccer Tots (ages 2-3)	Sat	Sep 21-Oct 12	9:00-9:30 a.m.	4	\$69	CP	Skyhawks Sports
Soccer Tots (ages 3-4)	Sat	Sep 21-Oct 12	9:40-10:10 a.m.	4	\$69	CP	Skyhawks Sports
VolleyKats (ages 3-4)	Sat	Oct 21-Nov 11	5:15-5:45 p.m.	4	\$69	SBLC	SuperTots Sports
VolleyKats (ages 4-5)	Wed	Nov 23-Dec 21	9:00-9:30 a.m.	4	\$69	DP	SuperTots Sports
1st Down Tots (ages 2-3)	Sat	Oct 26-Nov 16	9:00-9:30 a.m.	4	\$69	DP	SuperTots Sports
1st Down Tots (ages 3-4)	Sat	Oct 26-Nov 16	9:40-10:10 a.m.	4	\$69	DP	SuperTots Sports
Hoopster Tots (ages 2-3)	Sat	Oct 26-Nov 16	9:00-9:30 a.m.	4	\$69	CP	SuperTots Sports
	Sat	Nov 23-Dec 21	9:00-9:30 a.m.	4	\$69	CP	SuperTots Sports
Hoopster Tots (ages 3-4)	Sat	Oct 26-Nov 16	9:40-10:10 a.m.	4	\$69	CP	SuperTots Sports
	Sat	Nov 23-Dec 21	9:40-10:10 a.m.	4	\$69	CP	SuperTots Sports
Floor Hockey Tots (ages 3-4)	Mon	Nov 18-Dec 9	5:15-5:45 p.m.	4	\$69	SBLC	SuperTots Sports

Check online for any changes to the class schedule . . . class schedules can change prior to the catalog going out. Always check the online class schedule for any updates. For class schedules and registration visit ce.district196.org.



Fall Family Fun Activities



Fall Walks

Fall is a wonderful time to go for a walk with your child and notice the seasonal changes happening around you.

Bring a small bucket or bag to collect your nature treasures along the way. After your walk, you can:

- Count your treasures. How many items did you find? Which item did you find the most of?
- Sort your treasures. Can you group together the items that are the same type, the same color or the same size? How else can you sort them?
- Draw your treasures. Look at your treasures closely. What do you notice? Draw a picture of the items so you can remember what you found.

Grasshoppers

In the fall, grasshoppers are usually active along the sidewalks in the grass. Look closely, what color and size grasshoppers can you find? If you have an empty jar with small holes in the lid, you can gently catch them to observe up close. Grasshoppers are insects and have 6 legs. How many other types of 6-legged insects can you find?

Farewell Monarch Butterflies

At the end of August, the Monarch butterflies will begin their migration to Mexico. Enjoy a free, educational and family-friendly festival to celebrate their 2,300 mile journey.



16th Annual Monarch Festival – Festival de la Monarca

Saturday, September 7, 2024

10:00 a.m.-4:00 p.m.

Lake Nokomis, Minneapolis

Fall Playdough

Ingredients:

- 1 cups flour
- 1 Tbsp cream of tartar
- 1/2 cup salt
- 1 cup water
- 2 Tbsp vegetable oil

(Add 1 Tbsp of a fall spice/scent: Pumpkin pie spice, ground cinnamon or vanilla extract.)

In a medium saucepan mix flour, cream of tartar, fall spice/scent and salt. Gradually add water, oil and food coloring. Cook over medium heat, stirring constantly until dough pulls away from the pan sides. Remove from heat. Put on the kitchen counter and knead until smooth.

Add natural objects for your child to play with when using the playdough, such as pine cones, acorns, leaves, etc.

Apple Taste Test

- Visit a local orchard, farmer's market or grocery store and purchase a variety of apples.
- Make a simple chart with the name and color of each apple across the top.
- Wash the apples at home and slice them into wedges.
- Have all members of your family taste each variety of apple slice and then place a checkmark under the apple they thought was tastiest.





DISTRICT 196

COMMUNITY EDUCATION

One District. Infinite Possibilities.

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

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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](http://ce.district196.org/ecfe), ce.district196.org/ecfe, to register.

Ages Birth-Kindergarten

Fri | Sep 6-Dec 20 | 9:00-11:00 a.m. | \$5 per child
Room 116 | skip Oct 4, 18; Nov 8, 29 | Caren and Nichole

Ages Birth-7 Years

Sat | Sep 28; Oct 12, 26; Nov 2, 16, 23; Dec 7, 14
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](http://ce.district196.org/ecfe), ce.district196.org/ecfe, to register.

Fri | Sep 6-Dec 20 | 10:45 a.m.-12:15 p.m. | FREE
Room 116 | skip Oct 4, 18; Nov 8, 29 | Cindy and Mandi D.