# EARLY CHILDHOOD FAMILY EDUCATION 2024-2025 SCHOOL YEAR





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 support you in being the best parent you can be. These classes are designed to serve you and your child from ages birth to five years. 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.

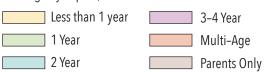


It is never too early to start stimulating your baby's mind in ways that promote healthy development and build on your relationship with your child. Our staff will show you ways to nurture your child's development physically, emotionally, and mentally. We have an inspiring curriculum that offers opportunities 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 2024**

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*		
9:30 - 10:30 AM	Movers and Shakers	Movers and Shakers	Movers and Shakers		9:30-11:30 AM
Parents of Preschoolers*					Daddy and Me***
				10:30-11:30 AM	
	10:45 AM -12:15 PM	10:45 AM -12:15 PM	10:45 AM -12:15 PM	Fantastic Fridays	
	Small Wonders*	Tiny Explorers	Little Learners	Baby Classes***	
	Tiny Explorers	Movers and Shakers		12:00-1:00 PM	
11:00 AM - 12:00 PM	Movers and Shakers			Outdoor Learning	
Art Time – Drop In		1:00 - 2:00 PM			
		Young Infants*			
3:30-4:30 PM	4:45-5:45 PM				
Outdoor Learning	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**				
	Positive Solutions for Parenting**				

KEY Age by Sept. 1, 2024



In person ECFE classes are held at the Community Education Building at 8100 School Road, Enter door 11. Online class information will be shared as needed.

Fall Classes run September 9-November 22, 2024. Winter Classes run December 2, 2024-February 21, 2025. Spring Classes run February 24-May 9, 2025.

\* Indicates a seasonal session

\*\*\* Indicates a separate calendar

**\*\*** Indicates an online class

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# 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.

**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!

- Babies and Books
- Drop In Play
- Tummy Time Essentials

These baby classes are offered free of charge, and no registration is required. Join us when it works for your family! A variety of dates and times are offered throughout the year. Visit us online to learn more and register!

# FREE ECFE COMMUNITY CLASSES

### 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 EPS\_LittleEagles@edenpr.org or call 952-975-7200 to learn more!

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 classes that are taught in the community onsite and with our new Eagle Express bus!

### Locations include: Briar Hill, Eden Glen/Edenvale, Preserve Center

Classes are held throughout the school year. A detailed schedule is available at class. Pre-registration is requested. Additional 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.

Para obtener información en español, contáctese 952-975-7206.

Haddii aad ubaahan tahay caawinaad af Somali so wac 952-975-7254.

# **ECFE FAQS**

## When do ECFE classes start and end?

**School Year-long** Classes begin on Sept. 9 and run through May 9. This aligns with the school district calendar for non-school days. Registrations are accepted year round based on availability and fees are prorated.

**Seasonal Classes** are scheduled in three sessions throughout the school year. They align with the school district calendar for non-school days. There are classes that start in September (fall), December (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 parent discussion held in a separate room. Parent discussion is included in all classes.

Year-Long

### Where are classes held?

All ECFE classes are held at the Community Education Building, 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 a strong collaboration with Early Childhood Special Education staff and work together as a team, including parents, to best meet the learning and developmental needs of all children.

### 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 for a fee. Space is limited. Babies through 5-year-olds participate in our child centered sibling care classrooms. Staff provide a flexible, fun learning environment which includes 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 for sibling care and registration is only available by contacting us at EPS\_LittleEagles@edenpr.org or 952-975-7200. Please note registering for an ECFE does not automatically enroll in sib care. Space is limited. No drop in care available, must register for the entire session/class.

Sib Care Seasonal Class Fee	ECFE classes are priced on a sliding fee scale based on your household income. Payments for seasonal classes are made one week before the start of each season. For year-long classes,
\$99	payment is charged three times per year - on September 2, November 25, and February 17.
\$95	Fees for Parenting Education (parent only) classes and Fantastic
<b>.</b>	Fridays are listed separately and due at the time of registration.

Questions about fees? Our Early Childhood office staff are available to answer any questions- please contact us at EPS\_LittleEagles@edenpr.org or call 952-975-7200.

## Sliding Fee Scale for ECFE Classes

2024-25 Yearly

Household Income	Class Fee	Class Fee	Class Fee	Class Fee	
\$130, 000 and Above	\$595	\$198	\$298	\$99	
\$100,000-\$129,999	\$567	\$189	\$284	\$95	
\$80,000-\$99,999	\$485	\$162	\$243	\$81	
\$60,000-\$79,999	\$406	\$135	\$203	\$68	
\$40,000-\$59,999	\$312	\$104	\$164	\$55	
Under \$40,000	\$0	\$0	\$0	\$0	

Seasonal

Sib Care

Year-Long

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





# **ECFE CLASSES**

# **YOUNG INFANTS**

#### Age 0-6 months

Did you have a baby in the last 6 months? We would love to meet you and walk with you during your child's early months. Come join other parents with little ones and feel the support that comes from talking with others, gaining education and beginning to develop your village!

1:00-2:00 p.m.

## Spring Session (Feb.–May)

#1700-01 Wednesdays

## **SMALL WONDERS**

#### Less than 1 yr. (by Sept. 1, 2024)

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 in parenting an infant and more. Non-Separating. Cost: See sliding fee scale on page 3.

### Fall Session\* (Sept.-Nov.)

#1202-01	Tuesdays
#1202-02	Tuesdays
#1202-03	Tuesdays
#1202-04	Thursdays

### Winter Session\* (Dec.-Feb.)

#1202-05 Tuesdays #1202-06 Tuesdays #1202-07 Tuesdays #1202-08 Thursdays

### Spring Session\* (Feb.-May)

#1202-09 Tuesdays #1202-10 Tuesdays 4:45-5:45 p.m. #1202-11 Tuesdays #1202-12 Thursdays

10:45 a.m.-12:15 p.m. 4:45-5:45 p.m. 6:00-7:00 p.m. 9:00-10:30 a.m.

10:45 a.m.-12:15 p.m. 4:45-5:45 p.m. 6:00-7:00 p.m. 9:00-10:30 a.m.

# 10:45 a.m.-12:15 p.m.

6:00-7:00 p.m. 9:00-10:30 a.m.

# TINY EXPLORERS

#### Age 1 yr. (by Sept. 1, 2024)

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.

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.m12:15 p.m.
#1203-03	Wednesdays	9:00–10:30 a.m.
#1203-04	Wednesdays	10:45 a.m12:15 p.m
Fall Session	* (Sept.–Nov.)	
#1203-05	Tuesdays	4:45-5:45 p.m.

	5	
#1203-06	Tuesdays	

Winter Session\* (Dec.-Feb.) #1203-07 Tuesdays

#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?

6:00-7:00 p.m.

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

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

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





# **ECFE CLASSES**

# **MOVERS AND SHAKERS**

Age 2 yr. (by Sept. 1, 2024)

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.)

Tuesdays
Tuesdays
Wednesdays
Wednesdays
Thursdays

#### Fall Session\* (Sept.-Nov.)

#1204-06 Tuesdays #1204-07 Tuesdays

### Winter Session\* (Dec.–Feb.)

#1204-08 Tuesdays #1204-09 Tuesdays

### Spring Session\* (Feb.–May)

#1204-10 Tuesdays #1204-11 Tuesdays 9:00-10:30 a.m. 10:45 a.m.-12:15 p.m. 9:00-10:30 a.m. 10:45 a.m.-12:15 p.m. 9:00-10:30 a.m.

4:45-5:45 p.m. 6:00-7:00 p.m.

4:45-5:45 p.m. 6:00-7:00 p.m.

4:45-5:45 p.m. 6:00-7:00 p.m.

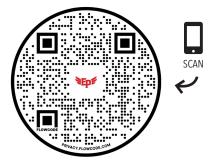
### LITTLE LEARNERS Age 3 yr. (by Sept. 1, 2024)

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.)* #1208-02 Thursdays

10:45 a.m.-12:15 p.m.



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





# MULTI-AGE OPPORTUNITIES

# **DADDY AND ME**

### Age 1 (by Sept. 1, 2024)-5 yr. (before Kindergarten)

This class provides time for interactions between dad and child or children. Boost your parent bond through planned activities, circle time, music, motor 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 in September)#1210-01Saturdays9:30–11:30 a.m.

Spring Session\* (classes begin Feb. 10)#1210-02Saturdays9:30-11:30 a.m.

\*Sign up for one or both sessions!

# **FANTASTIC FRIDAYS**

### Birth-5 yr. (before Kindergarten)

Looking for a fun opportunity with flexibility? Register for indoor exploring time in the Historic Gym with a children's teacher 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. Cost: \$5 for one child per weekly session \$10 for two or more children per weekly session

Register for each weekly session you plan to attend.#1400Fridays10:30-11:30 AM

# FREE! OUTDOOR LEARNING

### Birth-5 yr. (before Kindergarten) with a caregiver

Outdoor experiences are essential for children's growth, providing them with hands-on learning and opportunities to develop their whole selves. Research shows that nature-based play makes kids happier, healthier, and more successful in school!

In our ECFE Outdoor Learning class, your little ones will: dig holes, explore the woods, build stick forts, daydream in secret spots, collect natural treasures ...and so much more!

Classes are held every Friday, rain or shine. Be sure to dress for the weather (and the bugs)!

### Location:

Cedar Ridge Elementary: Outdoor Learning Area 8905 Braxton Drive Eden Prairie, MN 55347

#### No registration necessary - come when you are able!

Mondays 3:30-4:30 p.m. Fridays 12:00-1:00 p.m.

# ECFE AT THE LIBRARY (DROP IN)

# Birth-5 yr. (before Kindergarten)

Join us for an ECFE class hosted at the Eden Prairie Library! Relax and enjoy art exploration and open play while building a network of friends for your child and family. Boost your child's development through art planned activities, free play, and bubbles at the end of class.

No registration required. Schedule follows the ECFE 2024-25 calendar.

Mondays 11:00 a.m.-12:00 p.m.



# JOIN US FOR FREE FRIDAY BABY CLASSES!

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. Registration is NOT required - come when it works for your family! All classes are held at the Community Education Building, 8100 School Road. Enter Little Eagles Early Childhood and Preschool – Door 11.

# Fridays, 10:30 –11:30 a.m.



# TUMMY TIME ESSENTIALS

Join us to learn from a licensed pediatric physical therapist the essentials to help your child enjoy tummy time, and massage that can provide comfort and relaxation. You will also learn ways to position your baby to minimize head shape issues and work on midline head posture for visual development. *This class is recommended for children who are NOT crawling.* 



# **BABIES AND BOOKS**

Early Literacy starts when your little one is a infant. Come meet other parents of newborns through one-year-olds and start your connections with Eden Prairie schools. You will learn about our programs, early literacy, enjoy a small snack, meet other parents and go home with a Welcome Bag, a book and new friends!



# **DROP IN AND PLAY**

Enjoy this time to explore the baby room, connect with other parents and enjoy songs and conversation. Parents and babies birth to one are welcome!

# SCHEDULE

Fridays, 10:30 –11:30 a.m. Community Education Bldg.

### January 2025

Friday, Jan. 10 Friday, Jan. 17 Friday, Jan. 24 Friday, Jan. 31 Tummy Time Essentials Drop in and Play Babies and Books Drop in and Play

### February 2025

Friday, Feb. 7 Friday, Feb. 28 Babies and Books Tummy Time Essentials

Tummy Time Essentials

Drop in and Play

Babies and Books

Drop in and Play

Babies and Books

### March 2025

Friday, March 7 Friday, March 14 Friday, March 21 Friday, March 28

### **April 2025**

Friday, April 11 Friday, April 18 Friday, April 25

May 2025

Friday, May 2 Friday, May 9 Drop in and Play

Tummy Time Essentials

Tummy Time Essentials Babies and Books



Learn more at edenprairie.ce.eleyo.com!



Para obtener información en español, contáctese con Pamela Orellana en pamela\_orellana@edenpr.org o 952-975-7206.

Haddii aad ubaahan tahay caawinaad af Somali kala xidhiidh Saida Sharif at 952-975-7254 ama ssharif@edenpr.org.



MY CHILD IS...

READY Sign for Kindergarten Sign To Le

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 - November 9, 2024 Winter Session - January 11, 2025 Spring Session - May 10, 2025

Yearly Household Income	READY!	Sibling Care	REA is pa prog
\$40,001 and Above	\$68	\$11	are fee
\$0-\$40,000	FREE (to Eden Prairie residents only)	FREE (to Eden Prairie residents only)	hou Pay time

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 at each session - register for all three sessions for greater knowledge and success!* 

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 952-975-6940 or visit www.edenpr.org/READY



# **PARENT EDUCATION**

# FREE! PARENTS OF PRESCHOOLERS

Do you have a preschool aged child and would like support with parenting your preschooler? Join other parents in a Parent-Educator led class to share the joys and challenges that come with this stage! This adult only class provides education, connection and strategies to support your child on the topics of development, cooperation, communication, problem solving, emotional intelligence, and more.

Held in person at the Community Education Building, 8100 School Road. FREE for adults with preschool age children. Parents of all preschoolers (not just Little Eagles families) are welcome! This class is free, but registration is required. Sibling care available for an additional fee – please see sliding fee scale on page 3.

### Mondays, 9:30-10:30 AM

- #1218-01 Fall Session: September 23-November 18, 2024
- #1218-02 Winter Session: December 2, 2023–February 17, 2025
- #1218-03 Spring Session: February 24 May 5, 2025

# **POSITIVE SOLUTIONS FOR FAMILIES**

Are you struggling to get your child to listen, follow directions or manage their big emotions? Are you ready to learn some new strategies that will help you gain cooperation and connect with your child? Join us for this 9-week parent only on-line class that will give you the opportunity to reflect, create a plan, and practice new strategies in a safe environment with other parents. You will learn key strategies to promote your child's social and emotional skills, understand your child's challenging behavior, and use positive approaches to help children learn appropriate behavior. Positive Solutions for Families is an evidence-based workshop developed by the National Center for Pyramid Model Innovations and facilitated by a Parent Educator.

Zoom links will be sent via email upon registration. \$53 per session

### Tuesdays, 8:00-9:00 PM

- #2000-01 Fall Session: September 24-November 19, 2024 #2000-02 Winter Session: December 3, 2024-February 11, 2025
- #2000-02 writter Session: December 3, 2024–February 11, 202. #2000-03 Spring Session: February 25–April 29, 2025

# **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.

Zoom links will be sent via email upon registration. \$27 per session

## Tuesdays, 8:00-9:00 PM

 #1510-01
 Fall Session - September 10-October 8, 2024

 #1510-02
 Winter Session - December 3, 2024-January 14, 2025

 #1510-03
 Spring Session - February 25-March 25, 2025

# **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 seized by your emotions. Managing our own emotions and behaviors is the key to teaching kids how to manage theirs. Parenting young children can be difficult, let's support each other and learn skills to be more mindful of our responses to our children.

Zoom links will be sent via email upon registration. \$27 per session

### Tuesdays, 8:00-9:00 PM

- #1540-01 Fall Session: October 22-November 19, 2024
- #1540-02 Winter Session: January 21–February 18, 2025
- #1540-03 Spring Session: April 8-May 6, 2025

# Be on the lookout for one-time opportunities, including Parent Seminars for next year!



Para obtener información en español, contáctese con Pamela Orellana en Pamela\_Orellana@edenpr.org o 952-975-7206. Haddii aad ubaahan tahay caawinaad af Somali kala xidhiidh Saida Sharif at 952-975-7254 ama ssharif@edenpr.org.