

Spring 2025

# Early Childhood Family Education **ECFE**



Register for the lottery  
by March 4!

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DISTRICT 196

**COMMUNITY EDUCATION**

One District. Infinite Possibilities.



[ce.district196.org/ecfe](https://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](http://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.





# Winter Family Fun

**Saturday, February 22, 2025**  
**9:30-11:30 a.m.**  
**Dakota Valley Learning Center**  
**4679 144th Street West, Apple Valley**

**Free to attend. Donations will be accepted at the door.**

Minnesota winters can get long. Are you looking for ways to beat those winter blahs with your little ones? Join us for some family fun at the Dakota Valley Learning Center! There will be a DJ dance party, photo booth, face painting, games, crafts and snacks.

A silent auction will be held with proceeds going to support the Foundation for Early Childhood Family Services. Online bidding will also be available February 20-23: <https://new.biddingowl.com/FoundationForECFS25>. Auction items can be claimed February 24 at the Dakota Valley Learning Center.

**Check our website, [ce.district196.org/ecfe](https://ce.district196.org/ecfe), for details. No registration is required.**



## Introducing Kery Reardon, School Social Worker

My name is Kery Reardon, and I am a school social worker in District 196, working half-time in Early Childhood Family Services and half-time at Woodland Elementary School. Over the past 31 years, I have had the pleasure of working across various education levels, including early childhood, elementary, high school and adult basic education. Prior to my work in the school system, I was a social worker assisting families in transitional housing.

I hold bachelor's degrees in psychology and social work, a master's degree in reading and have three educational licenses: school social worker Pre K-12, ESL teacher K-12 and reading teacher K-12.

I am grateful for the opportunity to collaborate with wonderful colleagues and support children and families at both the Dakota Valley Learning Center and Cedar Valley Learning Center. My role focuses on advocating for and nurturing the whole child through various means, such as play to develop social skills, creating social stories for teaching behaviors and life skills, and addressing the cultural, societal, economic and health factors that impact families.

Additionally, I connect families with valuable community resources like health clinics, dental services, food shelves, clothing assistance, counseling centers and crisis services. With my extensive experience in education, I am here to help families navigate the school system in Minnesota.

Please feel free to reach out to me at [kery.reardon@district196.org](mailto:kery.reardon@district196.org) or by phone at 651-683-6990. You can also leave a message at 651-683-6969 extension 83670.

I look forward to working together to support you and your children.



As required by Title IX and other state and federal nondiscrimination laws, District 196 does not discriminate in admission, 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. The Director of Human Resources, Shelly Monson (651-423-7859 – [shelly.monson@district196.org](mailto:shelly.monson@district196.org)) is the designated Title IX Coordinator and has also been designated to respond to all employment-related inquiries regarding the district's non-discrimination policies. The Director of Elementary Education, Jeremy Sorenson (651-423-7782 – [jeremy.sorenson@district196.org](mailto:jeremy.sorenson@district196.org)) and the Director of Secondary Education, Eric Hansen (651-423-7712 – [eric.hansen@district196.org](mailto: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](mailto: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. Inquiries about the application of Title IX and its regulations to District 196 may be referred to the Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights (OCR), or both. District 196's nondiscrimination policies and grievance procedures are located at [district196.org](https://district196.org) and contain information about how to report discrimination and make a complaint.



## 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 | Apr 8-Jun 3 | 3:30-5:00 p.m. | FREE\*  
Room 216 | 103-216A | Cindy and Laurie

Tue | Apr 8-Jun 3 | 5:30-7:00 p.m. | FREE\*  
Room 216 | 103-216B | Cindy and Laurie

Fri | Apr 4-May 30 | 8:45-10:15 a.m. | FREE\*  
Room 216 | skip Apr 25 | 103-216C | Cindy and Mandi D.

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



"I have learned to recognize my child's emotions, validate them and teach my child to manage them."

– 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 | Apr 4-May 30 | 10:45 a.m.-12:15 p.m. | FREE  
Room 216 | skip Apr 25 | Cindy and Mandi D.



the highest form of research  
-Albert Einstein

## Parents and Ones: Non-Separating

**Ages 12-24 Months**

**Non-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 the class.**

Mon | Apr 7-Jun 2 | 8:45-10:15 a.m. | Fee B  
Room 216 | skip May 26 | 220-216A  
Cindy, Caren and Mandi D.

Mon | Apr 7-Jun 2 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | skip May 26 | 220-216B  
Cindy, Caren and Mandi D.

Wed | Apr 2-Jun 4 | 3:30-5:00 p.m. | Fee B  
Room 216 | 220-216C  
Susan E., Caren and Candace

Wed | Apr 2-Jun 4 | 5:30-7:00 p.m. | Fee B  
Room 216 | 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 the class.**

Thu | Apr 3-Jun 5 | 8:45-10:15 a.m. | Fee B  
Room 216 | 222-216A  
Susan E., Caren, Candace and Mandi D.

Thu | Apr 3-Jun 5 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 222-216B  
Susan E., Caren, Candace 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 children who will be attending the class.**

Wed | Apr 2-Jun 4 | 8:45-10:15 a.m. | Fee B  
Room 216 | 230-216A  
Michelle, Caren and Mandi D.

Wed | Apr 2-Jun 4 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 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 the class.**

Mon | Apr 7-Jun 2 | 8:45-10:15 a.m. | Fee B  
Room 215 | skip May 26 | 255-215A  
Susan S., Kylen, Candace and Janet

Mon | Apr 7-Jun 2 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 215 | skip May 26 | 255-215B  
Susan S., Kylen, Candace and Janet

Mon | Apr 7-Jun 2 | 5:30-7:00 p.m. | Fee B  
Room 216 | skip May 26 | 255-216  
Cindy, Caren, Debbie and Holly

Tue | Apr 8-Jun 3 | 8:45-10:15 a.m. | Fee B  
Room 216 | 255-216A  
Cindy, Caren, Janet and Mandi D.

Tue | Apr 8-Jun 3 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 216 | 255-216B  
Cindy, Caren, Janet and Mandi D.

Wed | Apr 2-Jun 4 | 8:45-10:15 a.m. | Fee B  
Room 215 | 255-215C  
Susan S., Mandy H., Candace and Laurie

Wed | Apr 2-Jun 4 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 215 | 255-215D  
Susan S., Mandy H., Candace and Laurie



"ECFE has helped me to be more mindful, to be more present and to slow down."

– ECFE parent



## 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 all prekindergarten children who will be attending the class.**

Thu | Apr 3-Jun 5 | 8:45-10:15 a.m. | Fee B  
Room 204 | 265-204A  
Laura, Katie KS, Akiko and Julie M.

Thu | Apr 3-Jun 5 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 204 | 265-204B  
Laura, Katie KS, Akiko and Julie M.

Fri | Apr 4-May 30 | 8:45-10:15 a.m. | Fee B  
Room 118 | skip Apr 25 | 265-118A  
Joy, Jocelyn, Dani and Melissa

Fri | Apr 4-May 30 | 10:45 a.m.-12:15 p.m. | Fee B  
Room 118 | skip Apr 25 | 265-118B  
Joy, Jocelyn, Dani and Melissa

## Parents and Threes

**Separating, Prekindergarten 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 the class.**

Tue | Apr 8-Jun 3 | 9:15-11:30 a.m. | Fee A  
Room 215 | 275-215  
Susan S., Kylan, Candace and Gail

## 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 the class.**

Thu | Apr 3-Jun 5 | 1:15-3:30 p.m. | Fee A  
Room 118 | 315-118  
Heather, Caren and Janet

## Building Blocks for School Success

**Ages 3-Prekindergarten**

**Separating, Prekindergarten Siblings Welcome**

Children who are three, four and five years old are learning skills that will support them in preparing for a school experience. The MN Department of Education defines school readiness as children having the skills, knowledge and attitudes necessary for success in primary school, later learning and life. Physical, cognitive, social and emotional development are essential ingredients of school readiness. School readiness refers not only to ready children, but to ready communities, families and schools. Children will have the opportunity to practice skills in a play-based environment. The focus of the parenting discussion is on child development, learning styles and ways you can engage in your child's readiness for school.

**Please register all prekindergarten siblings who will be attending class.**

Tue | Apr 8-Jun 3 | 1:00-3:15 p.m. | Fee A  
Room 118 | 310-118  
Joy, Jocelyn, Dani and Melissa



# Connections PRESCHOOL

## 2025-2026 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, 2025**. 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. This is a monthly tuition-based class, and tuition assistance on a sliding fee scale is available. Sibling care is available on Mondays for a fee. **For more information, visit [ce.district196.org/preschool](http://ce.district196.org/preschool).**



## 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 siblings who will be attending class.**

Wed | Apr 2-Jun 4 | 1:15-3:30 p.m. | Fee A  
Room 215 | 318-215  
Susan S., Kylen, Gail and Laurie

## 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.

Mon | Apr 7-Jun 2 | 9:30-11:45 a.m. | Fee A  
Room 204 | skip May 26 | 704-204  
Laura, Katie KS, Akiko and Julie M.

## Nurturing Resilient Families

**Ages Birth-Prekindergarten**

**Separating**

What is resilience and why is it important for our families? In these stress-filled times, learning from our mistakes, teaching children to make good decisions and helping children feel and be competent are important tasks for parents. In the parent group, we will discuss strategies we can use to foster hope and optimism within our families. Move toward teaching empathy and promoting self-discipline and self-worth. Children will experience learning through play in our early childhood classroom.

Tue | Apr 8-Jun 3 | 9:30-11:45 a.m. | Fee A  
Room 204 | 402-204  
Joy, Katie KS, Akiko and Julie M.

## 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 | Apr 2-Jun 4 | 9:30-11:45 a.m. | Fee A  
Room 204 | 624-204  
Laura, Katie KS, Akiko and Julie M.



" ECFE has really grounded me in developmental capabilities and helped me to remember how small my child is which helps me have realistic expectations."

– ECFE parent

## Parenting Together: A Team Approach to Raising Happy, Healthy Kids

NEW

**Ages Birth-Prekindergarten**

**Separating**

Parenting is a journey best navigated together! This class is designed for parents, couples and co-caregivers—whether you're raising children with a spouse, significant other, grandparents, childcare providers or other family members. Learn how to build a unified approach to parenting that fosters strong relationships and positive outcomes for your children. Topics will include common barriers, communication, parenting styles, adult relationships and child development. Whether you're starting a family, navigating new challenges or seeking fresh ideas, this class provides the tools to work together as a strong, supportive team. Children will learn how to work together through social experiences in our early childhood classroom.

Thu | Apr 3-Jun 5 | 9:15-11:30 a.m. | Fee A  
Room 215 | 513-215B  
Cindy, Kylen, Gail and Laurie



## Tackling Tough Topics

Ages Birth-Prekindergarten  
Separating

"WHY?" "WHY?" "WHY?" Parents everywhere can speak to the insatiable curiosity of children. As children grow, they will naturally have questions about themselves and their world, including tough topics that parents are not always sure how to handle. Topics may include sexuality, race, gender, differing abilities, poverty, grief, loss and violence in the media. Build your capacity and confidence to have developmentally appropriate conversations with your children in this supportive and research-driven class.

Fri | Apr 4-May 30 | 9:15-11:30 a.m. | Fee A  
Room 204 | skip Apr 25 | 570-204  
Laura, Katie KS, Akiko and Julie M.

## 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 | Apr 4-May 30 | 9:30-11:45 a.m. | Fee A  
skip Apr 25 | 617-300  
Michelle, Toni, Katie L. and Rehana  
**Cedar Valley Learning Center**

## 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://tinyurl.com/mtbtzyj4> and you will be contacted. Registration for this class will be processed through ECSE.**



Mon | Apr 7-Jun 2 | 5:45-7:45 p.m. | FREE  
Room 204 | skip May 26 | 820-204  
Laura, Katie KS, Julie M.  
and teaching staff from District 196 ECSE

Fri | Apr 4-May 30 | 9:30-11:45 a.m. | Free  
Room 215 | skip Apr 25 | 820-215  
Heather, Mandy H., Candace, Debbie  
and teaching staff from District 196 ECSE



"The staff is all so kind, supportive and helps come alongside parents—they make everyone feel welcome."

— ECFE parent

## Ready Families with ECFE & American Indian Education

Families with Children Ages Birth-Kindergarten  
Separating

This school year, ECFE and the American Indian Education (AIE) Program are collaborating to provide a series of FREE learning opportunities. Topics and activities include emergent language and literacy skills using practices of Dakota and Ojibwe culture. We will work toward family and community school readiness using the Successful Learner Equation. **If you are interested in joining this series of events, please use the QR code or this link <https://tinyurl.com/5n7x47w6> and you will be contacted by the American Indian Education Program Coordinator, Lisa Turgeon. Or contact her at: [Lisa.Turgeon@district196.org](mailto:Lisa.Turgeon@district196.org) or call 651-423-7890.**



Tue | Apr 22 | 5:30-7:30 p.m. | FREE | Room 204  
Laura, Katie KS, Julie M.  
and staff from District 196 American Indian Education



## Finding Balance in Parenting

Ages Birth-7 Years

Separating

Parents are under a lot of pressure to do things 'right' in our fast-paced world with pervasive media. You make thousands of decisions a day, so sometimes it's hard to find a balanced approach to parenting. While information is good, it can sometimes undermine your confidence and leave you even more confused. You'll explore your own parenting philosophy and gain confidence in the common parenting issues of the day: nutrition, screen time, children's activities, safety, family roles, self-care and other topics identified by the group.

Mon | Apr 7-Jun 2 | 5:30-7:30 p.m. | Fee A  
Room 215 | skip May 26 | 506-215  
Shelly, Kylen, Akiko and Janet

## Parenting Together: A Team Approach to Raising Happy, Healthy Kids

NEW

Ages Birth-7 Years

Separating

Parenting is a journey best navigated together! This class is designed for parents, couples and co-caregivers—whether you're raising children with a spouse, significant other, grandparents, childcare providers or other family members. Learn how to build a unified approach to parenting that fosters strong relationships and positive outcomes for your children. Topics will include common barriers, communication, parenting styles, adult relationships and child development. Whether you're starting a family, navigating new challenges or seeking fresh ideas, this class provides the tools to work together as a strong, supportive team. Children will learn how to work together through social experiences in our early childhood classroom.

Tue | Apr 8-Jun 3 | 5:45-7:45 p.m. | Fee A  
Room 215 | 513-215A  
Susan S., Suzan K., Stacy and Debbie

## Raising Your Spirited Child

Ages Birth-7 Years

Separating

Each of us is born with a distinct temperament. If you have a child who is strong-willed, easily stressed by new situations and super-sensitive about his or her environment, you could have a child we call 'spirited.' These kids are 'more' everything: more intense, more persistent, more sensitive and more perceptive. The book *Raising Your Spirited Child* by Mary Sheedy Kurcinka will be used as a resource. Come and find out about the benefits and challenges of parenting spirited children. Learn that it is okay for them to be who they are.

Wed | Apr 2-Jun 4 | 5:45-7:45 p.m. | Fee A  
Room 215 | 609-215  
Michelle, Kylen, Gail and Saranya

## Good Inside

Ages Birth-7 Years

Separating

This class is for anyone who has ever struggled with the challenge of parenting. Based on the book *Good Inside* by Dr. Becky Kennedy, this class serves as a practical guide to raising resilient, emotionally healthy kids. It is also a supportive resource for overwhelmed parents who need more compassion and less stress. You will learn practical strategies for parenting in a way that feels good.

Thu | Apr 3-Jun 5 | 5:45-7:45 p.m. | Fee A  
Room 215 | 464-215  
Heather, Mandy H., Candace and Katie L.

## 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 | Apr 3-Jun 5 | 5:45-7:45 p.m. | Fee A  
Room 118 | 910-118  
Joy, Jocelyn, Dani and Melissa



"ECFE has helped me to be less frustrated and better handle difficult situations in a more positive way."

— ECFE parent



# Classes at a Glance

Dakota Valley Learning Center  
4679 144th St. W., Apple Valley

Monday	Tuesday	Wednesday	Thursday	Friday
#220-216A <b>Parents and Ones</b> (non-separating) 8:45-10:15	#255-216A <b>Parents and Twos</b> 8:45-10:15	#230-216A <b>Parenting Ones and Twos</b> (non-separating) 8:45-10:15	#222-216A <b>Parents and Ones</b> 8:45-10:15	#103-216C <b>Babies</b> Birth-11 Months (babies only; non-separating) 8:45-10:15
#255-215A <b>Parents and Twos</b> 8:45-10:15	#275-215 <b>Parents and Threes</b> 9:15-11:30	#255-215C <b>Parents and Twos</b> 8:45-10:15	#265-204A <b>Parenting Your Two- or Three-Year Old</b> 8:45-10:15	#265-118A <b>Parenting Your Two- or Three-Year Old</b> 8:45-10:15
#704-204 <b>A Little Bit of Everything</b> Ages birth- prekindergarten 9:30-11:45	#402-204 <b>Nurturing Resilient Families</b> Ages birth- prekindergarten 9:30-11:45	#624-204 <b>Surviving and Thriving with Twins and Triplets</b> Ages birth- prekindergarten 9:30-11:45	#513-215B <b>Parenting Together: A Team Approach to Raising Happy, Healthy Kids</b> Ages birth- prekindergarten 9:15-11:30	<b>Family Playtime</b> (non-separating) Ages birth- prekindergarten 9:00-11:00
#220-216B <b>Parents and Ones</b> (non-separating) 10:45-12:15	#255-216B <b>Parents and Twos</b> 10:45-12:15	#230-216B <b>Parenting Ones and Twos</b> (non-separating) 10:45-12:15	#222-216B <b>Parents and Ones</b> 10:45-12:15	#570-204 <b>Tackling Tough Topics</b> Ages birth- prekindergarten 9:15-11:30
#255-215B <b>Parents and Twos</b> 10:45-12:15	#310-118 <b>Building Blocks for School Success</b> Ages 3-5 years & pre-k siblings 1:00-3:15	#255-215D <b>Parents and Twos</b> 10:45-12:15	#265-204B <b>Parenting Your Two- or Three-Year Old</b> 10:45-12:15	#820-215 <b>Parenting Children with Special Needs</b> Ages birth- prekindergarten 9:30-11:45
#255-216 <b>Parents and Twos</b> 5:30-7:00	#103-216A <b>Babies</b> Birth-11 Months (babies only; non-separating) 3:30-5:00	#318-215 <b>Wide Open Spaces</b> Ages 3-5 & pre-k siblings 1:15-3:30	#315-118 <b>Parents and Preschoolers</b> Ages 3-5 years & pre-k siblings 1:15-3:30	#617-300 * <b>Grandparenting Today</b> Ages birth- prekindergarten 9:30-11:45
#820-204 <b>Parenting Children with Special Needs</b> Ages birth- prekindergarten 5:45-7:45	#103-216B <b>Babies</b> Birth-11 Months (babies only; non-separating) 5:30-7:00	#220-216C <b>Parents and Ones</b> (non-separating) 3:30-5:00	#910-118 <b>Dad and Me</b> Ages birth-7 years 5:45-7:45	<b>Baby Playtime</b> (babies only; non-separating) Birth-18 Months 10:45-12:15
#506-215 <b>Finding Balance in Parenting</b> Ages birth-7 years 5:30-7:30	#513-215A <b>Parenting Together: A Team Approach to Raising Happy, Healthy Kids</b> Ages birth-7 years 5:45-7:45	#220-216D <b>Parents and Ones</b> (non-separating) 5:30-7:00	#464-215 <b>Good Inside</b> Ages birth-7 years 5:45-7:45	#265-118B <b>Parenting Your Two- or Three-Year Old</b> 10:45-12:15
		#609-215 <b>Raising Your Spirited Child</b> Ages birth-7 years 5:45-7:45		

Siblings ages birth-kindergarten are welcome in all age-specific classes except babies 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 March 4.

## How to Register for Weekly Classes

**Online** at [ce.district196.org/ecfe](http://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 March 8, you are welcome to register for additional classes.
- Class confirmations are emailed, if an email address is provided.
- When registering online for ECFE classes, you will automatically receive an email from Community Education confirming your registration.
- **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.

## Spring Registration Timeline

- Registration deadline for the lottery is March 4, 2025.
- Lottery (computer generated) will be March 6, 2025.
- Class confirmation/waiting list emails will be sent by March 7, 2025
- 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 March 24.

## Site Locations

CVLC | Cedar Valley Learning Center | 14420 Glenda Dr., Apple Valley | DVLC | Dakota Valley Learning Center | 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	\$52.00	\$68.00	\$38.00	\$49.00
\$40,000 - 59,999	\$73.00	\$94.00	\$53.00	\$68.00
\$60,000 - 79,999	\$94.00	\$115.00	\$68.00	\$83.00
\$80,000 - 99,999	\$125.00	\$146.00	\$91.00	\$106.00
\$100,000 - 119,999	\$157.00	\$183.00	\$114.00	\$133.00
\$120,000 and up	\$189.00	\$215.00	\$137.00	\$156.00

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



## ECFS Advisory Council

### Melissa Dunlay and Jamie Duffey, Co-Chairs

The ECFS (Early Childhood Family Services) Parent Advisory Council supports early childhood programming within District 196. This programming includes Early Childhood Family Education, Connections Preschool and Family School. The Parent Advisory Council is a highly valued resource for District 196 ECFS. Parents and community partners involved in any District 196 early childhood programs are welcome to join. Committees include outdoor spaces, fundraising, hospitality, education planning, and legislative, as well as other opportunities based on your interest.

We are accepting new members and would like to invite you to visit an upcoming meeting to see if you are interested in joining the Council. Meetings are held at the Dakota Valley Learning Center from 6:15-8:15 p.m. on the third Tuesday of every month during the school year. Childcare will be provided. This is a unique opportunity to enhance the programs and make connections with other parents. For more information, <https://ce.district196.org/community/ecfs-advisory-council>. We look forward to meeting you!



## 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](mailto:michelle.doran@district196.org).**

## Weather/Emergency Closing Announcements for ECFE and Family School

Check the following sources for weather-related schedule changes.

- Information will be posted on our website, [ce.district196.org/ecfe](http://ce.district196.org/ecfe).
- Information will be posted on our Facebook page, District 196 ECFE.
- Television stations will display our district as 'Rosemount-Apple Valley-Eagan Public Schools'.

Decisions 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. Immunization records or the exemption form should be submitted to ECFE once per school year. You are welcome to bring forms to the first day of class, email them to [ecfe@district196.org](mailto:ecfe@district196.org) or fax them to 952-388-1948.

## Early Childhood Screening

The screening staff looks forward to welcoming you at the **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
- your child is entering kindergarten in the fall of 2025 and has not been screened.

You can contact the Early Childhood Screening office at 651-423-7899 or [ecscreening@district196.org](mailto:ecscreening@district196.org).

# Youth Enrichment

## Learning and fun for your little ones!

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, visit [ce.district196.org/feeassistance](http://ce.district196.org/feeassistance). For a map with location abbreviations, names, addresses and directions visit [ce.district196.org](http://ce.district196.org) and choose MENU and CONTACT | MAP. Call 651-423-7920 or email [communityed@district196.org](mailto:communityed@district196.org) for more information.



## 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 will be held April 1 through June 2 and June 16 through August 7. **Online registration for both seasons begins Tuesday, February 11 at 6:00 a.m.** Visit [ce.district196.org/swim](http://ce.district196.org/swim), email [aquatics@district196.org](mailto:aquatics@district196.org) or call 952-431-8777 for more information and to register. Register early as space is limited.



## Starry Night Gala (adults & children ages 3-11)

Bring your favorite adult and dress in your Hollywood best. Feel like a movie star as you stroll down the red carpet to dance the night away with your favorite stars from popular movies.

Sat | Apr 26 | 6:00-8:00 p.m. | \$39 adult/child pair, \$19 add'l child/parent  
*Proceeds benefit youth scholarships.*

FRMS | Falcon Ridge Middle School,  
12900 Johnny Cake Ridge Rd, Apple Valley

## Sports & Fitness

### Hoopster Tots (ages 3-4)

Wed | Apr 2-23 | 4:30-5:00 p.m.  
4 sessions | \$69 | DR

### Soccer Tots (ages 2-4)

**ages 2-3**  
Sat | Apr 5-26 | 9:00-9:30 a.m. | 4 sessions  
\$69 | DR

### ages 3-4

Sat | Apr 5-26 | 9:40-10:10 a.m. | 4 sessions  
\$69 | DR  
Sat | Apr 29-May 20 | 4:30-5:00 p.m.  
4 sessions | \$69 | DR

### Tumbling (ages 3-5)

Sat | Apr 5-May 3 | 11:00-11:45 a.m.  
5 sessions | \$55 | SHMS

### T-Ball Tykes (ages 2-5)

#### ages 2-3

Sun | Apr 6-27 | 10:30-11:00 a.m. | 4 sessions  
\$75 | DW

#### ages 4-5

Sun | Apr 6-27 | 11:10-11:55 a.m. | 4 sessions  
\$75 | DW

### 1st Down Tots (ages 2-4)

#### ages 2-3

Sat | Apr 12-26 | 9:00-9:30 a.m. | 3 sessions  
\$55 | RE  
Sat | May 3-24 | 9:00 a.m.-9:30 a.m.  
4 sessions | \$69 | DR

#### ages 3-4

Sat | Apr 12-26 | 9:40-10:10 a.m. | 3 sessions  
\$55 | RE  
Sat | May 3-24 | 9:40-10:10 a.m.  
4 sessions | \$69 | DR

### Preschool Gymnastics (ages 3-5)

Sat | Apr 12-May 17 | 12:15-1:00 p.m.  
4 sessions | \$64 | RHS

### Phys Ed Game Tykes (ages 3-5)

Sun | May 4-Jun 1 | 10:30-11:15 a.m.  
4 sessions | \$75 | DW

### Yoga Wonder (ages 3-5)

Sat | May 10-Jun 7 | 9:00-9:30 a.m.  
4 sessions | \$45 | SHMS

### Baseball Tots (ages 2-4)

#### ages 2-3

Sat | May 10-24  
9:00-9:30 a.m.  
3 sessions | \$55 | RE

#### ages 3-4

Sat | May 10-24  
9:40-10:10 a.m.  
3 sessions | \$55 | RE



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# More Youth Enrichment

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## Preschool Creative Dance (ages 3-5)

Use your imaginations 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/Jena Waite*  
Scott Highlands Middle School

Sat | Apr 5-May 3 | 9:00-9:45 a.m.  
5 sessions | \$55 | Waite  
Mon | Apr 14-May 19 | 5:00-5:45 p.m.  
4 sessions | \$45 | Schulte  
Mon | May 10-Jun 7 | 9:00-9:45 a.m.  
5 sessions | \$55 | Waite

## Music Together Demonstration (adult & child birth-5 years)

Experience the joy of making music! Try a free demo Music Together class. Classes are mixed-age so the siblings can be together. Only one demo per family. Register your child only.

*Music Together in the Valley*  
Apple Valley Community Center

Tue | Mar 18 | 10:00-10:45 a.m. | Free  
Wed | Mar 19 | 9:00-9:45 a.m. | Free  
Sat | Mar 29 | 5:15-6:00 p.m. | Free

## More Arts & Crafts

### Princess Dress Up (ages 3-6)

Sat | Apr 5 | 9:00 a.m.-noon | \$49 | FRMS

### Masterpieces for Mom (ages 4-9)

Sat | May 3 | 9:00 a.m.-noon | \$49 | FRMS

### Preschool Fine Arts (ages 3-5)

Wed | May 7-28 | 5:30-6:15 p.m. | 4 sessions  
\$45 | FRMS

## \*new Preschool Fine Arts Exploration (ages 3-5)

Develop fine motor skills while having fun! Explore a variety of art techniques and materials in a supportive and imaginative environment. From painting with brushes and sponges to threading beads, engage in activities that enhance dexterity and hand-eye coordination. Gain valuable skills through playful exploration and artistic expression! *Jena Waite*

Scott Highlands Middle School

Wed | Mar 12-Apr 2 | 5:30-6:15 p.m. | 3 sessions | \$35

## Little Digger's with Little Hands Discovery (adult & child 18 mos-6 years)

Dive into a world of exploration where every activity revolves around the excitement of construction and machinery. Don't miss out on a sensory adventure with your favorite adult where the sights, sounds and textures of construction come alive!

*Kidcreate Studios*

Falcon Ridge Middle School

Sat | May 3 | 9:30-10:30 a.m. | \$25

Request an Interpreter/Solicite un interprète/Badhanka "codso turjumaan"  
[bit.ly/translatereq](http://bit.ly/translatereq)

### Do you need fee assistance?

Visit [ce.district196.org/feeassistance](http://ce.district196.org/feeassistance), email [communityed@district196.org](mailto:communityed@district196.org) or call 651-423-7920.

## Music Together (adult & child birth-5 years)

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 spring session 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*  
Apple Valley Community Center

All classes 10 sessions  
\$199 adult & child/\$119 each add'l child

Tue | Mar 25-Jun 3 | 9:00-9:45 a.m.  
Tue | Mar 25-Jun 3 | 10:00-10:45 a.m.  
Wed | Mar 26-Jun 4 | 9:00-9:45 a.m.  
Wed | Mar 26-Jun 4 | 10:00-10:45 a.m.  
Wed | Mar 26-Jun 4 | 11:00-11:45 a.m.  
Thu | Apr 3-Jun 5 | 5:15-6:00 p.m.  
Thu | Apr 3-Jun 5 | 6:15-7:00 p.m.



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# Spectacular Spring Activities



## The Minnesota Children's Outdoor Bill of Rights

'All Minnesota children have a right to start or participate in an urban, community or personal garden or farm.'

If you don't have a lot of space, all you need is one flower pot to start a garden! You can plant easy-to-grow vegetables like lettuce or flowers. Taking care of a garden is a great way to foster responsibility, patience and a connection with the natural world.

**Try this:** Plant a sunflower and track the growth over the Summer. Take pictures of your child standing beside it for reference, or use a tape measure. In the Fall, your child can practice their fine motor skills while removing the seeds.

## Go Exploring!

Dakota County has 6 regional county parks, each with unique trails and play areas to explore. One of the parks, Spring Lake Park Reserve, is home to bison! Learn more about each of the parks on the website: <https://www.co.dakota.mn.us/parks>.

## Let's Get Cooking! Create Your Own 'Mud' Kitchen

Providing children with old pots, pans and kitchen utensils to play with outdoors is a great way to foster their imaginative play. They can gather natural materials (rocks, sticks, pinecones, etc.) to pretend to cook and bake. No actual 'kitchen' is needed. A tree stump, a wood board or even a chalk-drawn stovetop on the sidewalk will do.

Mud is optional! If you are someone who can embrace the mess, allowing children to make and play with mud provides a wonderful sensory experience.

Put dirt in one bucket, water in another bucket and provide a bowl for mixing. Beware of potting soil mixed with fertilizers-use topsoil instead. Providing different sized measuring utensils (cups, spoons) will provide an opportunity for children to explore different units of measurement.

## Adopt a Drain

Do you have a storm drain in your neighborhood? Help keep our rivers, lakes and wetlands clean by keeping the storm drain free of debris. Spend just 15 minutes two times per month checking the top of the drain for leaves, sticks and trash. By removing these items, you are keeping pollutants out of the water. Learn more and sign up here: <https://mn.adopt-a-drain.org/>

## Spring Flower Playdough

### Ingredients

- 1 cup all-purpose flour
- 1 cup water
- 1/4 cup salt
- 2 tsp cream of tartar
- Food coloring
- Rose water (taste-safe) or flower-scented oils (lilac, jasmine, rose or geranium)
- Real flower petals

In a saucepan add the flour, salt, water, and cream of tartar along with a few drops of the food coloring and a drop or two of the rose water or flower-scented oil.

Stir well until everything is combined. It will still look a bit lumpy, but that is okay.

Place the saucepan over low heat.

Keep stirring and the mixture will begin to thicken, forming into one large ball.

Place the ball of dough on parchment or wax paper and leave to cool for a few minutes.

When it is cool enough to handle, knead the dough until it is less lumpy and more pliable like playdough.





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

#### Ages Birth-Kindergarten

Fri | Apr 4-May 30 | 9:00-11:00 a.m. | \$5 per child  
Room 116 | skip Apr 25 | Caren and Nichole



### 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://ce.district196.org/ecfe), to register.**

Fri | Apr 4-May 30 | 10:45 a.m.-12:15 p.m. | FREE  
Room 216 | skip Apr 25 | Cindy and Mandi D.

### Storytimes for Babies

#### at Dakota County Libraries

#### Ages Birth to 24 Months

#### Non-Separating, Siblings welcome

Join ECFE at Galaxie and Wescott Libraries for Storytimes for Babies. Read, play and sing along with your young child in this interactive storytime designed for newborns and babies. Our ECFE Parenting Educator, Heather Warweg, will join in with the group and is available on the dates listed below for questions and conversations about babies and toddlers.

#### Galaxie Library

Mondays 9:30 & 10:30 a.m.  
Mar 10, 31; Apr 7, 21; May 5, 12

#### Wescott Library

Wednesdays 10:00 a.m.  
Mar 12; Apr 16

For more information on all storytimes and events at Dakota County Libraries visit: [www.dakotacounty.us/library](http://www.dakotacounty.us/library), click *Events*.