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ECFE GAZETTE

THE OFFICIAL NEWSLETTER OF ROCKFORD ECFE



ECFE NON SEPARATING CLASSES

At Rockford, we have three different types of ECFE class: separating, non separating, and Almost Ready for Preschool class.

In our non separating classes, caregivers and children spend the entire class together in our Early Childhood classroom. This is a special time dedicated to playing, exploring, and learning. We typically gather for a circle time to sing and read together and then encourage the children to continue playing, with the guidance of the Early Childhood teacher, while the parents/caregivers and the Parent Educator connect and discuss topics related to raising children. (see our Oct issue for information about our separating classes)

These classes are great opportunities for children to practice social skills and for caregivers looking to connect with other adults experiencing many of the same joys and challenges of caregiving.



GET TO KNOW A TEACHER

Hello! I'm Ms. Kim and this is my third year working as the assistant in the ECFE program, but I started coming to classes as a parent 22 years ago. I live in Rockford with my husband Cardell, our four kids and our cranky dog, Albie. I also work at the library here in Rockford and in Buffalo. I love to travel, read and scrapbook.

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WHAT'S HAPPENING IN PARENT DISCUSSION

By: Jessica Koch (Ms. Jessica)

November was busy and quick! Topics are determined by the needs of the class so we don't always cover the same topic in each class. Topics included;

- development of self regulation skills
- approaches to discipline and guidance
- navigating sibling conflicts
- the toddler brain
- traditions-those we keep, those we let go of, and those we create
- temperament related to "goodness of fit"
- executive function skills and activities that help young children build these skills (even in infancy) through play
- literacy development

WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

This past month we did some fun farm and turkey activities! We painted spots on cows, and glued cotton balls onto sheep. We learned a new turkey poem and named colors using flannel board turkey feathers. We also made playdough turkeys with play feathers, googly eyes and pipe cleaners. **This would be a fun activity for kids while waiting for Thanksgiving dinner!** I made the playdough brown by using pumpkin pie spice..so it also smells good :)

Next month will be all things holidays!





FUNNIES & FACTS

Joke:
What do you get when you cross a centipede with a parrot?
A walkie talkie.
Fact:
60% of a baby's energy goes to its developing brain. (Zero to Three)

CHILDRENS BOOK RECOMMENDATIONS

FROM KIM JOHNSON (MS. KIM)

I THINK IT'S IMPORTANT TO HAVE SOME BOOKS IN YOUR ROTATION THAT ARE AS FUN FOR THE PARENTS TO READ AS THEY ARE FOR THE KIDS TO LISTEN TO. THESE BOOKS HAVE TWO OF MY FAVORITE KINDS OF STORYTELLING, OR NARRITIVE TYPES, TO READ: BREAKING THE FOURTH WALL AND ALSO PUNS!









COMMUNITY/SCHOOL EVENTS

ECFE Winter class registration-OPEN NOW!
New classes this session include an additional Baby & Me offering and an ECFE Book Club!
www.rockford.ce.eleyo.com

ECFE Pop-In & Play Dec 19, 9-10 am, register at www.rockford.ce.eleyo.com

Rockford Community Center Holiday Expo is Saturday, Dec 7 from 9 am - 3 pm.

RESOURCES & REMINDERS

Books:
Good Inside by Dr. Becky Kennedy
Healthy Sleep Habits, Happy Child by Mark Weissbloth, M.D.

Websites:
Rockford Public Schools
Rockford Community Ed Registration
Rockford Education Foundation

Wellspring Lactation
Zero to Three
Spark & Stitch Institute
Help Me Connect

Turkey Poem:
The turkey is a funny bird,
his head goes wobble, wobble. *(wobble your head back and forth)*

He only knows one word,
gobble, gobble, gobble. *(flap your arms up and down like turkey wings)*

Ooblick recipe:
2 cups cornstarch to 1 cup water (maybe a little more)

This is a fun sensory experience as it looks solid, but then 'melts' in your hand and looks liquid. Add little toys for the kids to find!

Homemade Playdough:
1 TBSP cream of tartar
1 cup flour
¼ cup salt
2 TBSP vegetable oil
1 cup water
1 package of kool aid or flavored pudding mix OR
½ tsp apple pie spice for apple playdough OR ½ tsp pumpkin pie spice, nutmeg and allspice for pumpkin playdough

Every parent has moments when they lose their cool. But it's important to remember that when you keep your cool, that's probably when your kids actually hear you most. ~care.com

