DEC 2024 VOL 1 | ISN 4

# ECFE GAZETTE

THE OFFICIAL NEWSLETTER OF ROCKFORD ECFE

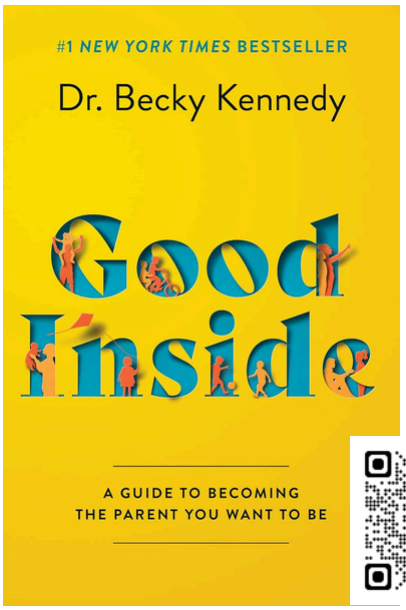


## ECFE ALMOST READY CLASSES

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

Our Almost Ready for Preschool class meets two days a week. On Wednesdays, caregivers and children both attend for the two hours. Everyone spends the first hour playing, learning, and socializing together. For the second hour, the caregivers go to a separate room with the Parent Educator for discussion while the kids stay with the Early Childhood Teacher. Fridays are for kids only. Caregivers drop off the children like a traditional preschool class.  Potty trained is not a requirement for Almost Ready for Preschool (or any of your ECFE classes).

This class is a great opportunity for children who will be starting preschool in the coming year and, as with all our ECFE classes, for caregivers looking to connect with other adults experiencing many of the same joys and challenges of caregiving.




## ECFE BOOK CLUB

There are millions of parenting books out there and if you had the time, you'd maybe read a bunch. But, you don't, so how do you know which is worth your precious time? Or, maybe you're not a reader? You have many other things you'd like to do with your time but you sure could use some of the information that's in these books because your kids didn't come with a manual.

Join the ECFE Book Club. A quality, readable, likeable, relatable, book has already been chosen for you and *you don't even have to read the book*! (Of course you can read the book but no pressure to cram in a bunch of chapters before the next class.) Each meeting will focus on a different chapter(s) of the book and allow time for you to reflect on how the information "fits" for your family.

This session's book is *Good Inside* by Dr. Becky Kennedy. This is a book for all parents with kids of any age! Promise it will be worth your time.

# WHAT'S HAPPENING IN PARENT DISCUSSION

By: Jessica Koch (Ms. Jessica)

Somehow we packed a lot into a few short weeks in December! Topics are determined by the needs of the class so we don't always cover the same topic in each class. Topics included;

- the Effort Driven Reward system and why caregivers should fuel their own systems
- recognizing when we are protecting from or preparing our child for life through parenting practices
- supporting a growing sense of self
- what to do when our parenting practices don't align with our partners (this happens a lot)
- parenting through the holidays: mental load, age appropriate gifts and expectations, creating traditions, sticking to boundaries

**PS. ECFE IS IN THE NEWS. CHECK IT OUT HERE!**

# WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

This month we will be doing all things winter! Hopefully we will get some snow so I can bring some inside! Some things we will be doing are painting snowmen with puffy paint (shaving cream and glue), painting with colored ice, using q-tips to paint snowflakes (great for fine motor practice!), and making winter collages on tin foil. Another fun sensory activity that anyone can do at home is to make 'indoor snow', by **mixing 2 1/2 cups baking soda with 1/2 cup of conditioner**. It actually feels cold and sticks together! Add some winter animals for kids to play with as well. At circle time we will be doing a fun snowman song with actions. Check the **resources section** for the words so you can sing at home!

Singing songs and reading books with rhyme is very important to do with young children. It is one of the first steps in teaching kids phonological processing. When preschool children can rhyme words, it is one of the first steps to reading later on.





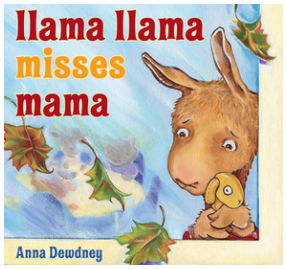

## FUNNIES & FACTS

**Joke:**
Why did the banana go to the doctor?
It wasn't peeling well.
**Fact:**
After birth, the brain grows 1% per day for the first three months of life. (Zero to Three)

## CHILDREN'S BOOK RECOMMENDATIONS

*PRESS HERE*, BY HERVE TULLET
THIS IS A FUN BOOK TO READ BECAUSE IT COMBINES ACTIONS WITH THE WORDS WHILE ALSO TEACHING COUNTING AND POSITIONAL/DIRECTIONAL VOCABULARY WORDS.




*LLAMA LLAMA MISSES MAMA*, BY ANNA DEWDNEY
IN THIS BOOK, LLAMA STARTS PRESCHOOL AND MISSES HIS MAMA, EVEN AFTER MEETING THE TEACHING, SEEING THE CLASSROOM AND DOING ALL THE THINGS TO PREPARE. THIS BOOK INCORPORATES A LOT OF RHYMING, WHICH IS AN IMPORTANT EARLY LITERACY SKILL TO PRACTICE.





## COMMUNITY/SCHOOL EVENTS

**ECFE Winter class registration-OPEN NOW!**
*New classes this session include an additional Baby & Me offering and an ECFE Book Club!* **IT"S NOT TOO LATE TO REGISTER!**
www.rockford.ce.eleyo.com

**Wiggle & Jump**
Is your little one needing some space to romp and stomp, wiggle and giggle? Bring them, and their energy, for an hour of play time! This "gym" time will be held at the Rockford Community Center (RCC).
www.rockford.ce.eleyo.com

# 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

**5 Little Snowmen:**
5 little snowmen fat
Each with a funny hat (put on a funny hat)
Out came the sun and melted one (make a sun with your arms)
What a sad thing was that
Down, down, down! (melt down to the ground)

**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!

**Indoor Snow:**
2 1/2 cup baking soda
1/2 cup conditioner

Make sure to use a conditioner that you like the smell of. Mix together, add some toys, and have some fun!

**"You will always be your child's favorite toy." — Vicki Lansky, author**

