JAN 2025 VOL 1 | ISN 5

ECFE GAZETTE

THE OFFICIAL NEWSLETTER OF ROCKFORD ECFE



WHO IS ECFE FOR?

ECFE is designed for ANYONE who cares for children from birth to age 8 (please check specific class limitations for age ranges).

At Rockford, we have a diverse group of participants, including moms, dads, grandparents, foster parents, and nannies enrolled in our various classes. Each of these individuals plays a vital role in a child's growth and development, and our goal is to foster supportive, welcoming, and enjoyable environments for everyone involved. Here are some benefits of ECFE:

- Support during the transition to parenthood.
- Insight into early development and what to expect from children.
- Techniques for effective limit-setting and teaching.
- Quality time with children in a nurturing and enriching learning atmosphere.
- Opportunities to connect with other parents and discuss family values and parenting practices.
- Improved family communication and co-parenting skills.



WHAT IS A PARENT COACH?

Did you know that Rockford offers complimentary 1:1 parent coaching? This service could easily cost hundreds of dollars elsewhere—just Google it!

Parenting can be challenging, and many of us feel overwhelmed at times, questioning whether we're doing it "right." You might find yourself asking, "Why aren't the parenting techniques I learned working with my child?" Or, "Why do the strategies that succeeded with my other child not apply here?" It's normal to wonder, "What is happening?"

A parent educator/coach will meet with you to discuss the challenges you're currently facing. Together, you will develop solutions, set goals, monitor progress, and celebrate your achievements.

To learn more, click here or call 763-477-7500.

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;

- Fulfilling our own needs, even during challenging times
- What does it mean to be prepared for preschool?
- What do our children require to become self-assured learners?
- Explore how the need for attachment influences behavior and discover ways to address this through establishing connections and setting boundaries.
- The balance between control and connection.

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

WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

We have been doing some fun winter activities this month like painting with ice (freeze water mixed with paint in little paper cups) and white 'puffy' paint that looks like snow ***(equal parts glue and shaving cream)***. We have also 'rescued' winter animals from the ice using salt, water droppers and plastic hammers!

Next month we will be doing some fun Valentine's activities. Making valentines with your child is a great way to practice those fine motor skills by coloring, cutting, putting on fun stickers and even squeezing glue. Have your kids think of loved ones to make cards for. This might even motivate those that aren't normally interested in doing art activities! Have your child think of messages for you to write for them. This is a great way to model writing for your child and an opportunity to start talking about letters and what sounds they make. Then have them put them in the mailbox, which might be the most exciting step :)





FUNNIES & FACTS

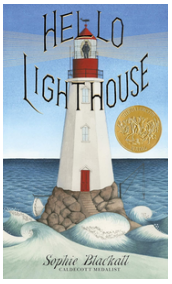
Joke:
What do you call a train that sneezes?
Achooo-choo train

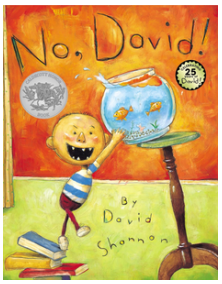
Fact:
A 2-year-old's brain is much smaller than an adult's brain but has *50% more synapses*. (Zero to Three)

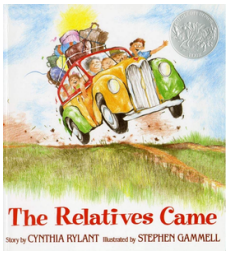
CHILDREN'S BOOK RECOMMENDATIONS

BY: KIM JOHNSON (MS. KIM)

THE CALDECOTT MEDAL IS A YEARLY AWARD GIVEN OUT TO ILLUSTRATORS OF CHILDREN'S BOOKS AND CAN BE A GREAT PLACE TO LOOK FOR UNIQUE BOOKS. A FEW OF MY FAVORITES ARE *HELLO LIGHTHOUSE* BY SOPHIE BLACKALL, A VERY SWEET STORY ABOUT A LIGHTHOUSE KEEPER AND HIS LITTLE FAMILY, *NO, DAVID* BY DAVID SHANNON ABOUT A LITTLE BOY WHO HAS A HARD TIME FOLLOWING THE RULES AND *THE RELATIVES CAME BY* CYNTHIA RYLAND, A JOYFUL, COLORFUL STORY ABOUT A SUMMER SPENT WITH FAMILY.











COMMUNITY/SCHOOL EVENTS

2025-26 Launching Pad Preschool Registration:
February 1, 2025
Lottery deadline Monday, March 17th.

Launching Pad Preschool Open House:
Thursday, February 20
5:30-7pm
Rockford Elementary Arts Magnet School

Rockford Community Expo:
Saturday, March 15
9 am to 12 pm
Rockford Community Center

RESOURCES & REMINDERS

Books:
Good Inside by Dr. Becky Kennedy
S*iblings Without Rivalry* by Adele Faber & Elaine Mazlish

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!

"There's no way to be a perfect [parent] and a million ways to be a good one." — Jill Churchill, author

