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ECFE GAZETTE

THE OFFICIAL NEWSLETTER OF ROCKFORD ECFE

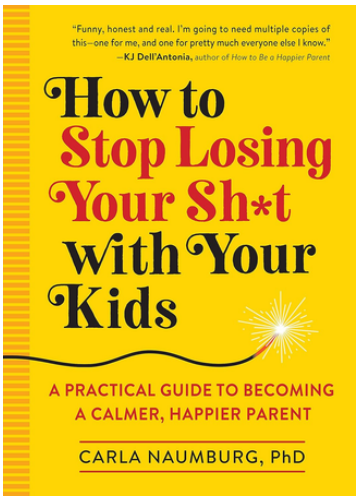


THE ECFE TEAM

We've got some new folks here so it's time for a reintroduction.

We are Ms. Lori (Early Childhood Teacher), Ms. Kim (Early Childhood Assistant Teacher) & Ms. Jessica (Parent Educator) and we are the Rockford ECFE (Early Childhood Family Education) Team. We have worked together for several years now and think we make a pretty good team.

ECFE is based on the idea that parents provide their child's first and most significant learning environment. ECFE works to support you as a parent/caregiver and to strengthen and empower families. Thank you for letting us be a part of your family's journey!



SPRING 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 *How to Stop Losing Your SH*T With Your Kids* by Dr. Carla Naumberg. 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)

Geez, February is a short month anyway, then we had a couple weather days, and it feels like February was never here!
Topics are determined by the needs of the class so we don't always cover the same topic in each class. Topics included;

- "Two things are true" and "Most Generous Interpretation" tools for parenting during challenging times
- Negotiation-when to use it and when not to use it as a parenting tool.
- Addressing challenging behavior through understanding the motivation behind the behavior
- Promoting resilience
- Checking in on the big picture

WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

This month we have started to talk about a big favorite of preschoolers, dinosaurs!

We have experimented with baking soda and vinegar making our volcano erupt, made dino foot prints and played with dinosaur playdough stampers.

We will be reading the book Dinosaur Roar all together at group time and do a dinosaur action song. Our Almost Ready class will be making dinosaurs out of boxes/ toilet paper tubes ect. during parent/child time for a fun project!

You can find the words to the Dinosaur Action Song in the Resources section.





FUNNIES & FACTS

Joke:
What kind of keys are sweet?
Cookies!

Fact:
A 3-year-old's brain is *twice as active* as an adult brain.
(Zero to Three)

CHILDREN'S BOOK RECOMMENDATIONS

BY: KIM JOHNSON (MS. KIM)

IN KEEPING WITH OUR WARMER WEATHER, HERE ARE A FEW BOOKS ABOUT SPRING THAT WOULD BE FUN TO READ ALOUD.







COMMUNITY/SCHOOL EVENTS

2025-26 Launching Pad Preschool Registration:
February 1, 2025
Lottery deadline Monday, March 17th. After this date, registrations are processed as received.

Spring/Summer ECFE Registration
Now OPEN!
New Book Club: How to Stop Losing Your SH*T With Your Kids.

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

RESOURCES & REMINDERS

Books:
Good Inside by Dr. Becky Kennedy
*How to Stop Losing Your SH*T With Your Kid*s by Carla Naumburg

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

Wellspring Lactation
Zero to Three
Spark & Stitch Institute
Help me Connect
Help me Grow

Dinosaur Action Song:
5 little snowmen fat
Dinosaur, Dinosaur turn around.
Dinosaur, Dinosaur stomp the ground.
Dinosaur, Dinosaur, show your claws.
Dinosaur, Dinosaur, chomp your jaws.
Dinosaur, Dinosaur, turn around.
Dinosaur, Dinosaur, sit back down.

Making a Volcano:
- Water bottle, clay, or another small container to act as the volcano.
- Baking Soda
- Vinegar
- Dropper

Add the baking soda to the container. Let your child use the dropper to add vinegar and watch it erupt. The dropper may be a challenging skill for your children to master at first. That's ok. Understanding when to squeeze and when to let go, and controlling your fingers in this way, can take time. It's all part of learning, even the frustration!

*You can also add food coloring or glitter to the bottle.

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos." — L.R. Knost, author

