

# Early Childhood Family Education (ECFE)

*Infants, Toddlers, Preschoolers & Parents*



# Program Information

## WELCOME

### Early Childhood Family Education (ECFE)

ECFE offers classes for parents and their children ages birth to 5 years old (*before kindergarten*).

- ◆ Programs are designed for parents and their infants, toddlers, and preschool age children.
- ◆ Classes help strengthen family relationships and provide information and resources to parents.
- ◆ Programs strive to build a strong foundation for families by forming a partnership between home and school.

## BIENVENIDO

### Educación Infantil Familiar (ECFE)

ECFE ofrece clases a padres/madres/guardianes y a sus hijos de 0 a 5 años (*antes del kindergarten*).

- ◆ Los programas están diseñados para los padres y sus hijos/as en edad preescolar.
- ◆ Las clases ayudan a fortalecer las relaciones familiares y a proveer información y recursos a los padres para ayudar a sus hijos a crecer y a desarrollar su potencial al máximo.
- ◆ Los programas ayudan a establecer una asociación fundamental entre la escuela y la familia.

## ZOO SIAB TXAIS TOS

### Kev kawm ntawv (ECFE)

ECFE muaj qhia ntawv rau cov niam txiv thiab cov menyuam mos yug los txog rau 5 xyos (*ua ntej kawm ntawm qib kindergarten*).

- ◆ Cov kev pab cuam yog tsim rau cov niam txiv thiab lawv cov menyuam mos, menyuam yau, thiab cov menyuam kawm preschool.
- ◆ Kev kawm ntawv yog pab kom muaj kev sib raug zoo rau tsev neeg thiab muaj lus qhia thiab kev pab rau cov niam txiv ntawm txoj kev pab txhawb lawv cov menyuam loj hlob.
- ◆ Muaj kev rau tsev neeg koom tes ntawm hauv tsev thiab lub tsev kawm ntawv.

## Contact Us

Programs, Registration, Events & Class Openings

Main Office: 651-653-3100

### Early Childhood Programs

**Kristen Nelson, Early Childhood Supervisor**

651-653-3102 | kristen.nelson@isd624.org

**Nicole Mersch, Early Childhood Program Specialist**

651-653-3118 | nicole.mersch@isd624.org

### Early Childhood Special Education

**Angela Drange, EC Special Education Supervisor**

651-653-3101 | angela.drange@isd624.org

## Early Childhood Sites

Each of the White Bear Lake Area Schools' Early Childhood program sites have unique areas that foster large muscle development and active play. Locations and codes for those school are listed below.

- **Normandy Park - NP**  
2482 County Rd F East, White Bear Lake  
Normandy Park has an indoor gym and outdoor playground designed especially for young children.
- **Oneka Elementary - OE**  
4888 Heritage Parkway N, Hugo  
Oneka's indoor and outdoor spaces accommodate preschoolers and early elementary grades.
- **Tamarack Nature Center - TAM**  
5287 Otter Lake Road, White Bear Township  
Tamarack Nature Center has a Nature Play Area and Discovery Garden with daily nature exploration activities.

## Home Visits

### ECFE Makes House Calls

Home visits are offered to families with children birth to age five (not yet in kindergarten). Our Family Advocate will share information about community resources and talk about how children grow and develop, and how your child learns.

Contact Kristi at 651-653-3157  
to schedule your free home visit.  
kristi.gile@isd624.org

## Early Childhood Special Education

Special education services are provided free of charge to children birth to age five. Children younger than three are generally seen at home by teachers and specialists. Call 651-653-3100 for more information.

## Family Literacy

**AGES BIRTH TO 5 (BEFORE KINDERGARTEN)**

This multi-age class meets twice a week and is designed for families looking to practice English together. Parents and children participate in conversations, learning activities, music, and more to enhance their language skills. The class is co-taught by an English/ESL teacher and an ECFE teacher.

**Mondays & Wednesdays | 11:00 AM-1:30 PM | NP | \$25/month**

**Tuesdays & Thursdays | 11:30 AM-2:00 PM | NP | \$25/month**

## Knee-High Nature

**AGES 2-3 BY SEPT 1, 2025**

In this unique parent-child program, we venture beyond the classroom to explore and uncover nature's wonders. Parents and children will enjoy one-on-one time both indoors and outdoors. Additionally, parents will have the opportunity to meet separately with the teacher to discuss their child's learning and development, while children engage with a Naturalist to discover more about themselves, each other, and the natural world.

**Thursdays | 11:30 AM-1:30 PM | TAM | Cost: Fee C (see back cover)**

**Fridays | 8:45-10:45 AM | TAM | Cost: Fee C (see back cover)**

## Help Me Grow

### Early Childhood Information & Referral

Some children need extra support to learn and grow. Help Me Grow is a Minnesota state initiative that connects children with developmental delays or disabilities—and their families—to free, local early intervention services.

If you have concerns about a child's development, you can refer them to Help Me Grow for a free screening or evaluation. These services are available at no cost to eligible children from birth to age five, regardless of income or immigration status.

Visit [helpmegrowmn.org](http://helpmegrowmn.org) for valuable resources, including developmental milestones, strategies to support growth, and referral information.

## Connected and Confident Parenting Circle

Join our parenting circle (either online or in-person) led by licensed parent educator Nicole Dzik-Archambeau! Explore positive, practical strategies to manage parenting frustrations, build stronger connections with your child, and nurture healthier relationships — all the while focusing on self-regulation and personal growth using Conscious Discipline methodology.

**Tuesdays | 6:30-7:45 PM | \$60  
Runs for 9 weeks**

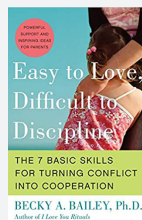
**Session A (ALL IN-PERSON at NP)**

**Dates: Sept 23, 30, Oct 7, 21, 28,  
Nov 4, 11, 18, 25**

**Session B (first 2 classes in-person,  
the remaining session VIRTUAL)**

**Dates: Feb 17, 24, Mar 3, 17, 24, 31,  
April 14, 21, 28**

## Book Recommendation for Parents:



**Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by Becky A. Bailey, Ph.D.**

**About the Author:** Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents' Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.



## ECFE Classes include Three Components:

### Parent-Child Interaction

You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.

### Parent Education

Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children's classroom for non-separating classes.

### Children's Classroom

While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.



## Infants

**AGES BIRTH - 12 MONTHS**

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

**Mondays | 8:45-10:15 AM | NP**

**Cost: Fee B (see back cover)**

*Non-separating*

## Ones

**AGE 1 BY SEPT 1, 2025**

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles.

**Tuesdays | 8:45-10:45 AM | NP**

*(Gradual parent/child separation will occur)*

**Wednesdays | 8:45-10:45 AM | NP**

*(Gradual parent/child separation will occur)*

**Cost: Fee A (see back cover)**

## ECFE Terrific Twos

**AGE 2 BY SEPT 1, 2025**

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development.

**Wednesdays | 8:45-10:45 AM | NP**

**Thursdays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**

## Playschool: A First Step into the Classroom

**AGES 2-3 BY SEPT 1, 2025**

Playschool offers children a supportive environment to build confidence in a classroom setting, practice following rules and routines, initiate social interactions, and develop a sense of belonging within a group.

In the fall, children attend with a parent or guardian in a traditional ECFE classroom, gradually building these skills. On Mondays, they begin separating during parent time. Starting November 18, 2025, a second child-only day will be introduced on Tuesdays. Children may attend this additional day once they turn 2.5 years old.

**Mon & Tue | 8:45-10:45 AM | NP**

*Monday is a parent/child day*

*Tuesday is child-only starting Nov 18*

### Yearly fee scale

Income	Class Fee
\$0-29,999	\$630/year
\$30-49,999	\$735/year
\$50-69,999	\$840/year
\$70-89,999	\$945/year
\$90,000+	\$1050/year

## Multi-Age

**AGES BIRTH - 5 BY SEPT 1, 2025**

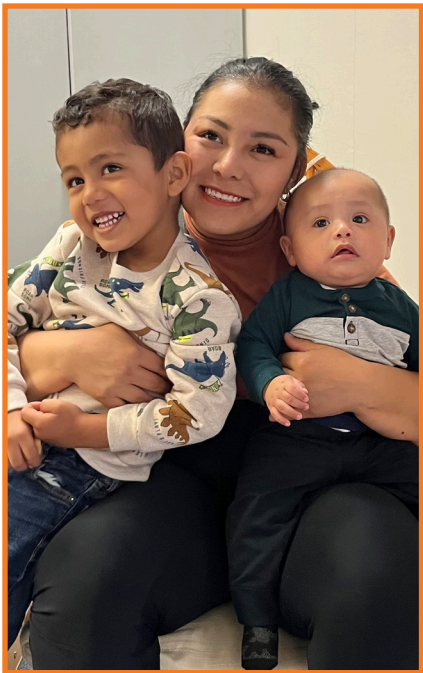
Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning, and other topics. Gradual parent/child separation is flexible and can occur as the child's needs are met.

**Mondays | 6:00 PM-7:30 PM | NP**

**Cost: Fee B (see back cover)**

**Wednesdays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**



## Multi-Age Pop In & Play Time!

**AGES BIRTH- 3.11 BY SEPT 1, 2025**

Parents and children will enjoy a variety of activities and circle time with our Early Childhood teachers. Grandparents and other caregivers are welcome.

**Tuesdays | 11:00 AM-12:00 PM | NP**

**Cost: \$5/session, register monthly**  
*Non-separating*

## Grandparents Class

**AGES BIRTH- 5 BY SEPT 1, 2025**

When we had young children, there was no instruction manual—and as we step into grandparenting, we find that hasn't changed! Whether you're raising your grandchild full-time or simply looking for special moments together, this ECFE class is for you.

Join other grandparents in a welcoming space designed for young children, where you can connect, play, and share experiences. During our separation time, we'll explore the unique joys and challenges of grandparenting while the children engage in fun, age-appropriate activities.

**Thursdays | 8:45-10:45 AM | NP**

**Cost: Fee A (see back cover)**



## Young Explorers

**AGES 2.5-3 BY SEPT 1, 2025**

In these engaging mini sessions, children will explore, learn, and discover exciting new things! Each themed class provides opportunities to develop age-appropriate skills, spark curiosity, and encourage hands-on learning. Mini sessions run from September through May. This is a drop-off class.

### Session 1: "Me & My World"

Welcome to Me & My World! In this class, your toddler will explore the wonders of themselves and the world around them. Through fun activities, songs, and crafts, we'll focus on building self-awareness, learning about our bodies, emotions, family, and friendships. Each day is a journey of discovery as we celebrate all the unique things that make each child special. Let's grow, explore, and learn together in a safe and loving environment

**\$63 | Fridays | Sept 12, 19, 26 | 8:45-10:45 AM | OE**

### Session 2: "Little Pumpkin Patch"

Welcome to Little Pumpkin Patch! This fall-themed class invites your child to explore the wonders of the harvest season, from pumpkins and apples to colorful leaves and cozy fun. Through creative crafts, songs, and hands-on activities, we'll celebrate all the joys of fall while nurturing curiosity and imagination. Let's jump into a season of harvest fun and watch our little ones grow just like the pumpkins in the patch!

**\$63 | Fridays | Oct 3, 10, 24 | 8:45-10:45 AM | OE**

### Session 3: "Galaxy Gliders"

Welcome to Galaxy Gliders! In this out-of-this-world class, your child will embark on exciting space adventures as they learn about stars, planets, and rockets through fun crafts, songs, and imaginative play. Each day is a new mission as we explore the wonders of the universe, fostering creativity, curiosity, and teamwork in a safe, joyful environment. Get ready to blast off and discover the magic of space together!

**\$63 | Fridays | Nov 7, 14, 21 | 8:45-10:45 AM | OE**

### Session 4: "Gingerbread Village"

Welcome to Gingerbread Village! In this sweet and cozy class, your child will dive into a world of gingerbread houses, cookies, and holiday cheer. Through creative crafts, songs, and interactive activities, we'll explore the magic of gingerbread and all the fun that comes with it. Each day is a new delicious adventure as we build, decorate, and celebrate together in a warm, festive atmosphere. Let's sprinkle some sugar and spice into our learning journey

**\$63 | Fridays | Dec 5, 12, 19 | 8:45-10:45 AM | OE**

# Special Events

## Field Trip to Lendt's Pumpkin Patch!

**AGES 1+**

Hop on the bus and join us for a fun-filled adventure at Lendt's Pumpkin Patch! Families will enjoy a scenic hayride through the patch and get to pick out their very own pumpkin and learn about honey bees and their hives. Each child will also receive Indian corn and a popcorn cob to take home. Explore the outdoor playgrounds, play in the corn pit and enjoy a fall morning outdoors with friends! Don't miss this exciting fall experience!

**Monday, October 13 | 8:30 AM-12:00 PM | NP**  
**Cost: \$12.50/person**

## Art & Connection: A Family Event

Join us for a special one-time event where families with young children can connect through the joy of art! Parents will participate in a discussion exploring how the arts support children's academic and social-emotional growth. Art/creativity is also good self-care for parents! After parenting time, families will come together to do some art and enjoy a hands-on, creative experience. Don't miss this opportunity to learn, create, and connect! This event will be led by Barbara Burkhardt (ECFE Parent Educator - St. Paul Public Schools).

**Fall Date TBD | 5:30-7:30 PM | NP**



## Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children.

**Ages 1-5 with adult**

**Wednesdays**

**Jan 7-Feb 25 | 5:30-7:30 PM**

**\$3/child, \$7/immediate family**

**Payable at the door each night.**

## FAMILY EVENTS

- **Fall Costume Dance (PAC Sponsored)**  
**Oct 23, 2025**  
Families will attend one session:  
**4:00-5:00 PM or 5:30-6:30 PM | NP**
- **Field House Play (PAC Sponsored)**  
**Oct 31, 2025 | 8:45-10:45 AM**  
TCO Fieldhouse
- **Winter Wonderland**  
**Dec 22, 2025 | 9:00-10:30 AM | NP**
- **Field House Play (PAC Sponsored)**  
**Jan 30, 2026 | 8:45-10:45 AM**  
TCO Fieldhouse
- **I Love to Read Storytime**  
**Feb 5, 2026 | 6:00-7:15 PM | OE**  
**Feb 12, 2026 | 6:00-7:15 PM | NP**
- **Spring Fling**  
**Apr 20, 2026 | 9:00-10:30 AM | NP**
- **MN Children's Museum Field Trip (PAC Sponsored)**  
**Apr 22, 2026 | Time: TBD**
- **End of the Year EC Party**  
**May 28, 2026 | 5:30-7:00 PM | Location: TBD**



# Registration & More

## Registration

Register online at [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) or in-person at Normandy Park Education Center, 2482 County Road F East White Bear Lake, MN 55110.

## Cancellations

We reserve the right to cancel classes due to insufficient enrollment. Fees paid will be refunded. Refunds will not be issued for classes missed or after a class has started.

## Determine Payment Due

Use the class fee schedule on the back cover to determine fee for the first child attending the class. Add half of the fee for each additional child from the same family attending the same class.

## Payments

All one-time payments are due at the time of registration. Payments for full year classes will be split into three equal payments. The first payment will be due at the time of registration and the second and third payments will occur in November and February. No family will be denied participation due to inability to pay. If you need help with payments call 651-653-3100.

## Refund Policy

Refunds will be issued when requested at least five working days prior to the class starting date. A \$10 service charge will be deducted from each refund processed.

## Immunization Records

Immunization records MUST accompany the registration if your child is participating in an ECFE class. Class registrations will not be processed without an up-to-date immunization record each school year. Immunization records can be faxed directly from your clinic to 651-653-3155.



# Bear Care

## Health and Wellness Clinic

(651) 653-2923  
[BearCare@RiseUpHealthClinics.org](mailto:BearCare@RiseUpHealthClinics.org)  
[sites.google.com/riseuphealthclinics.org/bearcare](https://sites.google.com/riseuphealthclinics.org/bearcare)

Open during school hours and after-school

LOCATION: WBLAHS - North Campus  
5040 Bald Eagle Ave., WBL, MN 55110

**NEW!**

**Nutrition Health Counseling Services**

\*Call, email, or go to our website to make an appointment



## Services Provided



- **NEW: Nutrition Health Counseling**
- Wellness exams
- Mental health counseling
- Sports physicals
- Flu shots and other vaccines
- Rapid strep throat testing
- Ear infections, pink eye
- Influenza testing
- Bladder infections
- Teen health
- Chronic illness management

## OUR MISSION

The clinic provides accessible, no-cost health care for all district students, to improve community health and educational outcomes.



**All are welcome!**



## EXCITING NEWS!

ECFE classes  
coming soon to  
Hugo Elementary.

Stay tuned  
for more details!

## Sliding Fee Scale for ECFE Classes

Gross Annual Household Income	Fee A 2 hr/wk class	Fee B 1.5-1.75 hr/wk class	Fee C Tamarack
\$100,000+	\$630	\$525	\$840
\$75,000-\$99,999	\$550	\$445	\$700
\$50,000-\$74,999	\$445	\$345	\$575
\$35,000-\$49,999	\$365	\$290	\$445
\$20,000-\$34,999	\$285	\$210	\$345
\$0-\$19,999	\$210	\$185	\$220

Please note the appropriate combined family income.  
This is your class fee for the school year.



## JOIN OUR PAC!

### What is the Parent Advisory Council (PAC)?

Every Early Childhood program is required to have an advisory council to help develop, plan, and monitor the ECFE program. The PAC is made up of parents in the program, local community professionals, and agency representatives who provide input and guidance on community needs.

- The PAC meets 3 times per year. (Sept, Nov, & Apr)
- The First PAC Meeting is Wednesday, September 24: 11:00-12:00 PM @ NP
- Free Childcare Provided
- \$50 Incentives Available
- The PAC approves grants for EC programs.
- Runs special PAC sponsored events
- The PAC supports 2-3 fundraisers per year

[earlychildhood.isd624.org/families/pta](http://earlychildhood.isd624.org/families/pta)

If interested send an email to: [wblecpac@gmail.com](mailto:wblecpac@gmail.com)

## Early Childhood Screening

### SCREEN AT THREE

Early Childhood Screening is required by the State of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

### 3 reasons to screen at age 3

- ◆ Screening can ensure school success
- ◆ If health or developmental concerns are identified, educational services are available immediately
- ◆ It is fun for children and provides caregivers with valuable information regarding child development

To view all available screening sessions and to register, visit [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) or call 651-653-3100 to make an appointment.

Screenings are held at:  
Normandy Park Education Center,  
2482 County Road F East, WBL.

## SIGN UP FOR CLASSES ALL YEAR!

After the initial sign up, registrations are welcome at anytime. Fees will be adjusted based on the date your family starts class.

Call 651-653-3100 for class availability or view openings online at [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com).

Early Childhood  
Where BEARS Begin

