

# Early Childhood Family Education (ECFE)

ECFE offers daytime and evening classes for families with infants, toddlers and preschoolers. Classes are also offered for expecting families. Families have time to play and learn with their child, other families, and licensed staff. Caregivers also have the opportunity to connect with others, and a parent educator, to discuss a variety of parenting topics. All classes are held at the New Hope Learning Center.



## Incredible Infants

### One Time Infant Classes

The following classes are offered at no cost, though registration is required. Child care for siblings is available at no cost, on a limited basis.

#### Babies & Books

**Caregivers and their infants, birth - 12 months**  
Join us for this literacy focused class. A light snack will be served and families will go home with a free book for their home library!  
Co-sponsored with HUG (Helping Us Grow).



#### Baby Massage

**Caregivers and their infants, 1 month to crawling**  
Enhance baby's development, digestion, sleep, and ability to relax through loving touch, sight, sound and movement.

#### Making the First Months Matter

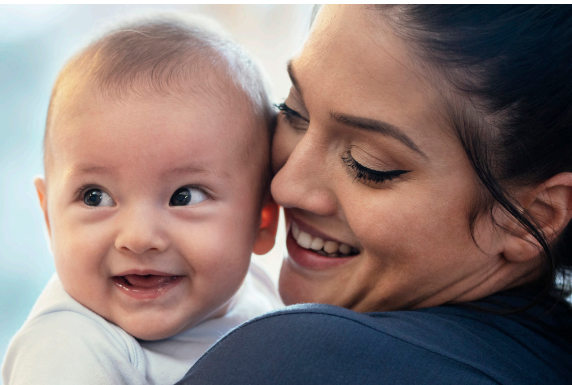
**Caregivers and their infants, prenatal - 12 months**  
Learn more about the important role you play in building your baby's brain, and leave with brain building activities for you and your baby.

#### Early Learning Open House at New Hope Learning Center

Interested in learning more about Early Childhood Family Education (ECFE) and our other Early Learning offerings? Join us at our fall Open House!

August 28, 5-7 pm  
New Hope Learning Center, 8301 47th Ave N, New Hope

| MONDAY                                                    | THURSDAY                                                                    |
|-----------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>Babies &amp; Books</b><br>Oct 6<br>1-2 pm<br>EF-F101   | <b>Making the First Months Matter</b><br>Sep 4<br>12:30-1:30 pm<br>EF-F116  |
| <b>Baby Massage</b><br>Dec 1<br>12:30-1:45 pm<br>EF-F109  | <b>Baby Massage</b><br>Oct 23<br>6-7:15 pm<br>EF-F107                       |
| <b>Baby Massage</b><br>Jan 26<br>12:30-1:45 pm<br>EW-F110 | <b>Babies &amp; Books</b><br>Dec 11<br>6-7 pm<br>EF-F102                    |
| <b>Babies &amp; Books</b><br>Feb 9<br>1-2 pm<br>EF-F103   | <b>Baby Massage</b><br>Mar 12<br>6-7:15 pm<br>EW-F111                       |
| <b>Babies &amp; Books</b><br>May 11<br>1-2 pm<br>EW-F104  | <b>Making the First Months Matter</b><br>Mar 26<br>12:30-1:45 pm<br>EW-F117 |
|                                                           | <b>Baby Massage</b><br>May 21<br>12:30-1:45 pm<br>EW-F112                   |



## Weekly Infant Classes

Our weekly classes are designed to be your time to enjoy your child and connect with others. Children will explore and learn through music, movement, and play. With support from our licensed parent educators, families also get to discuss and learn more about infant sleep, ways to support growth and development, managing parental or caregiving stress and more. Child care for siblings is available for all weekly infant classes unless otherwise noted.

| MONDAY                                                                                                                                                   | TUESDAY                                                                                | WEDNESDAY                                                                  | THURSDAY                                                                    | FRIDAY                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <b>12-20 months</b><br>9:30-11 am<br>Sep 8-Jun 1<br>EF-B120                                                                                              | <b>Baby Talk &amp; Play</b><br>6-20 months<br>8:30 -10 am<br>Sep 9-Jun 2<br>Drop-in    | <b>6-12 months</b><br>8:30-10 am<br>Sep 10-May 27<br>EF-B117               | <b>Birth-6 months</b><br>8:30-10 am<br>Sep 11-Oct 30<br>EF-D102 (session 1) | <b>12-20 months</b><br>8:30-10 am<br>Sep 12-May 29<br>EF-B123                   |
| <b>6-12 months</b><br>6-7:30 pm<br>Sep 8-Jun 1<br>EF-B119                                                                                                | <b>Baby Talk &amp; Play</b><br>6-20 months<br>10:30 am-12 pm<br>Sep 9-Jun 2<br>Drop-in | <b>12-20 months</b><br>10:30 am-12 pm<br>Sep 10-May 27<br>EF-B121          | <b>3-9 months</b><br>8:30-10 am<br>Nov 6-Dec 18<br>EF-D202 (Session 2)      | <b>Birth-6 months</b><br>10:30 am-12 pm<br>Jan 30-Mar 13<br>EW-D104(Session 1)  |
|                                                                                                                                                          | <b>12-20 months</b><br>6-7:30 pm<br>Sep 9-Jun 2<br>EF-B122                             | <b>Birth-6 months</b><br>6-7:15 pm<br>Sep 10-Oct 29<br>EF-D101 (Session 1) | <b>6-12 months</b><br>8:30-10 am<br>Jan 8-May 28<br>EW-D302 (Session 3)     | <b>Birth-6 months</b><br>10:30 am-12 pm<br>Apr 10-May 29<br>EW-D106 (Session 1) |
| Session 2 builds on information provided in Session 1, with all new topics. Families who took session 1 or 2, may continue with new topics in session 3. |                                                                                        | <b>3-9 months</b><br>6-7:15 pm<br>Nov 5-Dec 17<br>EF-D201 (Session 2)      | <b>6-12 months</b><br>10:30 am-12 pm<br>Sep 11-May 28<br>EF-B118            |                                                                                 |
|                                                                                                                                                          |                                                                                        | <b>6-12 months</b><br>6-7:30 pm<br>Jan 7-May 27<br>EW-D301 (Session 3)     | <b>Birth-6 months</b><br>6-7:15 pm<br>Jan 29-Mar 12<br>EW-D103 (Session 1)  |                                                                                 |
|                                                                                                                                                          |                                                                                        | <b>Preparing for Baby</b><br>4-5 pm<br>Sep 24-Oct 29<br>EF-D106            | <b>Birth-6 months</b><br>6-7:15 pm<br>Apr 9-May 28<br>EW-D105 (Session 1)   |                                                                                 |
|                                                                                                                                                          |                                                                                        | <b>Preparing for Baby</b><br>4-5 pm<br>Feb 11-Mar 18<br>EW-D107            |                                                                             |                                                                                 |

#### Baby Talk & Play

Caregivers and their children can drop-in and explore a classroom especially designed for infants. A Parent Educator will be available to answer questions and provide resource information. There is no fee for this activity. Registration is not required. Child care for siblings is not available.

#### Preparing for Baby

Expecting a baby? Join us to connect with other expectant parents, ask questions and learn more about what to expect when your new baby arrives. Classes are led by a licensed Parent and Family Educator. Child care is not available.

Register online at  
[rdale.ce.eleyo.com](https://rdale.ce.eleyo.com) >  
ECFE



View sliding fee scale  
for tuition  
based classes



# Terrific Twos & Mixed Age Adventures

| MONDAY                                                                                    | TUESDAY                                                                          | WEDNESDAY                                                                                    | THURSDAY                                                                            | FRIDAY                                                                                      |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>Terrific Twos 21-35 months</b><br>8:30-10 am<br>Sep 8-Jun 1<br>EF-B130                 | <b>Terrific Twos 21-35 months</b><br>8:30-10 am<br>Sep 9-Jun 2<br>EF-B131        | <b>*Terrific Twos (2-day W/F) 21-35 months</b><br>8:30-10 am<br>Sep 10-May 27<br>EF-B134     | <b>Mixed Age 2-4 years</b><br>8:30-10 am<br>Sep 11-May 28<br>EF-B143                | <b>*Terrific Twos (2-day W/F) 21-35 months</b><br>8:30-10 am<br>Sep 10-Jun 3<br>EF-B134     |
| <b>Mixed Age 2-4 years</b><br>10:30 am-12 pm<br>Sep 8-Jun 1<br>EF-B146                    | <b>Terrific Twos 21-35 months</b><br>10:30 am-12 pm<br>Sep 9-Jun 2<br>EF-B132    | <b>*Terrific Twos (2-day W/F) 21-35 months</b><br>10:30 am-12 pm<br>Sep 10-May 27<br>EF-B135 | <b>Mixed Age 21-42 months</b><br>10:30 am-12 pm<br>Sep 11-May 28<br>EF-B141         | <b>*Terrific Twos (2-day W/F) 21-35 months</b><br>10:30 am-12 pm<br>Sep 10-Jun 3<br>EF-B135 |
| <b>Mixed Age 21-42 months</b><br>6-7:30 pm<br>Sep 8-Jun 1<br>EF-B140                      | <b>Mixed Age 2-4 years</b><br>6-7:30 pm<br>Sep 9-Jun 2<br>EF-B142                | <b>NEW! Celebrating Unique Minds 2-4 years</b><br>6-7:30 pm<br>Sep 10-May 27<br>EF-B144      | <b>Drop-in &amp; Play 21-48 months</b><br>12:45-2:15 pm<br>Sep 11-May 28<br>Drop-in | <b>Family Gym Birth-5 years</b><br>9:15-11:15 am<br>Nov 14-Apr 10<br>Drop-in                |
| <b>¡NUEVO! Familias Hispanohablantes 2-4 years</b><br>6-7:30 pm<br>Sep 8-Jun 1<br>EF-B145 | <b>Big Brother/Big Sister Birth-6 years</b><br>4:30-5:30 pm<br>Oct 21<br>EF-F121 | <b>Math Rocks 2-4 years</b><br>6-7:30 pm<br>Sep 10-May 27<br>EF-B148                         | <b>Kids Create Art 2-4 years</b><br>6-7:30 pm<br>Sep 11-May 28<br>EF-B147           |                                                                                             |
|                                                                                           | <b>Big Brother/Big Sister Birth-6 years</b><br>4:30-5:30 pm<br>Apr 14<br>EW-F122 |                                                                                              |                                                                                     |                                                                                             |
|                                                                                           | <b>Family Gym Birth-5 years</b><br>6-7:30 pm<br>Nov 11-Apr 7<br>Drop-in          |                                                                                              |                                                                                     |                                                                                             |

## Family Classes: families attend together

Child care for siblings 3 months through 4 years old is available, unless noted otherwise.

### Big Brother/Big Sister

Is your child expecting a new sibling or has your child recently become a big brother or sister? Join us and you and your child will participate in activities that help children learn what to expect when a new baby arrives. There is no fee for this class. Child care for siblings is not available.

### Kids Create Art

Explore the wonder of messy art! This art class introduces young artists to an exciting variety of sensory experiences. Each week brings different art experiences, with stations where children can play, experiment and discover color, texture and mediums.

### Math Rocks

Help your littlest learners explore the exciting world of numbers with our engaging collection of fun, hands-on math activities. Caregivers will leave with new ideas to support their child's early math learning.

## Separating Classes

Child care for siblings 3 months through 4 years old is available, unless noted otherwise.

## Terrific Twos & Mixed Age

Our Terrific Twos and Mixed Age classes allow children to engage all of their senses as they sing, dance, create, build, problem solve, communicate and socialize. Caregivers also have time to meet separately for discussions with a licensed parent educator.

## NEW! Celebrating Unique Minds

Join us for a welcoming and interactive family education class designed to celebrate and explore neurodiversity together. This caregiver-and-child experience invites families to learn about the many ways brains can work and thrive, embracing the strengths, challenges, and beauty of thinking differently. Through engaging activities, storytelling, discussion, and play, we'll create a shared space for understanding and connection. Families will gain tools to support emotional regulation, sensory preferences, communication, and self-advocacy, while fostering empathy, curiosity, and respect for neurodiversity. Whether you're new to the topic or already on a neurodiversity journey, this class offers a supportive community where kids and caregivers can learn with and from each other.

### CLASE EN ESPAÑOL

## ¡NUEVO! Familias Hispanohablantes

ECFE es un lugar para recibir apoyo de otros padres y madres, hacer preguntas sobre el desarrollo o la educación de sus hijos a un maestro con licencia especializada y reflexionar sobre los valores y prácticas de su familia. Esta clase es para niños pequeños y familias que hablan español en casa y quieren participar de conversaciones con otras familias en español.

## \*2-day Terrific Twos

Wednesdays, children attend alone. Fridays, caregivers and children attend together. Tuition is an annual cost, divided into 9 equal payments. Child care for siblings is available on Fridays only.

## Drop-in Classes: families attend together

There are no fees for the following activities. Registration is not required. Child care for siblings is not available.

### Drop-in & Play

Interested in exploring a new play space? Caregivers can drop-in anytime to play and learn with their children as they explore an early childhood classroom. A parent educator will be available to answer questions about parenting and child development.

## Family Gym

Caregivers can drop-in anytime to play with their children and explore a variety of activities.



Register online at  
[rdale.ce.eleyo.com](https://rdale.ce.eleyo.com) >  
ECFE



View sliding fee scale  
for tuition  
based classes



# Parent Connections

Join us for support, community, and information around relevant parenting topics. There are no fees for these virtual classes, though registration is required.

## Toileting Independence

**Caregivers of children, 16–36 months**  
Becoming toilet independent requires children to gain some very concrete skills. There is also an important social emotional component to the toilet learning journey. Join us as we discuss strategies for weaving these important concepts together.

## Infant Sleep/Toddler Sleep

**Infants – Caregivers of children, 6–16 months**  
**Toddlers – Caregivers of children 16–36 months**  
This class is designed to help you understand your child’s sleep behaviors and how to introduce age-appropriate strategies to support healthy sleep.

## Understanding Toddler Emotions & Tantrums

**Caregivers of children, 16–36 months**  
In this class we will explore:

- reasons toddlers have tantrums.
- helpful ways of responding to tantrums.
- the value of and ways to promote emotional intelligence with young children.

## Navigating Challenging Behaviors

**Caregivers of children, 16–36 months**  
In this class we will explore:

- why young children have challenging behaviors.
- ways we can prevent some challenging behaviors.
- effective ways to respond to challenging behaviors.
- how to reconnect with children after challenging behaviors have occurred.



**The Joy of Grandparenting**  
**Grandparents of infants, pre-birth – 12 months**  
Join us, virtually, as you prepare for this special role, relationship and time in your life. We will explore how to support a brand new family, reading baby’s cues and behaviors, ideas for play and get an update on today’s safety practices.

- EF-F113 – Th, Nov 13 & 20, 6–7:15 pm
- EW-F114 – W, Apr 22 & 29, 6–7:15 pm

| TUESDAY                                                                             | THURSDAY                                                     |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Toddler Sleep</b><br>7–8 pm<br>Dec 2<br>EF-F173                                  | <b>Toileting Independence</b><br>Sep 25<br>7–8 pm<br>EF-F170 |
| <b>Understanding Toddler Emotions &amp; Tantrums</b><br>7–8 pm<br>Jan 13<br>EW-F174 | <b>Infant Sleep</b><br>7–8 pm<br>Nov 6<br>EF-F172            |
| <b>Navigating Challenging Behaviors</b><br>7–8 pm<br>Feb 3<br>EW-F175               | <b>Toileting Independence</b><br>Apr 30<br>7–8 pm<br>EW-F171 |

### Virtual Book Study

How To Talk So Kids Will Listen & Listen So Kids Will Talk

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**Caregivers of children, 4–8 years old**

Discussions will be facilitated by a licensed Parent & Family Educator.

\$10 fee includes copy of book

**EF-F176, Tuesdays, Nov 11–Dec 2, 7–8 pm**

Register online at [rdale.ce.eleyo.com](https://rdale.ce.eleyo.com) > ECFE



## ECFE Sample Classes (For caregivers and their children, 2–4 years old)

Join us to learn more about ECFE. There is no fee to attend, though registration is required. Child care for siblings is available.

EF-F180, Thursday, Sep 4, 9:30–10:30 am  
EW-F181, Thursday, Jan 8, 4–5 pm  
EW-F182, Thursday, Apr 9, 4–5 pm

## Preschool

(For children 30 months–4 years on Sept 1, 2025)  
Teachers help children engage and learn in ways that support all areas of growth and development (cognitive, physical, language, and social). Our preschool programs have received the highest possible rating by Minnesota’s quality rating system for early education settings. Call 763-504-5330 for information.

**Drop-Off Preschool for 30 mos.–4 years old**  
Classes meet 2–4 days per week, for 2.5 hours each day.

**ECFE Preschool for 3 & 4 year olds**  
One day per week, caregivers and children attend together. Children attend alone for an additional 1–4 days per week. It’s the perfect combination!

**5-Day Preschool for 4 year olds**  
Classes meet 5-days per week, for 2.5 hours each day. Preschools are held at elementary schools across the district and at the New Hope Learning Center. Visit our website for transportation availability.

Registration information is available online at [earlychildhood.rdale.org/preschool](https://earlychildhood.rdale.org/preschool)



## Early Adventures

(For children 4 years on Sept 1, 2025)  
Early Adventures is full-day care, with a preschool component. By combining high quality child care with the district’s preschool curriculum, this program offers an opportunity for students to have a preschool experience in a safe, nurturing setting, with adults especially trained to work with preschool students. Call 763-504-5320 or visit [ced.rdale.org/Adventure-Club](https://ced.rdale.org/Adventure-Club) for more information.

## Early Childhood Screening

(For children 3–5 years old)  
All 3 to 5-year-old children in Minnesota are required to complete an Early Childhood Screening. Early Childhood Screening is a free and simple check of your child’s vision, hearing, height, weight, and development, as well as a review of immunizations. The screening helps to identify children who may need additional support or services prior to kindergarten. Schedule an appointment online at [rdale.eleyo.com](https://rdale.eleyo.com) or call the screening office at 763-504-4180.

## Early Childhood Special Education

Early Childhood Special Education provides opportunities for growth and support for children and their families. Any child between birth and five years of age with a demonstrated developmental delay, and who meets the eligibility criteria, is eligible to receive services. If you have concerns about the way your child moves, sees, hears, plays, talks, or behaves, a referral for a free screening and/or evaluation can be completed through the Minnesota HelpMe Grow website, [helpmegrowmn.org](https://helpmegrowmn.org). Call 763-504-4160 for more information.

## One-to-One Visits (For parents with children, birth through 3rd grade)

ECFE offers free home visits with a licensed parent educator. A parent educator can come to your home or meet with you virtually to answer your parenting questions and provide information on child development and community resources. Scan the QR code or call 763-504-4170 to request an appointment.

