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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.



GET TO KNOW A TEACHER

I'm Jess Attleson, known as Ms. Jess at Launching Pad Preschool in Rockford. This is my first year teaching here, though I've spent the past 10 years in early childhood education across public preschool, Head Start, and private childcare settings.

I love getting a front row seat to watch magic unfold with these competent and capable learners. I'm passionate about helping young learners build a love for school and believe strong relationships with families are the foundation of meaningful learning.

I am a mama to four wonderful kiddos—Arabella (16), Gianna (12), Abraham (9) and Juliet (7). who are all involved in variety of activities. We also have a food truck *'The Snack Box'* that we operate as a family. In my "free time" I LOVE reading, gardening, being at the lake, playing board games and thrifting. I am always down for a good adventure and story.

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WHAT'S HAPPENING IN PARENT DISCUSSION

By: Jessica Koch (Ms. Jessica)

February flew by!

- The challenges and pressure to be "busy" and get our kids involved early.
- Free Play-what it is, the benefits, and why kids NEED it!
- Where is the village?
- Strategic Reflections exercises
- Birth Order Theory-what it is and what we think about it.
- Working and parenting
- Co-parenting
- *The Anxious Generation*

WHAT'S HAPPENING IN THE CLASSROOM

By: Lori Vigesaa (Ms. Lori)

Happy 'almost' spring!

The next few weeks we will be doing some fun Dinosaur activities. A lot of young kids are fascinated by dinosaurs. My oldest was obsessed and could name them all. It's so fun for parents to see their child's interests emerge the older they get!

Some things we will do include making 'fossils' out of clay, painting Dino eggs, searching for dino bones in the sand, making dinosaur skeletons out of q-tips and a favorite is making our volcano 'explode' ! (baking soda and vinegar). We have dinosaur songs and books at circle time as well.





FUNNIES & FACTS

Joke:
What does a cow do for fun?
It goes to the moooo-vies.

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

LITERACY CORNER:

DON'T EXPECT YOUR TODDLER TO SIT STILL FOR A BOOK. TODDLERS NEED TO MOVE, SO DON'T WORRY IF THEY ACT OUT STORIES OR JUST SKIP, ROMP, OR TUMBLE AS YOU READ TO THEM. THEY MAY BE MOVING, BUT THEY ARE LISTENING.

LET'S THINK SPRING!









COMMUNITY/SCHOOL EVENTS

2025-26 Launching Pad Preschool Registration:
February 1, 2025
Lottery deadline Monday, March 16th.

Spring ECFE Registration:
NOW OPEN
Register Here

2026 Community Expo
Saturday, March 14
9:00 am- 12:00 pm
Rockford Community Center

RESOURCES & REMINDERS

Books:
The Whole Brain Child by Daniel J. Siegel, M.D., & Tina Payne Bryson, PhD.
*How to Stop Losing Your SH*T With Your Kids* 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
Great River Regional Library

Dinosaur Action Song:
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.

"The best thing to spend on your children is time."
— Louise Hart

