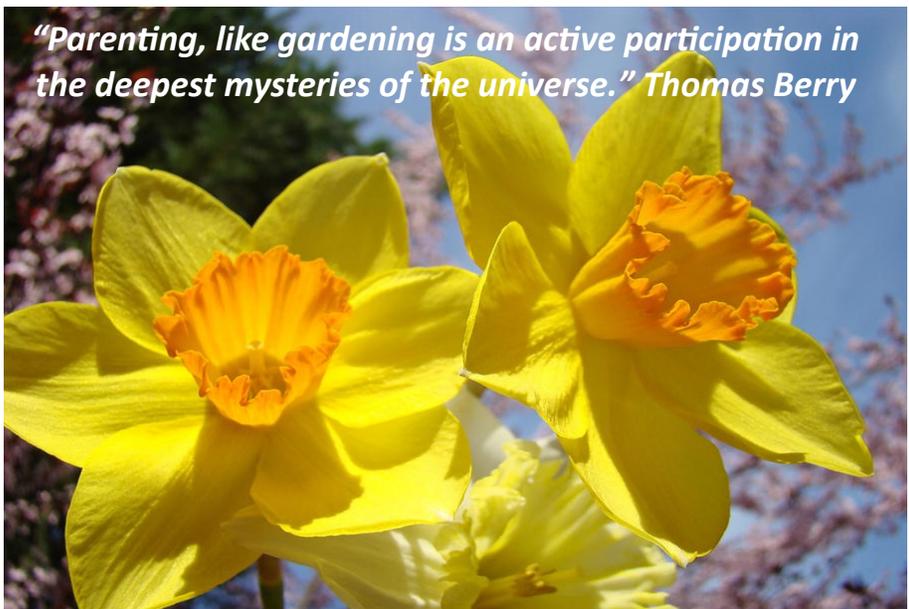




**NSC PARENT
ADVISORY
COUNCIL**

**COMMUNITY
NEWS**

*APRIL
2014*



“Parenting, like gardening is an active participation in the deepest mysteries of the universe.” Thomas Berry

A METAPHOR FOR FAMILY CONNECTION by Becky Callahan, Parent Educator

Recently I reflected on these questions:

1. What piece of clothing do you associate with parenting?
2. What piece of furniture?
3. What sound?
4. What dish cooked?
5. What spot in nature?

I took time on each question except the piece of furniture. On this question I had an immediate response and it was not the rocking chair. It was the kitchen table. Since our kitchen table is a 22-year-old nondescript second hand item, I was a little surprised at how quickly I responded with this particular metaphor. The questions were fun and resulted in many memorable family times and thoughtful conversations. Since numerous family celebrations include members gathering around a table, it seems appropriate to reflect on the value of the kitchen table.

A few things came to mind when thinking about my furniture metaphor. The first is the vast amount of literature that stresses the importance of mealtime for all families. Studies continually show that when children have regular meals together with their family, they have better language and reading skills, do better in school, have better relationships with their parents, are more likely to have better nutrition, and are less likely to be involved in drugs and violence. These results are also represented in the interesting statistics on family dinners from dinnertrade.com:

The average parent spends 38.5 minutes per week in meaningful conversation with their children. (A.C. Nielsen Co.)

Family dinners are more important than play, story time and other family events in the development of vocabulary of younger children. (Harvard Research, 1996)

Frequent family meals are associated with a lower risk of smoking, drinking and using drugs; with a lower incidence of depressive symptoms and suicidal thoughts; and with better grades in 11 to 18 year olds. (Archives of Pediatrics and Adolescent Medicine, 2004)

Adolescent girls who have frequent family meals, and a positive atmosphere during those meals, are less likely to have eating disorders. (University of Minnesota, 2004)

Kids who eat most often with their parents are 40% more likely to say they get mainly A's and B's in school than kids who have two or fewer family dinners a week. (National Center on Addiction and Substance Abuse at Columbia University)

PAC's Ongoing Fundraisers

Thanks to your help, PAC fundraising has assisted more than 70 families to attend preschool that may have been otherwise unable to participate. Continue to help our fundraising efforts by using our online shopping partners below. By using the links provided, a portion of your purchases will go to the scholarship fund. Don't forget to pass these links on to your friends and families. Check out our results raised so far this year!

[Amazon](#) - \$1200 raised

[Tinyprints, Shutterfly, treat, and Wedding Paper Divas](#) - \$175 raised

[Mabel's Labels](#) – \$25 raised

Please consider an end of the year donation if your class has extra funds, as we need more funds to continue to meet the needs at the rate we have been providing.

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Calendar

April

28 PAC Lecture

May

17 Book Fair at Seattle Center

19 PAC Meeting

31 Latina Moms Conference

June

5 Spring Leadership Training for new
PCs & Chairs at NSC

PAC Raffle Success!

Thanks for making the 2014 PAC Raffle a huge success. The PAC Raffle raised \$4500 for the scholarship fund that helps to offset tuition costs for families in all of the co-op preschool programs. We would like to thank our generous prize donors:

Emily Compton, Sand Bucket Beach Cottage

Caspar Babypants + Kate Endle

Bronwen Houck Photography

Heleyna Holmes Photography

Arena Sports

Greenlake Dental

Majestic Bay Theatres

PlayDate SEA

LadyWell's Vitality Spa & Sauna

Sand Point Grill

Skillet Street Food

Tutta Bella Neapolitan Pizza

Third Place Books

PCC Natural Markets

Laurie Wetzel, Co-op parent

Woodland Park Co-op parent

Sing

By Emily Bradley, NSC Parent Educator

It isn't fair when people leave,
when we weren't prepared for gone.
There was no time set for goodbye
not short and sweet OR long.

But every time we make a choice to brighten someone's day,
to take a breath before shouting "no"
when children misbehave.

Each time our kids make us want to scream,
and instead we choose to sing,
to stop, to wait, make tea with cream,
redirect to a joyful thing.

Her voice will whisper in our ears
and remind us to use love.
To relish in the little things
like mismatched socks or gloves.

Cesily, you brought us grace
as parents and as friends
You reminded us to trust our guts,
ride tantrums to their ends.

Try not to judge, try not to fear.
Toddlers, they will grow.

Grin and bear, smile and laugh,
it's not a race, go slow.

Moments fleeting, here then gone,
twas cold and now its spring!

And though you've left, we won't despair,
W e'll feed them, grow them, help them sing.

A METAPHOR FOR FAMILY CONNECTION *continued from page 1*

While books, studies and statistics are important parenting resources, more important is motivation to help us reach our parenting goals. Time spent together among family and friends stays with you a long time and creates memories that are motivators in our parenting. I often describe motivation toward a parenting goal as intentional parenting. Whether we're motivated by research or memories, it's worth the effort to share meals because it gives us an opportunity for intentional parenting and time to connect with our family. It allows us time to refocus on each other and share our experiences, communicate our values, political biases, solve problems, ask questions, teach manners, and learn what is going on in their lives.

When our children were young, I remember the "twilight zone" time, as I called the window between 4 and 7 pm. It was a challenge to include the children in a mealtime because they just wanted to be on the go. As they got older it was even harder to have a mealtime together with all their activities and school events. We just kept adjusting as we went along—making breakfast was just as important as dinner, sharing a bedtime hot cocoa around the table, and even having mini meals between 6 and 8 p.m. if necessary. In their teens, we required our daughters to be home with us for Sunday dinner. Some of the favorite discussion questions at our kitchen table included: What's new? What did you like about your day? What do you want to share from the newspaper? Does anyone have something funny or sad happen to them today?

I recalled our older daughter's reaction (at 18 years old) when I announced we were going to sell some items in a garage sale as a part of our downsizing. When I said the kitchen table was on the list, she immediately said, "No way Mom." In my non-listening mode I said, "Why not? It is just too big for us now." She responded saying it was too important to give away and we had to store it for later. Our 15 year old agreed, and we kept the cherished kitchen table. It obviously holds many important memories for them as well. Some were from mealtimes, but many were everyday activities we engaged in around the table. A few I can recall are: birthdays, making valentines cards, playing with the warm play-dough as it came out of the pan, making wrapping paper, holiday dinners, building a tent under it, braiding hair, Lego play, making cranberry sauce and memorial candle lighting activities.

Additionally the physical arrangement of a table is important because it creates a circular space where we face and focus on each other. It is a time we're asked to do one of the hardest things in parenting: just plain ol' listening to what our children are saying with their words, body language and silence. The table is a place we continually define and redefine as a family. It gives us the sense of belonging to a group and having a bond in our daily life. Enjoy your future table time!

The rest of my answers were:

Clothing: Mr. Roger's Sweater

Dish: A camping soup dish of ramen noodles and chicken

Sound: The quiet

Nature Spot: The bank of a running river

What are your answers to the questions?

The Real Hope Act

On February 25, 2014 Governor Jay Inslee signed into law Senate Bill 6523 (named the REAL Hope Act or Washington State Dream Act). SB 6523 extends the Washington State Need Grant, a state financial aid program, to eligible non-citizens who, because of their immigration status, are not able to file a Free Application for Federal Student Aid (FAFSA).

The Washington Student Achievement Council (WSAC) has released the new online state financial aid application—the Washington Application for State Financial Aid (WASFA). The WASFA, along with eligibility criteria, can be accessed at www.readyssetgrad.org/wasfa. Students are encouraged to file the WASFA as soon as possible to maximize their chances of being granted an award for the 2014-15 school year.

Students in need of assistance may contact:

Juan Gallegos (Advising) at juan.gallegos@seattlecolleges.edu

Brianne Sanchez (Financial Aid) at Brianne.sanchez@seattlecolleges.edu

Fleetwood Wilson (Registration/Residency) at Fleetwood.wilson@seattlecolleges.edu

Monday, April 28th, 2014, 7 – 8:30 pm
Faith Lutheran Church
8208 18th Avenue NE
Seattle, WA

Positive Discipline through Experiential Learning

With Julietta Skoog, Certified Positive Discipline Trainer

- *Learn to discipline with firmness and kindness, have fun as a parent, and set the foundation for important social and life skills.*
- *Help your child feel a sense of belonging and significance through mutual respect and encouragement.*



Julietta is a Certified Positive Discipline Trainer and is the School Psychologist and Parent Educator at Queen Anne Elementary. In addition, she works on the Preschool Assessment Team for Seattle Public Schools, facilitating Childfind screenings and evaluations. Julietta and her husband practice Positive Discipline every day with their daughters Josephine, age 5, and Violet, age 2.

*Free and open to the public.
Bake Sale, Used Books Sale support PAC Scholarships
ASL Interpreter available upon request. Please contact Betty Williams
(206) 934-4571; betty.williams@seattlecolleges.edu before 04/18/14*

Presented by the Parent Advisory Council of the North Seattle Community College Cooperative Preschools

<http://coops.northseattle.edu/>