



Finding the Flexibility of Family *by Lauren Leiker, Parent Education Instructor*

As adults, we tend to choose one or the other: *relentless routine* or *freeing flexibility*. We find great comfort in either knowing exactly how our day will move along, or in knowing that we can choose as we go. The truth is, however, that there is necessity in life for both routine and flexibility and our aim should be to understand where each belongs in our lives.

Furthermore, as parents, we must aim to raise our children to understand the significance of each and the relationship between them. Routines provide great benefit to parents and to children. Also, practicing routines in the family setting is necessary for children to understand the benefit of routine and its place in their lives. They will apply this practice and understanding in adulthood. And, for parents, it is never too late to make positive changes in life! In the end, the true test of a healthy routine lies in

the ability to comfortably stray from it on occasion.

Some routines you may have already adopted, or may want to consider:

- Bedtime
- Mealtimes
- Quiet time
- Getting ready in the morning
- After school activities and homework
- Chores
- Family meetings and activities
- Special parent/child time

Routines can be daily, weekly, or monthly. Routines with your 2-year-old will be different than they were when your child was an infant, but still, equally as important. As children get

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CALENDAR

January

3 School Back - Winter Break

9 PAC Meeting

****NEW LOCATION:**

Faith Lutheran Church

8208 - 18th Ave NE, Seattle**

30 UW Bookstore PAC

Fundraiser Starts (flyer

attached, promo code: "NCS")

31 Pre-enrollment for

kindergarten ends

February

5 Last Day of UW Bookstore

PAC Fundraiser

9 PAC Lecture by Amy Lang

13 PAC Meeting

20 Presidents Day (no school)

21-24 Mid-Winter Break (no school)

27 Open Enrollment for

2012-13 School Year starts

March

8 Coop priority registration ends

9 Coop priority assignments announced and

Open Enrollment for Seattle Public Schools Ends

11 Daylight-Savings Time begins

12 PAC Meeting

22 Coop cross-over

Registration Period ends

23 Coop assignments announced

31 Coop Open Registration at NSCC

April

9 PAC Meeting

16-20 Spring Break (no school)

...continued from article on page 1

older and schedules grow busier, it is necessary to frequently re-evaluate your routines and adapt them to new family schedules. For example, during soccer season, Monday's afternoon routine might have to be different than Tuesday's, but every Monday should look and feel the same, if possible. When soccer season ends, you can re-evaluate the routine. Also, if you suddenly find you are not getting out of the house to work and school on time, it is likely time to alter the morning routine to better fit everyone's needs. Older children can and should be a part of this process.

Benefits of routine for children:

- Children who have normal daily routines are better able to deal with stressful events, such as a new sibling, a divorce, a move, or the illness or death of a loved one
- Routines teach healthy habits like exercise, washing hands, brushing teeth
- An organized and predictable family environment contributes to a child's sense of security
- Routines teach basic work skills and time management
- Routines teach the significance of relationships and responsibilities.

Benefits of routine for parents:

- Organization and predictability lowers stress
- Routines help you complete your daily tasks more efficiently
- Consistency in routine reduces time spent nagging and "directing" your children
- Routine leaves time for self care!
- Regular and consistent routines help you to focus on the positive and contribute to your sense of being a well-parenting

Some routines involve holidays or special time with loved ones. Because these routines tend to carry more value and sentiment than the mundane tasks like brushing teeth or putting away laundry, they are defined more appropriately as *rituals*. Rituals, too, are an important part of a child's life because they teach the significance of family history, tradition, and relationships.

Routines provide great benefits to families. Having routine schedules defines the routine expectations and responsibilities parents want to teach their children. Understanding these expectations and responsibilities clarifies the family's value system. Involving children in re-evaluating the routines as they get older breeds trust and respect and communication. The positive family relationships that are created by consistent and healthy routines allow for flexibility. As children get older, they can be given the flexibility required by adolescence. Families can enjoy a spontaneous outing. A low-stress family environment makes it easier to re-calculate when a day doesn't go routinely. In the end, the true test of a healthy routine lies in the ability to comfortably stray from it on occasion.

Knowing

by Woodland Park Co-op Teacher Tom Hobson, from his blog at <http://teachertombsblog.blogspot.com/>

Parent-teacher Jaimee was down by the boat, peering up the hill between the trees. I followed her line of sight to find it ended on her daughter, the youngest child in the class, in the midst of some sort of verbal altercation over the swings. Jaimee was just watching, but I made a beeline for the scene. Her daughter was addressing another 2-year-old in a commanding voice, "Stop! That's Charlotte's swing." She was firm, convinced of the rightness of her cause, "Stop!"

We teach that technique at Woodland Park: to forcefully say, "Stop!" when someone is hurting you or scaring you or taking something from you. We practice it at circle time, usually holding our hands in front of us, palms out, saying together, "Stop!" Although in this case it was something learned second hand, from her older sister, or maybe Jaimee, because we hadn't introduced it in the summer session. Not only that, but she wasn't defending her own swing, which she held by the chain with her tiny fist, but rather the one which her friend had lost when she briefly walked away.

It didn't seem to be working, however, probably because the child to whom she said it had also not yet learnt this tool. As she took a few steps away from her own swing to get closer for better effect, she let go of the chain and another child who had been awaiting a turn snagged it, an unanticipated additional injustice. Tears were next. I wanted to jump in now before the best chance for talking was washed away by them. We can always return to conflicts once the tears subside, but it's never as effective as catching things in the moment.

I asked this group of four 2 and 3-year-olds, "What's happening?"

She said, "They took our swings!" No one else said anything.

I asked, "Did you get out of your swings and they got in?"

She nodded.

"They probably thought you were done swinging." I waited for someone to say something, but when no one filled that space, I asked, "What should we do?"

"They can get out of the swings and we can get in them!"

The other three children were silent, two of them still swinging, but paying attention.

I can't remember exactly how we got there finally – I probably forced things a little – but we agreed on a system of sharing that involved taking turns in twos to the count of 20, those of us standing counting aloud in modified cheerleader fashion while others swung, then they switched and the counting started again.

It was a fairly typical solution to a fairly typical kind of problem. The kind of thing that happens in preschools around the world every day. In a cooperative, however, the parent gets to see it with her own eyes, not through the reports of others.

After awhile, my participation in the sharing game no longer necessary, I returned down the hill to Jaimee. She said, "I was just watching to see what would happen. She's the youngest and the smallest. I wondered if she would stand up for herself."

I said, "She did."

And Jaimee answered, "I know." Knowing: what a great feeling that is.

Support Our Coops

Please remember to send out a letter to Washington state legislators to support Community Colleges/Parent Education programs, based on the PAC sample letter.

Book Club

Enrique's Journey is true story, written by Sonia Nazario, about a Honduran boy who travels to the United States to find his mother who is working illegally in North Carolina.

For more information about being a part of the NSCC Book Club go here: <http://libguides.northseattle.edu/>

Check out NSCC Resources:

The new blue building on the NSCC Campus is the Opportunity Center for Employment and Education. This building houses DSHS, Employment Security, and many other services to assist those looking for work. Take a look at their website and calendar to see what is coming up. They sponsor many free workshops on things like "Resume Writing."

<https://northseattle.edu/opportunity-center-employment-and-education/calendar>

Important Dates for Enrollment for Seattle Public Schools

now-1/31: Pre-Enrollment. Everyone should try to pre-enroll, even if you want to attend a school other than your attendance area school. To apply for a school other than your attendance area school, you will need to complete a school choice application (available Feb 27, 2012), in addition to the pre-enrollment forms.

2/27: School Choice forms available

2/27-3/9: Open Enrollment

CO-OP Openings!

Infants

North Seattle (Tues)

Toddlers

Broadview

NSCC (Wed 3-5p)

Olympic

Victory Heights

Pre 3's

Broadview

Meadowbrook

Northgate Multi-Age (2-5s)

3-5's

Broadview

Crown Hill (PM)

Latona

Meadowbrook

Northgate Multi-Age (2-5s)

Multi-Age & 5's

Meadowbrook 5's

Northgate Multi-Age (2-5s)

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NSCC Cooperative Preschool
Program

206-527-3783

(NSCC Parent Ed Office)

www.northseattlecoops.org

January Preschool Fairs

Parent Map's 2012 Preschool
Preview - North Seattle/Shoreline
Date: Tuesday, January 10th
Time: 5:00 pm - 8:00 pm
Where: Shoreline Community
College

MOMS Club of Seattle - NW 2012
Preschool Fair
Date: Saturday, January 21st
Time: 10:00 am - 12:00 pm
Where: The Family Center at St.
Alphonsus, 5816 15th Avenue
NW

*We'll have a table at both fairs to
promote our coops. Please consider
volunteering--it's a great way to get
the word out about our wonderful
community.*

In Store AND Online University of Washington Book Store Fundraiser

January 30 - Feb 5, 2012,
the UW Book Store will
donate 15% of all purchases
either in store or online to
PAC scholarships

Parking at the University
Store is free for the first 2
hours w/ a minimum of a \$4
purchase.

*...please post attached
flyer in your schools!*

Mark Your Calendars, Coop Registration Dates for 2012-2013 are Here!

March 8: Priority
Registration Period ends,
assignments March 9

March 22: Cross-over
Registration Period ends,
assignments March 23

March 31: Open
Registration at NSCC.
Information Fair
10-10:45am, Registration
Lottery 11am-noon

Register for iGive - It's a super easy way to earn money for PAC!

And, just for registering, PAC
will automatically receive \$5!

To register, go to igive.com and
search for NSCC Parent Advisory
Council of Cooperative Preschools
and it will step you through the
process of installing the iGive
button on your computer. Every
purchase you make through iGive,
on-line retailers will donate a
percentage directly to PAC
scholarships!

You can always give directly to PAC.
Your tax-deductible donation can be
sent to: Parent Advisory Council

Parent Education Program
North Seattle Community College
9600 College Way North
Seattle, WA 98103

NSCC CO-OP PRESCHOOLS BOOK FAIR

JANUARY 30 – FEBRUARY 5
UNIVERSITY BOOK STORE



University Book Store.

ubookstore.com

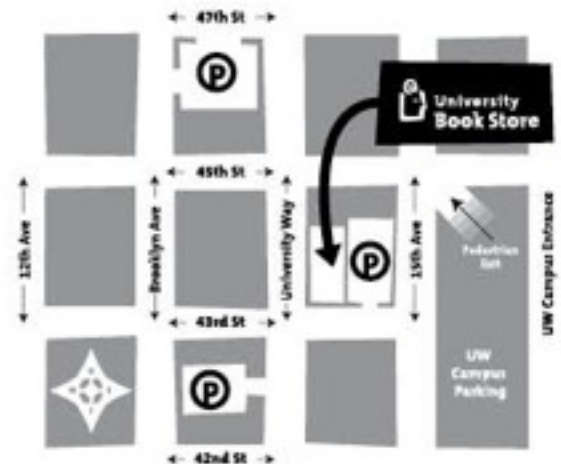
WE'LL DONATE 15% OF YOUR PURCHASES TO NSCC CO-OP PRESCHOOLS.

We're proud to invite you to this fundraiser—which we're holding at our U District store—a great opportunity to support NSCC CO-OP PRESCHOOLS and a chance to see what an amazing selection we carry at University Book Store!

You'll find books, calendars, Husky gear, art and office supplies, gifts, stationery, and lots more. Also, we have fantastic services like free book shipping (excluding textbooks) to anywhere in the United States, and free gift wrapping.

Present this flyer to any cashier at our U District store, or use the group code NCS online. That way, during the January 30 – February 5 fair, 15%* goes directly to NSCC CO-OP PRESCHOOLS.

LET US VALIDATE YOU
UDISTRICT



*May not be applied to your account. Excludes gift cards, shipping services, textbooks, Tech Center products, and short discount book titles. May not be combined with other discounts or special offers and only applies to stock on hand.

Valid January 30 – February 5, 2012 at our U District or online stores.

U District • 4326 University Way NE • 206.634.3400 • ubookstore.com • 1.800.335.READ

Group Code: NSC

The Parent Advisory Council (PAC) of the North Seattle Community College Cooperative Preschools presents a workshop for parents:

Amy Lang, MA

Facts by Five

Why you need to talk to your kids sooner than you think!

- Why you need to start the conversation way earlier than you think
- Sexual abuse prevention tips that won't scare them (or you!)
- The number one way to keep your kids healthy + safe
- The best way to start the conversations
- Why knowing your sexual values are key to talking to your kids
- Tips for making the talks easy, fun and actually happen!

**Thursday, February 9, 2012
7:00-9:00 PM
Faith Lutheran Church
8208 18th Ave. NE, Seattle**

This event is free and open to the public.



3 time Mom's Choice Award® winner and featured in the *Wall Street Journal*, Amy Lang speaks, teaches and writes about talking to kids about the birds + the bees in the Seattle area and around the country.

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