



What Drama Can Teach a Child By Christi and Michael Cruz

When he was a kindergartner, 'Dylan' thought he might want to take our drama class. After observing a class, he decided it wasn't for him. Performing in front of people made him too nervous. He was worried about what people might think of him. 3 years later Dylan, now a 3rd grader, has decided to give it another shot and came home to report that drama class was "so awesome!" Too often, children like Dylan aren't given the opportunity to try again. Drama is often associated with talent and natural ability. Children who are considered to be "performers," often find a drama class through the encouragement of a supportive parent. These children thrive, playing group games, memorizing lines, working as an ensemble and trying on roles in front of an audience. They gain confidence, benefiting from the increased exposure to the basic social skills drama engages. While we love teaching these students, we've also noticed children who aren't

considered "performers," those children who would not naturally find their way to a drama class, are often the children who could benefit the most from the fundamental skills drama teaches: cooperation, concentration, impulse control, body awareness and perspective taking to name a few. Through our partnerships and work with organizations like Aspiring Youth- the Northeast Seattle based organization that provides support to children, adolescents, and young adults with Asperger's Syndrome, ADHD, learning disabilities and similar traits, we've seen children thrive when given the opportunity to practice these skills in a safe environment where they are encouraged to take risks. Not every child needs to practice playing a hero or a villain, but all children can benefit from rehearsing the important social skills they'll need in life. They'll

probably also end up having some fun along the way.

-Wedgwood Drama Studio began in the Fall of 2009 with brother and sister team Christi and Michael. In addition to teaching drama in the community, Christi is a local Seattle actor and also the Pre-3s teacher at University Ravenna and Wallingford co-ops and Michael teaches, directs and runs the theater department at Eastside Prep. To see more about their programs visit www.wedgwooddrama.com

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Calendar

October

- 10 PAC Meeting
- 16 Coopalooza

November

- 2 Creating Healthy Families
- 5 Seattle Child Early Learning & Preschool Fair
- 6 Daylight Savings Time Ends
- 8 Election Day
- 11 Veteran's Day (No School)
- 14 PAC Meeting
- 24 Thanksgiving Day (No School 24th & 25th)

CO-OP Openings!

Infants

North Seattle (Tues, Wed & Thurs)

Toddlers

Broadview

Northgate (Wed Eve)

NSCC (Wed 3-5p)

Olympic

Victory Heights

Pre 3's

Broadview

Ingraham

Meadowbrook

Northgate Multi-Age (2-5s)

3-5's

Broadview

Ingraham

Latona

Meadowbrook

Northgate Multi-Age (2-5s)

Victory Heights PM

Wedgwood

Multi-Age & 5's

Meadowbrook 5's

Northgate Multi-Age (2-5s)

Help spread the word about our NSCC Co-ops by printing out both flyers at the end of the newsletter and posting around town

Separation - Some Survival Tips

By: Cesily M. Crowser, Parent Education Instructor

We have all been there. Those tearful and clingy "good byes" that tear at your heart and make you want to pick up your child and never let them go. The truth is that children need to learn how to separate from you. For some it comes easy. For some it is hard to let go of the comfort and security of mom or dad. Some seem to be doing just great and then out of nowhere parting becomes difficult. The reasons for this are as varied as there are people. Sometimes it is developmental, sometimes it is temperament, and yes sometimes it is even that you the parent are having a hard time and they sense that. Whatever the reason the 6 tips below should help things go a little smoother.

1. **Prepare your child for the changes ahead.** Make sure your child knows what to expect. Talk with them about school (what is the teacher's name, what will they be doing, are any of the old friends going to be there, etc.) This is also the time when you start to prepare them for the fact they you will be leaving.
2. **Create a "Good-bye" ritual.** Decide, with your child, how you will be saying goodbye - and stick with it. Will it be one kiss, one hug and a high-five? My son and I did one kiss, one BIG squeeze and an extra kiss for each of our pockets. Then I left. Knowing that we had this ritual and needed to be **consistent** with it was helpful on those days when one or both of us wanted to delay.
3. **Give your child something from home to keep at school.** A family picture is great. It is a wonderful conversation starter for the teacher and others in the class who are trying to comfort you child. Some parents even get a second of their child's favorite snuggle object to keep in their cubby.
4. **Tell them when you will be back.** "I am going to do errands now, but I will be back to get you after the goodbye circle." Make sure you put it in terms your child can relate to. For many young children telling them you will be back at 12:00 or in a few hours does not make much sense, the concept of time is too abstract. Instead put in terms of which part of their daily routine you will arrive - then **be on time**. Little minds will remember waiting, if you are late, and will be less relaxed the next time you leave and promise to return.
5. **Arrange a carpool with a classmate.** This can be a miracle cure. Arrange to have your child picked up by a friend and the "good bye" takes place in a familiar surrounding. They get excited about riding with someone they know and school is now no longer a part of the separation equation.
6. **Remember to have Patience.** Find the tips that work for you, remain consistent and trust that in time things will work themselves out.

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

Melissa Benaroya, LICSW a Certified Gottman Educator

Creating Healthy Families

By Putting Yourself & Your Relationships First

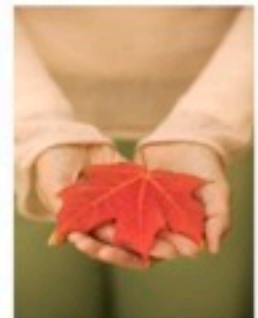
Come and learn why getting your needs met and meeting the needs of your partner can make a significant difference in the lives of your children! Based on the research of Drs. John & Julie Gottman, learn about the Gottmans' Sound Relationship House and how to build your emotional bank account. Melissa will share some simple steps that are scientifically proven to strengthen relationships, and can enrich your lives through your connection with one another and your child. The content has been adapted from the bringing baby home program.

Wednesday, November 2, 2011

7:00-9:00 PM

Faith Lutheran Church

8208 18th Ave. NE, Seattle



This event is free and open to the public. It is encouraged for all our parents to come with their partner in parenting to get the most out of the seminar, but their attendance is not required.

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

Unemployment Rates an Unexpected Good Thing for Some Families

Excerpt from Press Release by: Nina McKay

The continuing economic troubles around the world and in Seattle might have a silver lining. Parents are at home more, whether working part-time or by contract. And while no one likes to be strained financially, some children are benefiting by enjoying more time with their parents.

Instead of drop-off day care, which can run a monthly bill of up to a thousand dollars for full days, some parents of small children are choosing co-operative preschools, or co-ops, which are schools run by parents together with a teacher. Because they are parent-run, the financial costs are significantly lower.

Christi Cruz is a Pre-3s teacher and participating parent in the 3-5s and Toddlers class, and has been with the North Seattle Community College Co-op Preschools for 6 years. "For many families, co-op is a great choice for preschool because they are able to participate hands-on in their child's development and get to know other families that may be experiencing the same parenting challenges or celebrations. The parent education component that co-op brings provides a huge amount of learning and support for parents. Families are drawn to this sense of community and stay in our system for years and families remain longtime friends."

The real cost of co-op is the time commitment, which is possibly what some parents can spare these days. For example, for a two-morning a week program, a parent is required to work one of these two days and has the option to drop-off the other day. There is a required monthly parent's meeting to discuss school matters. Parents also choose a role within their school, such as Health and Safety Advisor or Treasurer. Co-ops have long been popular in Seattle with parents looking for a community of support for raising their families. North Seattle Community College has offered their co-op programs for over fifty years. Each family enrolled is also receiving credit through the Parent Education program at the college. So in addition to a preschool teacher, there is a parent educator from the college assigned to each class to provide guidance and support.

Join NSCC in Celebrating Coops at the Coopalooza

NSCC Coop Preschool has been invited to participate in Seattle Metropolitan Credit Union's Coopalooza on Sunday, October 16th. Billed as "a celebration of coops and community", the event features such prominent coops as REI, KEXP, Group Health, PCC and the Children's Museum. There'll be live entertainment including Caspar Babypants and Recess Monkey, as well as kids' activities and raffle prizes. This free event is held at Fisher Pavilion at Seattle Center and runs from 11:00 – 5:00. It's a great opportunity to support your school and your community—don't miss it!

Collect Your Books!

Bake sales are so last year. This year, it's all about the Book Sales! Please gather your new or gently used parenting and baby books to sell at our PAC Lectures. Give your books to your coop's Fundraising Chair who will be contacted by the PAC Fundraising Chair about an official monthly "drop-off" location and date.

Don't Miss the Early Learning & Preschool Fair

Date: Sat., Nov. 5

Time: 9 a.m.-1 p.m.

Where: Hamlin Robinson School

Check out NSCC Resources:

Women's Center

Provides confidential and safe referral services for all students, including housing, health care, child care, domestic violence, and a variety of other services.

<https://northseattle.edu/womens-center>

Wellness Center -fitness classes

<https://northseattle.edu/health-fitness>

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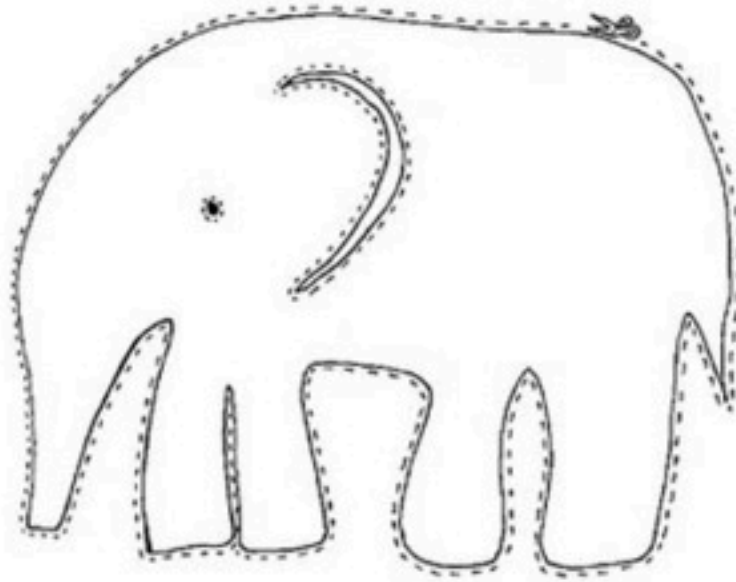
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NSCC Cooperative Preschool Program

206-527-3783

(NSCC Parent Ed Office)

www.northseattlecoops.org



Co-op Preschools

of North Seattle Community College

- ☼ Openings for infants to 5 year olds.
- ☼ Several locations throughout North Seattle.
- ☼ Learn from parent educators and guest speakers to improve parenting skills.
- ☼ Give your child a gentle introduction to school and community life.
- ☼ Form friendships and learn together with a strong community of parents.

For more information,

coops.northseattle.edu