From the North Seattle Cooperative Preschool Parent Advisory Council

October 2001

Starting Preschool

By Bev Bos

Used with permission. Bev Bos is an impassioned classroom teacher, beloved author, recording artist and seminar leader "extraordinaire!" Bev has received countless honors including "Teacher of the Year" and the California Legislature's "Official Bev Bos Day." Featured on ABC's "20/20", Bev's energetic and creative techniques have amazed teachers, parents and kids everywhere.

Starting preschool is a marker in your life. For at least twelve more years your child, your precious child for whom you have great hopes and dreams, will be going to school. Most likely you've visited many schools looking for one that is "right" for your child. A place where your child will grow to his or her optimum. Beginnings are important - how to do it best?

Here is my list of things to pay attention to when starting preschool. Some suggestions are for the child, others are for you:

1. Starting school should have a natural feeling. Please do not talk twenty-four hours a day about going to school. What is important to the young child is today. They are interested in the "now". Certainly, you can mention going to preschool but when you talk daily about going to school it does not make sense to the young child. It is hard to explain time to young children. You can, as an adult, have a vision of when and what is going to happen but the young child often has difficulty understanding what you are talking about until they are "in" the experience.

(Please see Page 2)

Inside this issue

Starting Preschool	Pages 1-3
Speaker Dr. McPhillips	Page 3
Angry or frustrated?	Page 4

Event Calendar



October 8 - PAC meeting

October 12 - Profesional development- not holiday or vacation

Ocober 15- PAC raffle prize donation deadline

October 22 - Parent Education Seminar

Nov 5 - PAC meeting (distribution of raffle tickets and Kindergarten folders)

Nov 10- Veterans Day

Nov 22-23 - Thanksgiving

Dec 7 - Scholarship application deadline

Dec 10 - PAC Meeting

Dec 24 - Jan 4 - Winter break

Jan TBA - Parent Education Seminar

Jan TBA - Parent Coordinator registration meeting

Jan TBA - Kindergarten Resource seminar

Jan TBA - Treasurer's workshop

Jan 14 - PAC meeting

Jan 21 - Martin Luther King Day

Feb 1 - Day between semesters - not holiday

Feb 11 - PAC meeting (raffle tickets due)

Feb 18 - President's Day

Feb 18-22 - Midwinter break

March TBA - In-house registration

March 8 - Professional development day - not holiday or vacation

March 11 - PAC meeting (raffle drawing)

March 15 - Professional development day - not holiday or vacation

April TBA - Open registration

April TBA - Parent Education seminar

April 8-12 - Spring break

April 15 - PAC meeting

May 17 - Professional development day - not holiday or vacation

May 20 - PAC meeting

May 27 - Memorial Day

June 19 - Last day for students unless inclement weather make up needed

(Continued from Page 1)

- 2. As adults we are excited about our children's first school but we rant and rave too much about this great place and how much fun it's going to be, it might make it difficult for the child to share feelings of fear and anxiety. The key word is "listen". Talk about the new experience, but "listen" to the child's response. Do not discount their fears -- they are real to them.
- 3. DO NOT buy new clothes. Let your child wear comfortable clothes that feel like they belong to them. Clothes that smell of home. New shoes are often difficult for young children -- make sure their shoes are made for running and jumping and that they feel good. In our school, no child wears a cover-up when they paint. Cover-ups feel very foreign to children and rarely do they protect clothes completely. The paint is washable but does not always come out. The last thing a child should have to be concerned about is clothes. A child's entire focus needs to be on growing to their optimum.
- 4. When you bring your child into the school "Totem pole" by on the very first day, do not "push from behind", i.e., "Say hello to the teacher." "Tell the teacher your name." "Go play." "Have fun." Children have a radar built in and know when their parents are anxious and pushing from behind happens when parents become anxious about an experience for the child.
- 5. Walk and talk at your child's pace. I just hate to see parents holding their child's hand and dragging them along at a frantic pace. Allow more than ample time to get ready, drive slowly and stroll into school. Try this: in a safe place with no traffic, walk behind your child. You will start to understand their pace.
- 6. Do make sure you have a basic understanding of how children develop before taking them to school so you will know what is appropriate for the young child. One of the

- most important developmental things to remember is "if it has not been in the hand, it cannot be in the brain." Young children need to run, play, and move to learn. They need experiences to attach words to.
- 7. When my children were young I always watched the teacher when I walked in. Did the teacher pay more attention to me or to my child? Certainly, the adult deserves a greeting but the initial focus should be a gentle hello to the child.
- 8. Expect your child to act differently the first few days of school. I cannot tell you how often I have had parents say: "He never acts this way at home." Time, it takes time for children to settle into the routine. On the other hand, sometimes a child can run right in and get into the routine and then two or three weeks later will resist going to school. Do not take your child out of a good preschool the minute they don't want to go one day. I think the most important attributes a human being can have are to be socially competent. To be able to make friends, fight with friends, go back to friends, to say how are you feeling and to speak "by for yourself should be what you want for your child."
- 9. Young parents are energetic and enthusiastic especially sometimes in the beginning of the school year when volunteers are asked for. Do know your strengths, your energy level and how many other activities you are committed to. Don't over-commit yourself. The child will suffer when the parent gets tired and cranky. This seems like a peculiar rule from a teacher, who always needs more help, but a burned out parent doesn't help and it certainly doesn't help the child.
- 10. Separation? Of course, you will want to stay, at least the first few days of school. When you are going to leave, be sure to tell your child when you will return. And it is better to say "I will be here right after story-time or after snack." rather than a vague "in a little while" or "at 2:00 p.m." Be

(Please see Page 3)

Newsletter Staff

Jessie Schutzenhofer...284•1653

Solvita Upenieks......361• 9983

Parent Education Program

College Office.....527•3783

Web Site: gonorth.org or

http://nsccux.sccd.ctc.edu/~parented/

Publication of this newsletter is generously funded by friendly, professional printers at K&H Printing

Fall 2001 Parent Education

Speaker: Heather McPhillips, M.D.

Location: Greenlake Library Meeting Room

Date: Monday, October 22, 2001

Time: 7:00-8:45 PM

Helen Clumpner, Age 4

"Long-neck Dinosaur" by

orth Seattle Community College Cooperative Preschool's Program is excited to welcome Dr. McPhillips as our fall speaker on immunizations. Her lecture is free and open to the public.

Dr. McPhillips will focus on vaccines currently recommended for children under age 5, side effects associated with these vaccines, and details on the two newest recommended vaccines (varicella vaccine and the new pneumococcal vaccine). She will address the scientific evidence surrounding some of the current controversies regarding vaccines, particularly the measles/mumps/rubella vaccine and the varicella vaccine. The audience will have the opportunity to ask relevant questions.

Dr. McPhillips is a faculty member in pediatrics at the University of Washington and Children's Hospital and Regional Medical Center and currently sees patients in the clinic, the newborn nursery and the in-patient service at Children's Hospital. She is a board certified

Antonia DeLeon, Age 3

pediatrician and mother of two boys (ages 3 and 4 weeks). She trained in pediatrics in San Francisco, and moved to Seattle four years ago to obtain a masters degree in public health, as part of a general pediatric fellowship training program. Her research has been in vaccine safety issues. She recently published an extensive review article on vaccine safety with Edgar Marcuse, M.D., M.P.H.

Her lecture will be held on Monday, October 22, 2001 from 7:00 to 8:45 p.m. in the lecture hall of Greenlake Library located at 7364 Green Lake Drive N. Parking is limited and carpooling is recommended.

For information, contact the North SeattleCommunity College Child and Family Division at (206) 527-3783.



(Continued from Page 2)

sure you have made arrangements to leave the blankie or softie - your child's special thing in a backpack or cubby. It can be a wonderful comfort for the child.

And when you leave do not hesitate and peek around the door or act wishy-washy about leaving. If you know this is a good place and your child is at a good age to start school, trust the situation. I always tell parents if their child cries for longer than a couple minutes, I will call them. You might ask the teacher to do that or you might want to call and ask how things are going. Don't be afraid of acting like a nervous parent, you are your child's most important advocate.

This is an important time in your child's life and in yours -- cherish the time!

What Can I Do When I Get Angry or Frustrated?

Excerpt from, 365 Wacky, Wonderful Ways to Get Your Children to Do What You Want By Elizabeth Crary. With permission from the author.

Problem: "Sometimes I get so tired or upset that I want to yell or strike out. My dad did that all the time. I don't want to explode, but I don't know what to do instead."

Reality check: Know what you

want—"I want to stay calm." Development—

Young children take much energy. You can avoid
much frustration by taking care of yourself. Take care of
yourself by getting enough food, sleep, exercise, and support. Temperament—Some children's temperaments are
hard to live with. If your child is active, persistent, and has a
negative mood, find ways to get a break.

"Mother Dinosaur" by
Grace Clumpner, Age 4

Congate Clumpner, Age 4

The care of
yourself by getting enough food, sleep, exercise, and support. Temperament—Some children's temperaments are
hard to live with. If your child is active, persistent, and has a

Ideas for taking care of you: Take a nap when your child does. If he doesn't nap, then have a "quiet time" each day when you lie down together. You can talk, read books, or listen to music. Get exercise each day. Put your child in the stroller and go for a brisk walk, or put on music and dance to it. Eat nutritious food, especially fruit, vegetables, and grains. Avoid snack food like pop, chips, and sweets. Avoid alcohol, beer, and drugs. On weekends, you and your spouse take turns sleeping late. Swap sitting with a friend so you can have one afternoon a week free. Have Grandma take the kids once a week so you can sleep. Get a sitter to come in one or two hours after school so you can sleep or relax. Do something you like each day. For example, read a book, take a walk and smell the flowers, or call a friend. Take an exercise class at a neighborhood center. Do aerobics with a television show. Talk with a supportive friend. Take a bubble bath.

Ideas for getting calm: When you feel yourself getting angry, try a calming tool: take five deep breaths, count to 10 or 5, say the alphabet backwards. Ask a friend how he or she calms down. Separate your feelings from your child. Re-

mind yourself that you are a good person, even if your child is being difficult. Do five jumping jacks. (Jump "open" with your feet apart and your arms wide. Then jump "closed" with your feet together and arms straight overhead.) Turn around and look out the window (or at a pleasant picture). Tell yourself, "I can deal with this. This too will pass. This is just a phase." Tell you child, "I need a time-out. I will talk to you when I have calmed down. " Make sure the child is in a safe place, then step away to calm yourself. Imagine you are in a calm, restful place. Let the calm drift through you. Figure out what makes you angry and then develop a plan to change the situation. Call your local crisis line and ask

for help. Plan to avoid problems. When you remember to use your ideas, reward yourself. Find a friend or a group of mothers to talk over your feelings and problems with. Remind yourself of the good times and savor them. If you have trouble thinking of good times, ask a friend to help you. Look forward to more good times.

Co-op Openings

These co-ops had openings as of August 8. There may be some changes. The PAC website has full listings: http://nsccux.sccd.ctc.edu/~parented/

784-3056 - Michelle Fasser Sandhurst......2

368-8777 - Lorinda Strellnaver-Gadwill

Scholarships are available through the Parent Advisory Council .