

# Co-op Community News

From the North Seattle Cooperative Preschool Parent Advisory Council

January 2003

## Parents' Perspective

By Roslyn Duffy

### Situation *When Parents Clash*

I want my son to learn good table manners. I think it is important that he ask to be excused when he is done eating or request to have foods passed to him by saying, "please pass the potatoes." My husband thinks such niceties are totally frivolous. Mark sees nothing wrong with Jeremy just getting up and leaving the table or reaching across to grab what he wants.

It seems like Mark and I disagree on all kinds of things when it comes to parenting. I hate for everything to be a battle and I am worried that our son won't know who to listen to. Should I stand my ground on table manners?

### Solution

Standing your ground sounds like a military maneuver. Parenting is not a war. Instead of taking a stand like a noble Napoleon (who, if you remember, didn't fare so well), consider yourself part of a mega-merger. Two corporations, in this case you and Mark, have just been merged and the two boards must now map out a new corporate structure. *(continued on page 2)*

**PAC RAFFLE is ending March 10th.**

**Exciting new prizes have been added!**

- NEED HELP CHOOSING A KINDERGARTEN?
- 'Choosing Schools' lecture Tuesday, January 14<sup>th</sup>, at the Lake City Community Center, across the parking lot from the Library at 12531 28<sup>th</sup> Ave NE, Room #6, from 6:30-8:30 p.m. FREE - Call 684-4704 for further information
- For upcoming Kindergarten Fairs see Seattle Public Schools web page : [http://www.seattleschools.org/area/main/k\\_fair\\_2003.html](http://www.seattleschools.org/area/main/k_fair_2003.html)
- Other web resources include : [www.greatschools.net](http://www.greatschools.net)
- This national site has profiles of Seattle public and private schools.

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## Event Calendar



( )=Seattle Public Schools Only.

(Jan. 14 No school. Teacher rally.)

**Jan. 20-Martin Luther King Day**

(Jan. 27-break btw. Semesters. )

(Feb 5 Two-Hour Early Dismissal)

**Feb. 6 Speaker Roslyn Duffy (Positive Discipline) at NSCC**

**Feb. 10 PAC meeting. Raffle tickets due.**

**Feb 17 Presidents Day Holiday**

**Feb 18-21 Mid-Winter Break (no classes)**

(Feb 26 Two-Hour Early Dismissal for Students)

**Mar 7 -Scholarship apps due**

**Mar 10 -PAC meeting and Raffle drawing.**

**March 15 - Open Registrations**



**Get your young artist published! We need children's art work for the next issues. Black ink drawings are best. — Editors**



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### **Listen: Variations of 'Normal'**

When Mark was growing up, he and his brothers and sisters happily tucked into their French fries and played tug-of-war over the ketchup bottle. When any one of them reached the bursting point and could not suck down another limp morsel, he or she would waddle off into the next room. Life was lovely. Satisfied belches resonated throughout their happy home.

Meanwhile you and your parents were curling pinky fingers as you murmured refined, "May I please have some more quiche." requests. After the dessert course you dabbed the crumbs from your lips and were granted permission to rise and part company with your devoted parents. The sounds of clinking crystal and classical music trailed behind you as you promenaded out of the dining hall.

Well maybe Mark wasn't really wallowing quite that much or perhaps your pinky wasn't actually curled but the worlds in which each of us grow up are every bit as varied. Not only are those worlds vastly different but they are also, for each of us, the benchmark for 'normal'. At three, or six, or even twelve, life as we know it consists of what happens within our own families.

It is a pretty safe bet that when Mark was rowing you down the river with moonlight painting stars in your eyes, neither of you thought to ask "What is your attitude toward passing food at the dinner table." Most of us don't. It is the entry of children into our lives that brings up such a topics.

### **Negotiation: The 'Power of Three'**

When the differences between Mark of Happy Hollow and your own Delicate Sensibilities collide, try to figure out why. Arrange for just the two of you to spend some time talking. Find out the 'why' behind your attitudes. Get curious. Neither one of you is 'right'. You each just have different versions of 'normal'.

Life will not be a mirror image of either of your own childhoods, no matter how wonderful they may have been. The energy of this new family will grow as you use creativity to craft a new 'normal'. 'Mark's way' and 'Your way' must emerge as "Our way".

Let's revisit mealtime at *Mark and You Inc.* *There are more options than either* murmuring a request to be excused or rolling away from the trough. Start brainstorming.

Come up with at least three ideas. The process of finding three alternatives gets us out of being 'stuck' in our own corners, dug into our own positions or feeling frustrated and helpless.

Let's try this out. Here are three ideas.

Say 'thank-you' for the meal when finished.

Say *something* before getting up to leave. ("I'm full." "I think I'll get back to my homework." or "I'd like to finish the chapter on *Plato* before *The Simpson's* come on.")

Slap the table, click your heels and shout "Well Done!"

Please note that not every idea presented must be ideal. In fact, throwing in a few nutty ones relaxes the atmosphere. When we feel lighter and more playful creative energy gets flowing, which usually leads to more productive results.

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#### **Newsletter Editors**

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#### **Parent Education Program**

College Office.....527-3783

Web site: [northonline.sccd.ctc.edu/parented/](http://northonline.sccd.ctc.edu/parented/)





## POETRY FOR CHILDREN

Love reading to your children? Looking for some variety in what you read? Consider poetry. Children are drawn to the rhythms and rhymes of poems, and there's an abundance of great material out there. Some poetry is written specifically for children, such as nursery rhymes and the work of such great poets as Shel Silverstein and Dr. Seuss. In addition, a great many "adult" poems can be enjoyed by all ages. Here are just a few ideas to get you started. A children's librarian or children's book seller will be able to help you find more. Or simply browse in the library under call numbers 808-811. Happy reading! -Margie Schnyder, Faculty of North Seattle Cooperative Preschool Program

Scholastic, Inc. [Sing a Song of Popcorn](#)

Robert Frost [Stopping by Woods on a Snowy Evening](#)

Anthology (Met. Museum of Art) [Talking to the Sun](#)

Met. Museum of Art [Kate Greenaway's Mother Goose](#)

Tomie dePaola's [Book of Poems](#)

Anthology of poetry and prose [Free to be you and me](#)

Anthology of poetry and prose [Free to be a family](#)

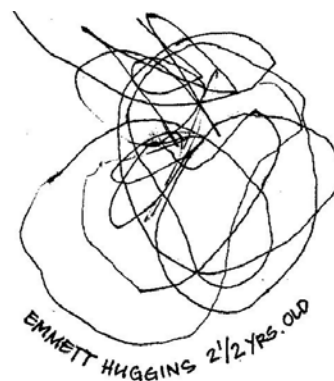
T. Chen [Run Zebra Run](#)

Anthology (Steck-Vaughn Library) [Poems for Winter](#)

William Cole [The Birds and Beasts were There: Animal Poems](#)

Ecco Press [A Child's Anthology of Poetry](#)

Odgen Nash [The Moon is Shining Bright as Day: An Anthology of Good Humored Verse](#)



Poets your child might enjoy:

Edward Lear

Jack Prelutsky

Shel Silverstein

Maurice Sendak

Robert Frost

EE Cummings

Your favorite poet, perhaps?



'O's'  
by Dylan Bradley age 2-3/4

### Co-op Openings

Current Openings in 3 to 5s Only

For the most current listing of co-op openings please visit our website: <http://northonline.sccd.ctc.edu/parented/openings.html>

<u>Co-op</u>	<u># of Openings</u>	<u>Contact</u>	
Broadview	(2)	Michelle Meyerdierks	367-2506
Ingraham	(4)	Michelle Beaumont	522-7495
Victory Heights PM	(2)	Rae Keyes	522-1326
Wallingford - AM	(1)	Marie Coffland	547-8648
Wallingford - PM	(2)	Sara Harmon	547-6315
Woodland Park	(1)	Stephanie Cogan	985-2054

We're still looking for a sponsor for the printing costs of this newsletter. Please contact Lauren Howell Fleisher at [laurenand-jake@yahoo.com](mailto:laurenand-jake@yahoo.com) or 729-7308.

Also please send comments, suggestions, useful information, upcoming events worth knowing about, parent articles, children's art, and a copy of your co-op newsletter (if you're the editor) for inclusion in this newsletter. Email is best, but we can scan art, and type, if that works best for you.

Thank you, Bert Bradley, 731 N. 96th St, Seattle, WA 98103 \*\* [orcaland@attbi.com](mailto:orcaland@attbi.com)



# Co-op Community News

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## **Prioritize: Closing the Deal**

There will be many opportunities to disagree over parenting. Everything from the proper use of the toothpaste cap, to chores and appropriate discipline will pop up for airing. Decide what matters most to you. If saying 'please' when asking to have food passed rates as number one on your list then say how important it is to you and ask if the other person could live with your style. In return offer to live with something that really matters to him. This is how 'Our way' gets forged.



## **No Hostile Takeovers**

It is unrealistic to think that parents can always present a united front. When (not if) disagreements do surface, don't worry. They aren't fatal.

A clash over whether to send Junior to his room or not does not mean that your marriage is about to dissolve. Finding out that there are things that you and your partner do not agree about when it comes to Junior is 'normal'. Learning how to deal with the inevitable differences is the real challenge. Follow the three steps: *listen, negotiate and prioritize*.

Sometimes things will happen just the way you want them to. Try not to smirk or look too self-satisfied.

Other times something better will emerge. Just relax and enjoy this great new idea.

And some of the time you will need to practice not wincing. Take some deep breaths and apply civility.

'It' (whatever 'it' was this time) will matter less and begin to seem 'normal' after awhile. Aim for a successful merger - rather than a hostile takeover.

*Author: Roslyn Duffy is the co-author with Elizabeth Crary of The Parent's Report Card, Parenting Press and co-author with Jane Nelsen and Cheryl Erwin of Positive Discipline for Preschoolers; and Positive Discipline: the First Three Years, both Prima Press. Roslyn is a seventeen-year veteran Director of a Child Care program in Seattle, WA, lectures and teaches classes for both parents and teachers and is a counselor in private practice. She has four children of her own.*

## **Reminder! Roslyn Ann Duffy 'Parenting with a Full Deck'**

### **February 6th, 2003**

The program is free, and the time is 7:00 pm-8:30 pm in the Concert Hall at North Seattle Community College.

### **CAR SAFE KIDS**

#### **2003 Class Schedule**

**"9 out of 10 car seats are misused!** If you want to beat these odds and maximize vehicle safety for your child, then this class is for you! Subjects include seat selection, harness use, installation demonstrations and tips, and much more. "

Overlake Hospital 1035 116th Ave NE, Bellevue. All classes from 6:30 to 9 pm. Registration & info 425-688-5259

Dates Offered: 1/27/03, 3/25/03, 5/14/03, 7/22/03, 9/24/03, 11/18/03

Evergreen Hospital 12040 NE 128th Street, Kirkland. All classes 7-9 pm. Registration & info 425-899-3000

Dates Offered: 1/23/03, 2/26/03, 3/27/03, 4/28/03, 5/21/03, 6/17/03, 8/26/03, 9/22/02, 10/21/03, 11/20/03