

CO-OP COMMUNITY NEWS

From the Parent Advisory Council
of the North Seattle Community College
Cooperative Preschool Program



January 2005

Who's Responsible for Happiness?

BY ELIZABETH CRARY

Parent Educator, North Seattle Community College

I can clearly remember the day I learned who was responsible for children's happiness. My husband and I got a babysitter for our six-month-old daughter and took our 6-year-old son, Kevin, to a special museum display he wanted very much to see.

The outing took six hours. And, except for one incident, we all had a grand time. As we drove up to our house, I asked him how he liked the trip. I fully expected him to say he was delighted since he had both parents' attention for more than six hours — doing something he wanted to do. However, he focused on the only five minutes in the trip that did not go exactly as he wished.

It was then I realized that my son was responsible for his happiness. Although I could provide wonderful experiences, ultimately I could not make him happy — only he could do that.

Matthew's having a fit because Mom won't give him a cookie now!

Sara's whining because you won't let her watch more TV.

Paul's upset because his homework is "too hard."

The solution to emotional distress and illiteracy is ... to give children the skills they need to choose happiness and emotional competence.

What is a parent to do? Try to console your child, or shut yourself up in a soundproof room?

I don't know the answer for sure, but there is one thing that I am convinced of — you can't make

another person happy. Ultimately that is his or her decision, as you see in the opening example above.

If you change activities to prevent or reduce your child's unhappiness, you encourage him to let another person (you) be responsible for his happiness. And if you rush to make life pleasant, you do not give your child the

Continued on Page 4...

2004-2005 Calendar

January

- 11 Talking to Kids About Sex: A Free PAC Workshop
- 10 PAC Meeting
- 17 MLKing Jr. Day (no school)

February

- 7-11 Co-op In-House Registration
- 14 PAC Meeting
- 16-19 Co-op Cross-Over Registration
- 21 Presidents Day (no school)
- 22-25 Mid-Winter Break (no school)

March

- 5 Co-op Open Registration
- 14 PAC Meeting

April

- 11-15 Spring Break (no school)
- 18 PAC Meeting

May

- 9 PAC Meeting
- 30 Memorial Day (no school)

June

- 13 Last day of classes for Seattle Public School students

Registration Dates for Co-op 2005-2006

- | | |
|------------|------------|
| Feb. 7-11 | In-House |
| Feb. 16-19 | Cross-Over |
| March 5 | Open |

Mandatory Parent Coordinator Meeting!

Sat. Jan. 29, 9-11 a.m.
NSCC Room 1303
Topic: Open Registration

Inside

Enrolling in Co-op for '05-06 F.A.Q. (Page 2)

Tribute to Dr. Martin Luther King, Jr. (Page 3)

Current NSCC Co-op Preschool Openings (Page 3)

Talking to Kids About Sexuality: Free PAC Lecture (Page 4)

Frequently Asked Questions

Enrolling in NSCC Co-ops for 2005-06



If You Are Currently In a Co-op (for the 2004-05 School Year)

Q. How do I enroll my infant into a toddler program?

A. You are eligible for in-house registration. Your parent coordinator will be able to assist you. You will also need to work with the parent coordinator at the school you wish to attend.

Q. How do I enroll my toddler into a pre-3 program?

A. You are eligible for in-house registration. Your parent coordinator will be able to assist you. If you wish to attend a pre-3 program at a different school, you will also need to work with the parent coordinator at the school you wish to attend.

Q. How do I enroll my child in the follow-on program at the same school? (i.e. pre-3 to 3-5 program at the same school)

A. You are eligible for in-house registration. Your parent coordinator will be able to enroll you in the follow-on program at the same school.

Q. How do I enroll my child in a follow-on program at a different school? (i.e. pre-3 to 3-5 program at a different school)

A. You are eligible for cross-over registration. Your current parent coordinator will be able to assist you with this enrollment. You will also need to work with the parent coordinator at the school you wish to attend.

Q. How do I enroll my child in the second year of the same program? (i.e. second year of 3-5 program)

A. You are eligible for in-house registration. Your parent coordinator will be able to enroll you in the second year of your current program.

If You Are Currently In a Co-op and Want to Enroll a Younger Sibling for the 2005-06 Year

Q. How do I enroll my infant into an infant program?

A. Infant registration is handled directly by the college. Please call 206-529-6029.

Q. How do I enroll my toddler into a toddler program?

A. If the older sibling attended that same toddler program, your toddler is eligible for alumni in-house registration, according to that school's bi-laws. Please work with the parent coordinator of the program you wish to attend. If the older sibling did *not* attend this toddler program, you must go to open registration.

Q. How do I enroll my pre-3 into a pre-3 program?

A. If the older sibling attended that same pre-3 program, your toddler is pre-3 for alumni in-house registration according to the school's bi-laws. If your older sibling is currently

enrolled in a 3-5 program, you are also eligible for in-house registration. Please work with the parent coordinator of the program you wish to attend as they will be able to explain that coop's in-house registration rules.

Q. How do I enroll my child in a follow on program at a different school? (ie pre 3's to 3-5's program at a different school)

A. You are eligible for crossover registration. Your current parent coordinator will be able to assist you with this enrollment. You will also need to work with the parent coordinator at the school you wish to attend.

If You Were Once in a Co-op (But Not Currently) and Want to Enroll a Younger Sibling for the 2005-06 Year

Q. How do I enroll my pre-3 into the pre-3 program my older child attended?

A. Your pre-3 is eligible for alumni in-house registration. Please work with the parent coordinator of the program you wish to attend as they will be able to explain that co-op's in-house registration rules.

Q. How do I enroll my pre-3 into a pre-3 program that my older child did not attend?

A. You must go to open registration.

A Committed Life

“Yes, if you want to say that I was a drum major. Say that I was a drum major for justice. Say that I was a drum major for peace. Say that I was a drum major for righteousness. And all of the other shallow things will not matter. I won’t have any money to leave behind. I won’t have the fine and luxurious things in life to leave behind. But I just want to leave a committed life behind. And that’s all I want to say. If I can help somebody as I pass along, if I can cheer somebody with a word or song, if I can show somebody he is traveling wrong, then my living will not be in vain.”

**From “The Drum Major Instinct,”
a sermon by Dr. Martin Luther King, Jr., 1968**

Helping Kids Deal With Disappointment

A Program for Parents of Children Aged 1-8 Years

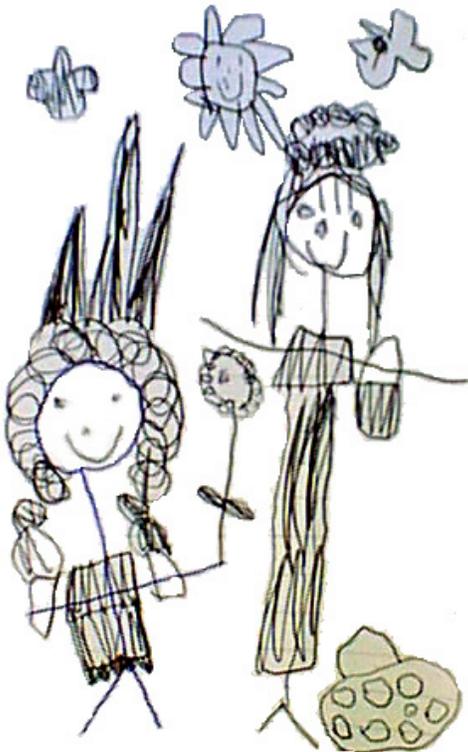
Who: Elizabeth Crary, author & parent educator for 20+ years

When: Six Wednesdays, 7-9:30pm. 1st & 3rd Wednesdays starting February 2, 2005

Where: Near Northgate (<http://parentingpress.com/location>)

Cost: \$20, NSCC tuition for 2 credits

For Information or to Register: Call Bob at (206) 529-6029 (space is limited, please pre-register)



“Princess Sisters”
by Ava Fleisher,
Age 4

NSCC Co-op Preschool Current Openings*

| | Co-op | Openings | Contact | Phone |
|-----------------|---|----------|-------------------|--------------|
| Pre-3s | Ingraham | 8 | Anita Wooster | 789.9186 |
| | Meadowbrook | 4 | Monica Mace | 522.0274 |
| | Northgate PM | 7 | Jill Petro | 706.1113 |
| 3-5s | Broadview | 3 | Erika Larimer | 425.774.6571 |
| | Meadowbrook | 4 | Suzie Rinne | 523.6003 |
| | Northgate | 7 | Jill Petro | 706.1113 |
| | Sandhurst | 3 | Andrea Baumgarten | 527.2886 |
| | Wallingford AM | 4 | Lisa Drake | 632.9817 |
| | Wallingford PM | 2 | Ann Weber | 632.0646 |
| Fives | Meadowbrook | 8 | Sara McCoy | 524.2209 |
| Web Link | To view current listings and for descriptions of each co-op, please go to northonline.sccd.ctc.edu/parented *current as of 01-05-05 | | | |

Happiness...

Continued from Page 1

chance to develop the skills she needs to deal with her frustration and disappointment herself.

Parents' Role

Although you cannot "make" your children happy, you do have an important role in making it possible for your children to choose happiness. You can help your children by modeling ways to deal with their feelings appropriately, by teaching your children the information and skills they need to choose happiness, and by backing out and letting children be responsible for their own feelings.

Children's Role

The children's role is to notice their feelings, learn the skills they need to manage their feelings and the situations they face, to experiment to find what works for them, and to be active in choosing happiness.

Helping children learn to deal with disappointment not only makes it easier for them to choose happiness, but also helps protect them against some of the costs of emotional illiteracy.

Cost of Emotional Illiteracy

When children do not have the ability to soothe themselves, resolve their problems, and understand others' feelings, they are vulnerable to a host of problems — academic trouble, aggression, alcohol and drug addiction, depression, and eating disorders.

The solution to emotional distress and illiteracy is not for the parent or teacher to make these children's lives emotionally smooth, but to give these children the skills they need to choose happiness and emotional competence.

Where to start?

There are concrete skills you can teach kids. The following are five concepts:

- An emotional vocabulary
- Self-calming tools
- Feelings are different from actions
- Feeling change
- Distinguish between the feeling and the situation.

For More Information

North Seattle Community College is offering a six-session, two-credit class entitled, **Help Kids Deal With Disappointment**. In class you will learn the above concepts and much more. The class, based on the book *Dealing with Disappointment: Helping Kids Cope When Things Don't Go Their Way*, will meet on first and third Wednesday evenings, starting February 2. Cost is \$20. To register, or for more information, call Bob at 529-6029.



What Do You Say After You Gulp?

-- Talking to Kids About Sex & Sexuality --

Marja Brandon is a warm, engaging, humorous speaker who brings with her 20+ years as a sexuality educator of kids pre-K through post-college. She is the founding Head of the Seattle Girls' School, Board member of SMART Girls, Advisory Board Member of ParentMap, a Stanley O. McNaughton Golden Apple Award winner, and parent of four.



Tuesday, January 11, 2005
7:00 p.m. - 8:30 p.m.
Faith Lutheran Church
8208 18th Ave. N.E.

Contact

Editor: Lauren Howell

coop_news@yahoo.com

206.632.1779

NSCC Cooperative Preschool Program

northonline.sccd.ctc.edu/parented

206.527.3783 (NSCC Parent Ed Office)

