

CO-OP COMMUNITY NEWS

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



January 2006

Frequently Asked Questions Enrolling in NSCC Co-ops for 2006-07

If your child is currently in an NSCC co-op program for the 2005-06 school year and you want your currently enrolled child to continue in an NSCC co-op:

Q. How do I enroll my currently enrolled Infant into a Toddler program?

A. As a currently enrolled Infant, your child is eligible for in-house registration at all Toddler programs throughout the NSCC co-op system. Contact the parent coordinator at the school you would like your child to attend and complete a registration application. Most programs require a site tour. On Friday, March 3, you will be notified whether you have received a space assignment in the program or been placed on a waitlist.

Q. How do I enroll my currently enrolled Toddler into a Pre-3s program?

A. As a currently enrolled Toddler, your child is eligible for in-house registration at all Pre-3s programs throughout the NSCC co-op system. Contact the parent coordinator at the school you would like your child to attend and complete a registration application. Most programs require a site tour. Some schools give priority space assignments to alumni (children who have an older sibling who previously attended the program). On Friday, March 3, you will be notified whether you have received a space assignment or been placed on a waitlist.

Q. How do I enroll my currently enrolled Pre-3 into my co-op's on-site 3-5s program?

A. As a currently enrolled Pre-3 student, your child is eligible for in-house registration at the on-site 3-5s program. Contact the parent coordinator for the 3-5s class to complete a registration application. Most programs require a site tour. Some schools give priority space assignments to alumni (children who have an older sibling who previously attended the program). On Friday, March 3, you will be notified whether you have received a space assignment or been placed on a waitlist.

Q. How do I enroll my currently enrolled Pre-3 into a 3-5s program at a different location?

A. As a currently enrolled Pre-3 student, your child is eligible for cross-over registration at all 3-5s programs. Contact the parent coordinator for the 3-5s class you would like your child to attend and complete a registration application. Most programs require a site tour. All programs will request your current co-op information. Some 3-5s programs give priority space assignments to alumni (children who have an older sibling who previously went through the program). On Friday, March 17, you will be notified whether you have received a space assignment or been placed on a waitlist.

Q. How do I re-enroll my first year 3-5 student into his or her second year of the on-site 3-5s program?

Continued on Page 2. . .

2005-2006 Calendar

January

- 9 PAC Meeting
- 14 Elizabeth Crary Siblings Workshop 9:30 - 4:30
- 16 Martin Luther King, Jr. Day (no school)
- 21 Elizabeth Crary Siblings Workshop 9:30 - 4:30

February

- 13 PAC Meeting
- 20-24 Mid-Winter Break (no school)
- 27 - March 2 In-House Registration

March

- 3 PAC Scholarship Deadline
- 13 PAC Meeting
- 13-16 Cross-over Registration
- 25 Open Registration

April

- 10-14 Spring Break (no school)
- 17 PAC Meeting

May

- 22 PAC Meeting
- 26 Last Day of School



FAQ Enrolling NSCC Co-ops

Continued from Page 1

A. As a currently enrolled 3-5 student, your child is eligible for *in-house registration* for the second year at the on-site program. Contact your current 3-5s parent coordinator to complete a registration application.

Q. How do I enroll my currently enrolled 3-5s A.M. (aka 3s program) student into the on-site 3-5s P.M. program (aka 4s program)?

A. As a currently enrolled 3-5 A.M. student, your child is eligible for in-house registration at the on-site 3-5s P.M. program. Contact the parent coordinator for the P.M. class to complete a registration application. Most programs require a site tour. Some programs give priority space assignments to alumni (children who have an older sibling who previously attended the program). On Friday, March 3, you will be notified whether you have received a space assignment or been placed on a waitlist.

Q. How do I enroll my currently enrolled 3-5s student into a 3-5s or 4s program at a different location?

A. As a currently enrolled 3-5s student, your child is eligible for *cross-over registration* at any 3-5s or 4s program in the NSCC co-op system. Contact the parent coordinator for the 3-5s or 4s program you would like your child to attend and complete a registration application. Most programs require a site tour. All schools will request your current program information. Some schools give priority space assignments to alumni (children who have an older sibling who previously attended the class). On Friday, March 17, you will be notified whether you have received a space assignment or been placed on a waitlist.

Q. How do I enroll my student into the Meadowbrook 5s program.

A. Registration in this 5s program is ongoing on a first-come, first-served basis. Contact the parent coordinator for information.

If you have an older child currently in an NSCC co-op for the 2005-06 school year (or an older child who has been through the co-op system in previous years) and you now would like a younger sibling to enter the co-op system for the 2006-07 school year:

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

A. Registration in the Infant program 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 the same Toddler program, you may be eligible for alumni in-house registration. Each school has its own bylaws on this matter. Contact the parent coordinator of the program to determine eligibility. Otherwise, you must go to *open registration*.

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

A. If the older sibling attended the same Pre-3s program, you may be eligible for alumni in-house registration. Each school has its own bylaws on this matter. Contact the parent coordinator of the program to determine eligibility. Otherwise, you must go to *open registration*.

Q. How do I enroll my 3-5 into a 3-5s program?

A. If the older sibling attended the same 3-5s program, you may be eligible for alumni in-house registration. Each school has its own bylaws on this matter. Contact the parent coordinator of the program to determine eligibility. Otherwise, you must go to *open registration*.



Registration Calendar on Page 4

Resolution 2006: Moms Aerobics Class!

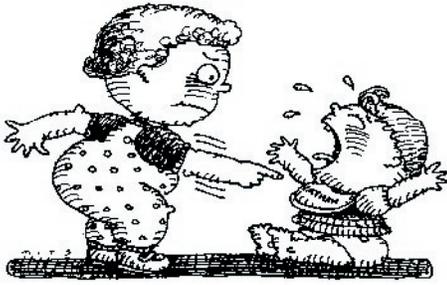
Here is a chance to put your New Year's Resolution into effect—check out "Moms On The Move" aerobics classes. The classes are individually tailored to the needs of pregnant women, new moms, and the rest of us who just want a good workout. Classes include stretching, cardio, and strength training; we often use weights and balls to enhance the workout.

Infants stay with their moms in class, playing on blankets or in exersaucers. Toddlers and preschoolers, meanwhile, are cared for **free of charge (!)** by volunteers who are screened and provided by Swedish Medical Center. The teacher, Verna Reynolds, obviously loves her job and works hard to make everyone both comfortable and motivated.

Classes meet at the Ballard Boys & Girls Club, located at 1767 NW 64th Street in the Ballard neighborhood. If you want more information on classes, contact Verna at 789-3857 or vernab8@hotmail.com.



10 Ways Parents Unknowingly Encourage Quarreling



1. Have unclear rules about toy or clothes ownership. Do toys and games belong to the child they were given to or to the family? Do children have to share toys sometimes and not other times? Who decides when toys and clothes are outgrown and what happens to them?

Children feel angry when rules are unclear or seem different for different children. *Help! The kids Are at It Again* offers ideas for clarifying rules.

2. Disregard children's boundaries. When you pull Heidi's braids even though she doesn't like it, or make Peter kiss Grandma, you teach children they don't need to respect others' personal space or wishes. The children's book, *It's MY Body*, models one way for children to set personal boundaries.

3. Respond more frequently when children quarrel than when they cooperate. Children will do whatever they must to get a parent's attention – even misbehave. When you respond primarily to quarreling, you get more bickering.

One way to teach problem-solving skills is to read the *Children's Problem Solving* series to children. For example, *I Want It* focuses on ways to get a toy truck.

Leave unskilled kids alone to "work things out." Children need to know how to resolve conflicts. Asking unskilled children to solve their

problems often leads to aggressive behavior or practice being incompetent. *Kids Can Cooperate* describes how to teach children to negotiate.

5. Blame children for your feelings. When you blame children for your feelings ("You make me so mad"), children learn to blame each other for their feelings.

Instead, you might say, "I feel angry when I hear so much noise." Further, you can teach children constructive ways to deal with their feelings. For example, the board book *When You're MAD and You Know It* offers eight things kids can do when they're mad.

6. Disregard your children's feelings. Children's tantrums are often frustrating or scary. Parents sometimes deny their child's feelings or try to change them. When parents try to control a child's feelings, he does not learn how to deal with the feelings himself.

Instead, teach children constructive ways to deal with their feelings. For ideas, read the *Dealing With Feelings* books together. Each book offers children a variety of healthy ways to respond to strong feelings.

7. Model arbitrary or punitive ways to solve problems. The "tools" you use when you are upset are the same ones your children will try with each other when they are upset. If you threaten your son when you want him to do something, he will probably threaten his sister when he wants her to do something.

Instead, offer children choices. For example, say to your six-year-old, "Do you want me to help you take a bath or do you want to take a bath alone?" You can get ideas for choices from *Without Spanking or Spoiling*.



8. Ignore family rules when you are tired or stressed. Ignoring the rules, even when you're tired or stressed, tells your child that the rules really don't matter. When you're tired or stressed you can get ideas from *365 Wacky, Wonderful, Ways to Get Your Child to Do What You Want*.

9. Accept "It was an accident." When you accept "It was an accident" without requiring the child to remedy the situation, she learns to be careless. This carelessness leads to conflicts when she borrows from a sibling. An appropriate response would be, "I'm glad you didn't do it on purpose, and how are you going to fix it?" You can read more about "trip words" in *Pick Up Your Socks! and other skills growing children need*.

10. Arrange children's schedule with many activities and transitions. When children's days are highly scheduled, they do not have the time to unwind and relax. They don't have time to think through issues that trouble them. When children are stressed, they are more likely to quarrel.

Books mentioned available from Parenting Press. To order books or a catalog, call 800-992-6657 or 206-364-2900.



Help Kids Deal With Disappointment

Erin is wailing at the top of her lungs – her red balloon popped and she wants another.

Paul lies on the floor sobbing – the pajamas he wants to wear to bed are in the washer, soaking wet.

Alana stomps around the house and pokes fun at her siblings – she didn't get the part of princess in the school play.

Brian is so upset that he didn't get to go out for recess today that he is throwing all his toys on the floor.

Avoid Emotional Meltdowns!

Children need concrete strategies to cope with their feelings. The easiest time for children to learn to calm themselves is between 2 and 30 months, however it is never too late to begin.

- Discover two critical elements kids need to avoid emotional meltdowns.
- Understand why your child doesn't "cool-it" when you acknowledge her feelings.
- Identify six strategies you can teach your child to calm himself.
- Learn ways to keep your cool, when kids lose theirs.
- Find out four ways parents discount children's feelings and what to do instead.

What: A new program for parents designed to help 1-8 year-old children deal with their feelings constructively.

Who: Elizabeth Crary – author and parent educator for over 20 years.

When: Six Wednesdays: 1/18, 2/1, 2/15, 3/1, 3/22, 4/5, 7-9:30 pm.

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

Cost: \$22.00, NSCC tuition for 2 credits

For information; Elizabeth Crary at (206) 367-6425; for info or to register call Bob at (206) 529-6029.

Size limited, pre-registration required.



There are a few openings left in the class Elizabeth Crary is teaching.

Understanding Sibling Conflicts January 21 workshop, 9:30-4:30, cost \$25. If interested call 206-367-6425.



The Puget Sound Network for Compassionate Communication website lists many wonderful opportunities to make our lives more wonderful. Some Seattle offerings are introductions Jan. 20 and Feb. 17. Dec. 13 - 14 there is an NVC dancefloors workshop tying in with our recent movement lecture!

Doug Dolstad is hosting a couples workshop on Vashon Feb. 18th and 19th. What better Valentine's gift than a romantic weekend during which your communication is enhanced! Knowing Doug, it will be a fun time. See www.psncc.org.

Registration Calendar

NSCC Parent Education Program - School Year 2006-07

In-house Registration

In-house registration	Monday, February 27 th to Thursday, March 2 nd
Lottery and/or space assignment notifications	Friday, March 3 rd .
Registration numbers notification to PAC	Monday, March 6 th
Available cross-over space notification to PAC	Friday, March 10 th

Note: There is a one-week break between in-house and cross-over enrollment periods. Registration payment must be received by the coop before the beginning of cross-over registration or the space is forfeit and made available for cross-over registration. Enrollment numbers will be updated on the co-op website prior to beginning of cross-over registration. Depending on registration numbers, PC may also need to submit registration and wait list information to PAC.

Cross-over Registration

Cross-over registration	Monday, March 13 th to Thursday, March 16 th
Lottery and/or space assignment notifications	Friday, March 17 th
Enrollment numbers notification to PAC	Monday, March 20 th
Available open enrollment space notification to PAC	Friday, March 24 th

Note: There is a one-week break between cross-over and open enrollment periods. Registration payment must be received by the coop before the beginning of open registration or the space is forfeit and made available for open registration. Enrollment numbers will be updated on the website prior to beginning of open registration. Depending on registration numbers, PC may also need to submit registration and wait list information to PAC.

Open Registration

Open Registration	Saturday, March 25 th
Enrollment numbers notification to PAC	At the close of open registration

Note: After open registration, co-ops may process space assignments and wait list requests on a first-come first-served basis.

Contact	<p>Editor: Chinda Roach Layout: Kirsten Purdy Email submissions to: pacnewsletter@gmail.com Next deadline: 2/11/06</p>
	<p>NSCC Cooperative Preschool Program northseattlecoops.org 206.527.3783 (NSCC Parent Ed Office)</p>

NSCC Co-op Preschool Openings for 2005-06*				
	Co-op	Openings	Contact	Phone
Toddlers	Northgate	13	Yoon Kang-O'Higgins	729-5918
Pre-3s	Northwest	6	Karla Gore	697-8294
3-5s	Crown Hill AM	2	Angie Kilkenny	789-6165
	Crown Hill PM	2	Jennifer Chamberlin	782-5384
	Sandhurst	5	Katy Ryan	522-3680
	Victory Heights PM	6	Theresa Venice	306-8907
	Wallingford 3-4's	2	Wyly Astley	240-1656
	Wallingford 4-5's	1	Lisa Drake	632-9817
Fives	Meadowbrook	7	Debbie Fields	985-9446
Web Link	To view current listings and for descriptions of each co-op, please go to our web site at: northseattlecoops.org *current as of 11-18-05			