

# CO-OP COMMUNITY NEWS

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



October/November 2006

## HOW ABOUT AN EVENING CO-OP?

BY CHRIS DAVID

NORTH SEATTLE COMMUNITY COLLEGE PARENT EDUCATOR  
AND TEACHER, LATONA 3-5'S COOPERATIVE PRESCHOOL

It's the start of the school year – and preschool year! – again, and we're all looking forward to another year of discovery and learning with our children, other parents, and teachers as we return to our favorite preschool activities and explore new ones, deepen existing friendships and build new ones, find support and new ideas for the difficult job of parenting, and have FUN with our kids!

. . . And if you're wishing that your child's other parent could share this experience, but you've concluded it's impossible because their work responsibilities prevent them from attending a daytime co-op, WAIT: It's not true! North Seattle Community College has three co-ops that meet in the evenings: Northgate Toddlers, Northgate Multi-age, and Meadowbrook Pre-3s.

The Northgate groups meet on Wednesday evenings from 6:30 to 8:30 on the NSCC campus, in beautiful classrooms designed specifically for young children. The Toddler classroom is spacious, recently remodeled and filled with materials perfect for this age group. The Multi-age classroom has child size toilets and low sinks for hand washing. A covered outside play area adjacent to the

classroom is another big plus. The Meadowbrook Pre-3's meet on Tuesday nights and Friday mornings in their own classroom at Nathan Hale High School, right next to the newly renovated Meadowbrook Park.

Evening co-ops are just like their daytime counter parts – parents work in the classroom, playing with the children, and attend parent education discussion groups. The evening co-ops attract parents who work during the day as well as parents who are at home during the day but prefer to come to co-op in the evening when a partner or spouse or babysitter can stay home with siblings of the co-op child. More than one parent has said to me, "I wanted to do a day co-op, but with a baby at home I didn't know how I could handle it. The evening group is just the answer. My spouse stays home with the baby and I get one-on-one time with my older child." Or, as I hear at Meadowbrook, "My partner comes to class with my child on Tuesday night; I have the night free and Friday mornings, too!" Sometimes a couple will enroll their child in two co-ops, with one parent attending during the day and the other attending in the evening, so

## 2006-2007 Calendar

### November

10 Veteran's Day (no school)  
13 PAC Meeting  
23-24 Thanksgiving

### December

2 Parent Coordinator Training  
11 PAC Meeting  
18-Jan 1 Winter Vacation (no school)

### January

8 PAC Meeting  
15 Martin Luther King, Jr. Day  
(no school)

### February

12 PAC Meeting  
19-23 Mid-Winter Break (no school)  
26-March 1 In-house Registration

### March

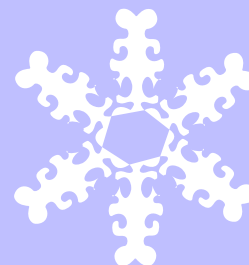
12 PAC Meeting  
12-15 Cross-over Registration  
24 Open Registration

### April

9-13 Spring Break (no school)  
16 PAC Meeting

### May

21 PAC Meeting  
25 Last Day of School



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## How About an Evening Co-op?


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that both parents are able to enjoy co-op with their child and participate in parent education.

Because the Northgate Multi-age Class includes a wide age range, parents can enroll siblings in the class together. Consequently, there is a family feel to the evening groups. The evening groups have a larger number of fathers attending than in the daytime co-ops, which is wonderful not just for the children of those fathers, but for all the children. As a parent educator, it is exciting to see the fathers play and relate with the children. As one Dad said, "This is my time to be with my daughter. I wouldn't give it up." The teacher for the toddler group, commented, "One evening we had mostly dads. We marched to a song, ringing our bells. Here

were scientists, lawyers and construction workers still in their work clothes marching around together, being role models for their children. What a priceless gift!"

Parents sometimes wonder, "Isn't 6:30 – 8:30 too late for toddlers and preschoolers?" This question, through frequently asked, is answered by experience: parents discover that their children really look forward to co-op, and are just as involved and lively as they are during daytime co-ops. As 8:30 approaches, the teachers slow down the pace of the activity, with stories and song circle time, so that by the end of class your child is quieted down and ready for bed. Parents often bring their children's PJs or sleepers to class, and put them on for the drive home. Some even brush their children's teeth before leaving!

So if you hear a parent say, "I would love to do co-op with my child, but I just don't have the time," you can respond: "Have you heard about the three evening co-ops offered through North Seattle Community College? It just may be the right co-op for you." And if your spouse or partner is feeling a little envious of the experience you and your child are having at a daytime co-op, think about enrolling your child in an evening group as well. You'll enjoy the time at home in the evening alone with your baby or older child . . . or just alone! 

Northgate multi-age pre-school co-op has openings. The class meets Wednesdays at 6:30-8:30 pm on the NSCC campus. It is a great class in a fun classroom. Since it is a night class students can also belong to a day co-op. Please contact Jody Wirtz at JodyKW@hotmail.com or 789-7077.

## TANTRUMS!!

BETH GOSS, NORTH SEATTLE COMMUNITY COLLEGE

Think about a time when you got really, really angry! Did you yell? Act nasty? Say things you probably shouldn't have? Maybe even stomped around or threw something? For adults, seriously losing our cool can be a scary feeling. Most of us know how to calm ourselves down by taking a walk, talking with someone, or having some quiet time but we can't always avoid the outburst in the first place. It's taken many of us 30, 40, or sometimes 50 years to learn control and learn how to self soothe. Imagine then, how a toddler feels when she's overcome with emotion and hasn't yet learned how to calm herself down.

Temper tantrums, or the near complete loss of emotional control, can be an unavoidable part of life for many toddlers (and their families!). Being aware of your child's triggers and remembering what to do (and not do) will go a long way in getting you all through the day.

### TRIGGERS

Many toddlers tend to lose control if they are hungry, tired, bored, or over-stimulated. Be prepared! Bring that bag of snacks to munch on while you're running errands, be aware of possible over-stimulating environments, don't make "just one more stop" right before meal-time or nap-time, or better yet, run

your errands ALONE. That seems like a win/win situation, doesn't it?

### THINGS YOU THINK SHOULD WORK, BUT ACTUALLY DON'T

We don't treat emotional melt downs in the same way that we treat regular old anger and frustration. Remember, tantrums indicate a loss of control complete with screaming, crying and general flailing around. When you've determined that this is an actual tantrum you should **avoid**:

- Trying to stop the tantrum
- Trying to talk it out while the tantrum is going on

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**Tantrums!!***Continued from Page 2*

- Trying to set limits during the tantrum
- Paying attention to the tantrum
- Revisiting the tantrum with your child later in the day

**SO WHAT SHOULD I DO?**

There are a few different things you can try when your child flops down on the floor screaming in the middle of the kitchen:

- Ignore it. Attention seems to provide positive reinforcement for many children.
- Let him know that you'll be there for him when he calms down and then go about your business. If necessary, move him to a soft area where he won't harm himself.
- Comfort her. Some children calm more quickly if we bundle them up in our arms and tell them they are safe. You will soon be able to determine which method to attempt first.
- Do both. Many children do well when we let them have their tantrum undisturbed and unnoticed (hmm) and then move in for a hug when they seem to have control again.

Remember, tantrums are usually scary for the toddler and upsetting for you. Try to remain as calm as possible and know that this very normal behavior will pass. 

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**Create Radiant Relationships with Your Children!**

Parenting coach and Nonviolent Communication trainer Holly Eckert has the concrete tools you need to live the family life of your dreams.

- Connect with our common dreams within a group of parents
- Uncover your authentic parenting self
- Access action from a place of love
- Recenter yourself, transforming your own frustrations, anger, fear and doubt to clarity and trust
- Show leadership without bullying or being bullied
- Share your values with your children, in a way that gets you heard
- Be honest without blaming or shaming
- Learn to "read between the lines," accessing the underlying factors in your children's behavior
- Make your intent to understand visible to your children
- Create "Yippee-Yippee" solutions
- And much more!

5-Week Telecourse on Friday mornings (9-10:30), begins Nov. 10.  
 Parenting Weekend, Dec. 1-3 in Seattle.

For details and registration, visit [www.hollyeckert.com](http://www.hollyeckert.com).

**NSCC Co-op Preschool Openings for 2006-07\***

	Co-op	Contact	Phone
Toddlers	Northgate		
	Wed evening	Eileen Landay	525-1235
Pre-3s	Ingraham	Piper Salogga	528-1580
	Meadowbrook	Judy Dauphinee <a href="mailto:meadowbrookpre3@gmail.com">meadowbrookpre3@gmail.com</a>	
	Northwest	Jeanne McGrady	706-5464
3-5s	Victory Heights	Cindy Ponko	306-9830
	Broadview	Dana Knox	362-1549
	Victory Heights - PM 4-5s	Lynne Crowley	783-6027
Multi-Age	Wallingford - 4-5's	Wyly Astley	240-1656
	Northgate Multi-Age	Jody Wirtz	789-7077

**Web Link** To view current listings and for descriptions of each co-op, please go to our web site at: [northseattlecoops.org](http://northseattlecoops.org)  
 \*current as of 10-31-06