



COMMUNITY
NEWS

APRIL
2012



Please submit photos for future newsletters
to: aschlameus@gmail.com

Chores - Avoiding the Wars

by Marcia Treno in the Parenting Education Newsletter from March, 2001,
adapted by Betty Williams

When children are actively participating in useful household chores, they feel more connected to their family and have a higher self-worth. It is important to have children perform tasks that are real and meaningful. The chores that they are required to perform should be essential rather than "made-up" jobs. If parents make up tasks for the child, the child will not feel valued.

Children begin to ask to help as early as age two, but parents are often reluctant to engage their help. By the time a parent is ready for the children to help the child has heard for two-three years "NO" - so they may no longer be interested in helping. The right time to start is when the child is asking to help.

It is important for parents to teach and guide children to learn how to do a job and then encourage the attempt and effort. Children need to learn the basic skills required to perform jobs. A request of "clean your room" may mean one thing to the parent and

another thing to the child. For young children, breaking the task down to several parts, and using visual aids such as drawings or photos to show them what is needed can make a big difference in their ability to understand and follow through without constant supervision. For example, cleaning your room can include: Make your bed, dirty clothes in hamper, toys put away, hang up clean clothes, empty trash baskets. The specific expectations you set up must of course be geared towards your child's age and developmental abilities.

Parents are sometimes prone to extending encouragement for the job being accomplished but then apply a hook at the end. "You made your bed...next time straighten the bedspread this way." "You cleaned up the toys...please do this every time." These statements actually undermine the child's cooperation. Encourage the attempt and the effort and teach additional skills at another time.

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Note: Many of our co-op classes have openings for the fall, so please check the website for more information as enrollment is now first come first served!



...Chores - Avoiding the Wars (continued from Page 1)

It is important for parents to know that all children need a long time to fully master and perform chores without assistance or reminding. In her book "Pick Up Your Socks...and other skills growing children need," Elizabeth Crary indicates that for tasks such as making the bed, a child can begin this with assistance at age 4-5, but it will take until age 14 before the child masters this skill and performs the task without reminders. (Or perhaps longer for some of us!)

(This book is a great resource for providing guidelines for what to expect at different ages and practical strategies for providing appropriate structure in raising responsible children. I especially like the list referred to here in which a variety of tasks are listed with age ranges of when children can typically begin to do them with help, then supervision, and independently. Tasks range from such items as dressing self, brushing teeth, wiping spills, cleaning up belongings to vacuuming & cooking for older children.)

Often during the discussion of chores and responsibilities, parents will wish to discuss the issue of allowances and paying for work done by their child. Money management and allowances are different than incentives to get children to perform required family tasks. Avoid paying for responsibilities that each family member has to perform just for being a part of the family.

Some guidelines to consider:

1. Involve children in planning and decision making.
2. Consistency of the routine is important for a child to assimilate a new skill. To establish a new habit, it takes a minimum of 21 days.
3. Children learn from what is really happening and what is modeled by the adults in their lives. If you want them to make their beds, make sure that you make yours.
4. Pride of accomplishment is the sustaining force behind responsibility. Encourage your child, but avoid external rewards.
5. Children should have some responsibilities that are for the good of the entire family and not just chores directly related to themselves.
6. Instill a feeling of teamwork and partnership. Acknowledge your own responsibilities and your child's responsible behavior.
7. Consider alternating tasks occasionally. By being allowed choices children are learning decision making skills and they are then more committed to the tasks that they choose.
8. Accept that mistakes will happen and jobs will be forgotten. Remind and assist so as to gain cooperation as opposed to nagging the child.

When parents fully realize the importance of teaching children to be responsible for themselves and their part of the family, then they are beginning to teach children to be responsible citizens and family members.

References/Resources:

- Pick Up Your Socks by Elizabeth Crary
- Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable People by J. Stephen Glenn and Jane Nelson
- Didn't I Tell You to Take Out the Trash: Techniques for Getting Kids to Do Chores Without Hassles by Foster Cline and Jim Fay (audio tape)

CALENDAR

April

- 9 PAC Meeting
- 13 Art Escape: Fundraiser at the SAM Gallery Downtown
- 16-20 Spring Break (no school)

May

- 21 **PAC Meeting **NOTE: THIRD Monday of the month vs. traditional 2nd Monday of the month**
- 28 Memorial Day (no school)

June

- 7 Spring New Officers Training, 7-9pm, NSCC Instruction Building Rm. 3330
- 20 Last day for SPS, co-op classes end earlier, check with your particular class schedule

September

- 7 Fall Officers Training in the morning at NSCC

NSCC Coop is now on Facebook!

Please visit our page at www.facebook.com/coops.northseattle, and "Like" our page to get updates on PAC events, fundraisers, and other useful information.

Co-op Teacher Job Openings for the Fall, 2012:

Broadview 3-5's seeks a nurturing, motivated and creative teacher.

Class meets Mondays and Wednesdays, 9:30 AM-12 and Thursdays, 12:00 PM to 2:30 PM

One additional 2 1/2 hour afternoon session for Pre-K program (day and time TBD).

If interested, please contact Phaleen Hanson at phaleen@gmail.com

University Ravenna 3-5's is looking for an enthusiastic teacher.

Class meets Monday, Wednesday and Thursday morning from 9:30-12 and Tuesday afternoon from 12:30-2:45. Option to teach extended day program one day a week for an additional 1 1/2 hours.

If interested, please contact Amy Arnold at amy@arnold.net

Latona 3-5's is looking for a a compassionate, community-oriented teacher who is comfortable working with children and parents in a cooperative classroom setting.

Class meets Monday, Wednesday and Thursday morning from 9:30-11:45am and Tuesdays from 12-3pm for Pre-K.

If interested, please contact Kristi Stafford at Latona3to5teacherjob@gmail.com

Book Club

The Spring Quarter Diversity Advisory Committee Campus Book Read book is **The Lone Ranger and Tonto Fistfight in Heaven** by Sherman Alexie. The Lone Ranger and Tonto Fistfight in Heaven is a collection of short stories about the lives of Native Americans on the Spokane Indian Reservation. (*Description of book below)

FREE BOOKS are available, while supply lasts, to participants who attend at least one of the community discussion sessions on a first come, first serve basis.

Pick up your book and read it over the break. Please note the dates and times for discussions this spring.

Book Read Discussions(North Star Dining Room, College Center)

Tuesday, May 1, 2012 from 12:00 - 1:30 pm

Wednesday, May 9, 2012 from 4:30 - 6:00 pm

Monday, May 21, 2012 from 2:00 - 3:30 pm

Contact Betty Williams at betty.williams@seattlecolleges.edu if you are interested in signing up to participate.

The library guide will be coming out early Spring quarter.





Art Escape: A Fundraiser for PAC Scholarships

Friday, April 13th from 6:30-9 pm, at the SAM Rental Sales Gallery, 1220 3rd AVE, Seattle

Join us for a fun-filled night of wine, Marination Station hors d'oeuvres, and art at the SAM Rental Sales Gallery and Seattle Art Museum! After wine, appetizers and a lecture by Northwest artist Kathy Liao at the Sales Gallery, we'll head over to Seattle Art Museum, for a group tour of Gauguin & Polynesia, the museum's fabulous new exhibit.

Tickets are \$50 per person. To reserve your ticket(s) please RSVP to the evite that was sent to you via your PAC Rep. If you didn't receive the evite invitation, please email Karina Kunins at karinagriffith@hotmail.com

ASKing Saves Kids

Did you know that 40 percent of U.S. homes with children contain a gun? And of those homes, 43 percent of owners leave the guns unlocked and loaded? Yet almost no one asks if there's a gun in the homes of friends or neighbors where their kids play.

Every year thousands of children are killed or injured in accidents involving adults' guns. Just talking to your kids about the dangers of firearms is not enough. Kids are naturally curious. They are also naturally fascinated with guns. That means, if there is a gun accessible, there is a good chance kids will find it and play with it. So before you send your child to someone's house (playmate, relative, neighbor), ASK if they have a gun in the home. If there is not a gun in the home...great! That's one less thing you have to worry about. If there is a gun, make sure that the gun is stored unloaded and locked, ideally in a gun safe, with ammunition locked separately. Hiding guns is not enough. There are countless tragic stories of kids finding guns that parents thought were well hidden. If you have any doubts about the safety of someone's home, you can invite the children to play at your house.

ASK stands for "Asking Saves Kids." ASK is a national non-profit campaign designed to educate parents on the importance of asking if there are guns in the homes where their children play. The goal of the ASK Campaign is simple - to save children's lives by preventing accidents with guns left accessible in the home. This is a very real threat to children and parents need to make informed decisions about where their kids play. For more information: http://www.cpyv.org/?page_id=74 .

Taking Advantage of Student Discounts

by: Nina McKay, PR for PAC NSCC

Families in NSCC Coop will have at least one parent registered as a student of the community college. And while our credits are few, you are still considered a student. By completing a couple steps, you can start taking advantage of all the student discounts around town and on the web.

Two items retailers use to confirm that you are indeed a student are an email address ending in ".edu", and a physical student ID card with photo. Here are instructions on how to get both:

How to get a "@northseattle.edu" email address:

1. Find your student ID number.
2. Get a "NetID" through the NSCC Website. Go to northseattle.edu and click on the "Login" button under the search button on the top, right corner of the home page. Click on the "Set one up now!" link and follow directions for getting your NetID. (Remember your password or you will have to go to the IT center on campus to retrieve it!)
3. Once you've set up a NetID name, your NSCC student email address is "[NetID]@northseattle.edu". You can access this email through the NSCC website.
4. You may want to consider forwarding all your NSCC email to your regular email so you don't have to check it separately. This is important because if you sign up for a student offer, like free Amazon Prime, they will want to confirm your student account by sending you an email.

How to get your NSCC student ID card:

1. Visit the cashier's office at the NSCC campus (Room 2455D, College Center, 2nd floor, open M-F 7:30am-4:30pm [206-934-3627](tel:206-934-3627)).
 2. Pay a one-time charge of \$5.00.
 3. You will be directed to the Student ID desk where they will take your picture and print your ID card.
- Student discount programs from retailers are always changing. Make it a habit to ask. Here are some retailers who have had student discounts in the past:

Apple – in-store or academic store online.

AcademicSuperstore.com – Adobe, Microsoft, Final Draft, and more.

HP Academy Store for Hewlett-Packard products.

Amazon Prime – get free Two-Day shipping. If you are already a Prime member, they will credit the \$80 fee to your account.

Amtrak

J. Crew, Crewcuts, Club Monaco, Madewell, Ann Taylor Loft, Banana Republic, Eddie Bauer, The Limited, Urban Outfitters (on select dates only).

Movie theaters, theater performances, museums, sporting events, golf courses, other entertainment tickets.



School Enrollment Update

Open Enrollment for the Seattle Public School district's 2012-13 school year is closed.

Assignment information is due April 16th via the SPS website or [206-252-0212](tel:206-252-0212).

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NSCC Cooperative Preschool
Program

206-527-3783

(NSCC Parent Ed Office)

www.northseattlecoops.org

UNIVERSITY of WASHINGTON



DISTINGUISHED LECTURE SERIES

QUALITY TEACHING & LEARNING [for] YOUNG CHILDREN

SAVE THE DATE

KANE HALL, UNIVERSITY OF WASHINGTON, SEATTLE CAMPUS
7:00 - 9:00 P.M.

Join us for this exciting lecture series where nationally recognized early childhood researchers and leaders share their expertise and passion. This event is co-sponsored by the College of Education and the National Center on Quality Teaching and Learning. You won't want to miss the chance to learn the latest research and innovative practice in early learning. A question and answer session will follow each lecture.



FREE & OPEN TO THE PUBLIC

For more information, please contact us at:
NCQTL@UW.EDU or 877-731-0764

LAURA JUSTICE *The Ohio State University*
Early Language and Literacy
April 11, 2012

DEBORAH LEONG *Metropolitan State College of Denver*
Play and Development
April 25, 2012 (7:30 - 9:30 p.m.)

DAVID DICKINSON *Vanderbilt University*
Literacy
May 2, 2012

HIROKAZU YOSHIKAWA *Harvard University*
Diversity and Immigration
May 8, 2012

DEBORAH STIPEK *Stanford University*
Approaches to Learning
May 9, 2012

LINDA ESPINOSA *University of Missouri*
Dual Language
May 30, 2012

DOUG CLEMENTS *SUNY Buffalo*
Early Mathematics
June 6, 2012



THE NATIONAL CENTER ON
Quality Teaching
and Learning

This document was prepared under Grant #90HC0002 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning.

MARCH 2012 V.2

The Parent Advisory Council (PAC) of the North Seattle Community College Cooperative Preschools presents a workshop for cooking moms and dads:

Make-Ahead Cooking Parties

Everyone has felt the 5 'o-clock dinner panic. *Is it frozen pizza or drive-thru?*

The **Make-Ahead Mamas** are a group of crazy-busy Seattle moms who've found a better way to put healthy, affordable, stress-free family dinners together on even the busiest of days--with Make-Ahead Cooking Parties (or "productive" parent's nights out) for moms and dads!

Be sure to make this fun lecture as they breakdown the process step-by-step, explain the "roles," share recipes, and help each parent establish connections in order to help foster their own cooking groups.

Please bring a non-perishable food item for the church food-drive!

Thursday, May 3, 2012
7:00-8:30 PM
Faith Lutheran Church
8208 18th Ave. NE, Seattle



The **Make-Ahead Mamas** are 8 busy women with 18 kids among us. We get together every 8 weeks to prepare 8-10 healthy, freezable and delicious meals for an average of \$10 per main dish. We're working on helping other groups do the same! More info at www.facebook.com/makeaheadmamas

This event is free and open to the public.

<http://coops.northseattle.edu/>