

Stepping
Stones
Preschool
Extravaganza
page 13



EARLY
CHILDHOOD
FAMILY
EDUCATION
WINTER 2020

*Classes for parents and
their infants, toddlers
and preschoolers*

A Community Education program of
Shakopee Public Schools
www.shakopee.k12.mn.us/cfc or 952.496.5013



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Age 3? Time to Screen!
3 años? Hora de evaluar!

FACT!
Early Childhood Screening is a process that supports children being ready for kindergarten.

HECHO!
La evaluación de niños a la edad temprana para prescolar, es un proceso que apoya la preparación para kindergarten.

DID YOU KNOW?
It is best for your child to be screened at age 3.

¿Sabías?
Lo mejor para su hijo/hija es sea evaluado a los 3 años.

Screening Information in Scott County
Información de detección en el condado de Scott

To schedule your free appointment see below
Para programar su cita gratis revisa lo de abajo:

Shakopee
952-496-3051
www.shakopee.k12.mn.us

Prior Lake - Savage
952-266-0929
www.priorlake-savage.k12.mn.us

Jordan
952-492-3233
www.jordan.k12.mn.us

Belle Plaine
952-278-2454
www.belleplaine.k12.mn.us

Burnsville - Eagan - Savage
952-292-8100
www.lsd191.org

Lakeville
952-232-3006
www.lsd196.org

New Prague
952-758-1674
www.npschools.org

Have fun and boost your child's learning!

Sign up for free

Think Small ParentPowered TEXTS

Each week, you'll receive three text messages of fun facts, and easy tips on how increase your child's motor skills, improve language and health development, to help get them ready for school.

| | Monday FACT | Wednesday TIP | Friday GROWTH |
|---|--|---|---|
| 1 | Preschool is when many children begin learning how to write letters. Kids can get ready for this big step by making letters with everyday objects. | During snack time, have a letter building party. Can your child make a T, X, L & N out of snacks like cheerios? What about curvy letters like S? | Keep making letters to prepare your child for kindergarten! Before dinner, try using toothpicks, tinfoil or straws to make all of the letters in your child's name. |
| 2 | Understanding how others feel is essential for forming friendships. You can help your child develop this skill by talking about other people's emotions. | As you read a bedtime book, pause when a character is feeling sad or scared. Ask: How is s/he feeling? How can you tell? Have you ever felt that way? | Keep talking about how others feel! Now when you read about a character who feels sad or scared, ask: What would you do to help him/her feel better? |

Follow instructions below to start receiving texts (one child per number)

English
Text SC to 70138

Español
Envíe un mensaje de texto con el código SC ESP a 70138

Somali
U qor/text SC SOM 70138

Learn more at ThinkSmall.org/texts
 @ThinkSmallEarlyLearning
 @ThinkSmallMN #ThinkSmallTexts

Questions? Contact Diana Neidecker: 651-641-3555 (ext. 555) or dneidecker@thinksmall.org

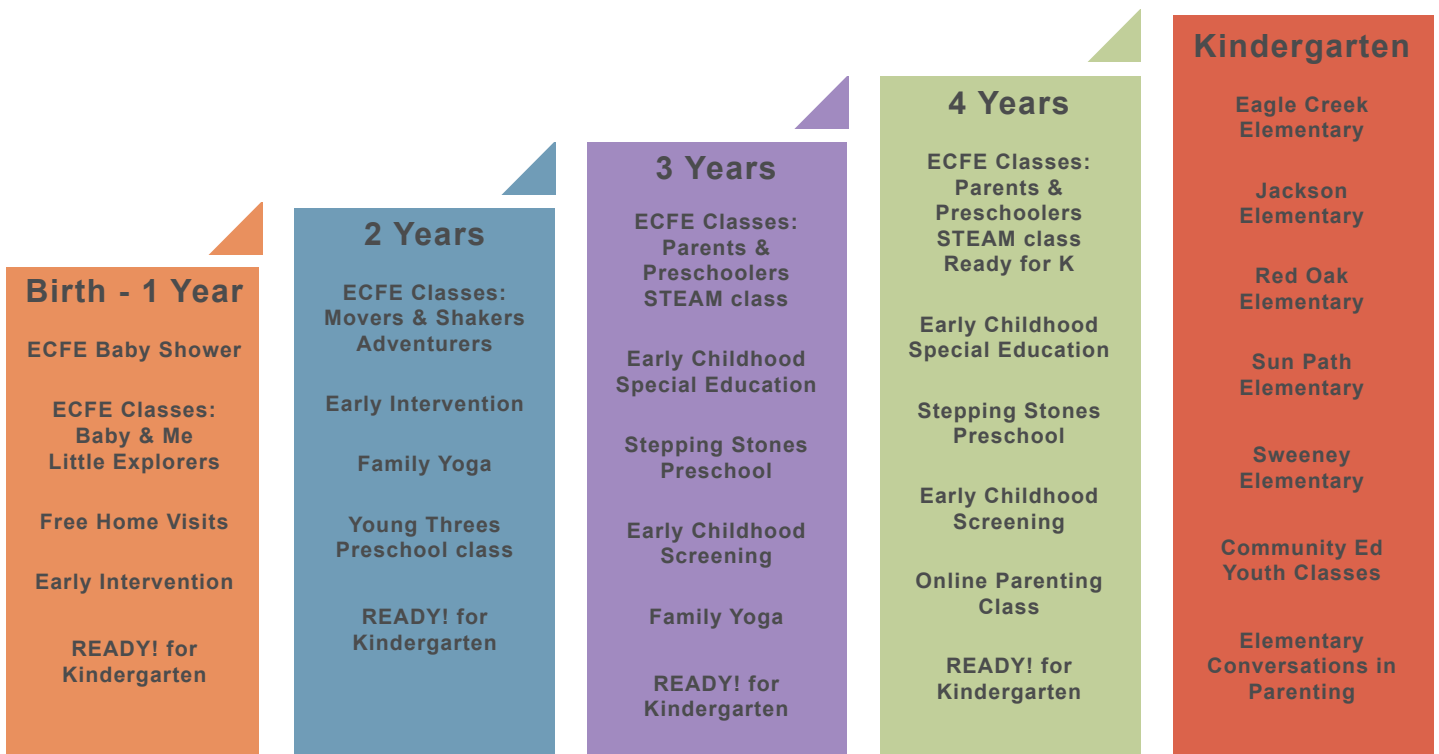
Terms of Use and Privacy Policy: Your information will never be shared or sold. By signing up for ThinkSmall ParentPowered Texts (the "Program"), you agree to (1) the ParentPowered PBC Terms of Use available at: www.parentpowered.com/terms_and_privacy_policy, and (2) receive age-appropriate ParentPowered Texts (one message per week) from 70138. By signing up, you confirm that you want Parent Powered to send you information, via text or by other means, which involves Parent Powered contacting third parties to send you the text and phone number you provided. When there is absolutely no cost for sending, this is message may vary. You can cancel your receipt of Think Small ParentPowered Texts text messages anytime by texting STOP to 70138. For help with ThinkSmall ParentPowered Texts text STOP to 70138 or email at stop@parentpowered.com.

Early Childhood Family Education

Kindergarten! ... here I come!



We support you in your amazing role as your child's first teacher. Together we support children to be ready for school and life.



*Check out our amazing classes in the pages that follow for young children and their parents at the Central Family Center Early Childhood site located at:
505 Holmes Street South
Shakopee, MN 55379*

Early Childhood Family Education

*W*elcome to Shakopee Public Schools Early Childhood Programs

We know that parents want their children to be happy, healthy and thrive in school and life. All of our early childhood classes provide the foundational experiences that promote future school and life success.

As parents, you are your child's first and most important teacher. At Shakopee ECFE we provide opportunities for parents to connect, share experiences, and create a sense of belonging. ECFE offers children a place to socialize and play with a purpose and activities that build knowledge.

ECFE offers parents an invitation to rich discussions; many different voices coming together with the same goal - to explore what parenting means. Shakopee Public Schools values and welcomes ALL families in our community.

Kim Lattner

Shakopee Public Schools
ECFE Coordinator

All ECFE Classes include:

Parent-Child Time



This special block of time is set aside during class so you can focus on your child's development and relationship. The environment is designed to provide developmentally-appropriate activities for you and your child to enjoy.

Three types of ECFE classes are available to families.

Non-Separating Classes

Parents and children stay together in the classroom for the entire length of the class. A licensed parent educator leads discussion within the child's classroom.

Gradual-Separating Classes

Parents will gradually work toward parent sessions in a parent education room.

Separating Classes

Following parent/child interaction time, parents meet in a separate classroom with a licensed parent educator for parent discussion.

Child Time



Parent Discussion



ECFE's goal is to support and strengthen families. The parent educator works with the parents to create discussions that fit the needs of the group. Each group member is important in the learning process. Each parent brings information and insight based on past and present experiences. From these options parents can build parenting skills that fit for their family.

ECFE REGISTRATION PROCESS

All registrations will be processed on a first-come, first-served basis.

If your child qualifies for special services, please reach out to your case manager for placement.

Registration opens Monday, December 16th, 2019.

Day Classes (non-separation class)

Classes for parents & babies birth to 13 months

Life with a baby can be amazing and challenging. Take time to celebrate the joy of your baby in these relaxing and informative classes. You and your baby will grow together and develop a precious connection. Join anytime! *Parents remain in the same room for parent discussion. Sibling care available Monday through Friday with additional fee. Registration is required for both.*

All class codes beginning with A are yearlong (28 weeks) and B (14 weeks)



Baby and Me

The questions never end during this amazing time of your baby's development! This is the perfect way to meet other parents, learn from others, engage with your child and discover what is right for you and your family when it comes to all those big questions.

0-6 months as of Jan 1, 2020

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|---------------|------------|-----------|
| WB20A | T | 1:00-2:15pm | 14 | D |
| WB20B | W | 10:30-11:45am | 14 | D |

Little Explorers

This class offers the perfect opportunity to meet other parents, learn from others, and discover what is right for you and your family with the guidance of a parent educator and research-based information. Enjoy playing in a room set up for exploring with your crawler and walker!

7-13 months as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|---------------|------------|-----------|
| WLE20A | M | 10:45am-Noon | 14 | B |
| WLE20B | T | 9:00-10:15am | 14 | B |
| WLE20C* | S | 10:30-11:45am | 6 | C |

*Meets Feb 8th - Mar 14th

7-13 months as of Jan 1, 2020

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|-----------|------------|-----------|
| WLE20D* | S | 9-10:30am | 6 | C |

*Meets Feb 8th - Mar 14th

IT'S A BABY SHOWER!

For parents and infants birth-8 months from the shower date

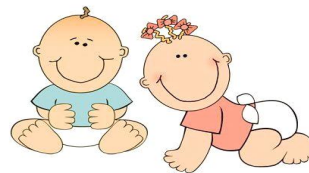
Join us in celebrating the birth of your new baby. Meet other new parents, enjoy fun activities together and receive a FREE baby bag full of fun items for you and baby. No care for older siblings.

Time: 10:00 - 11:15 am

Dates: January 4, 2020
March 21, 2020

Location: Central Family Center
505 Holmes Street South
Shakopee, MN 55379

RSVP to Kim at klattern@shakopee.k12.mn.us

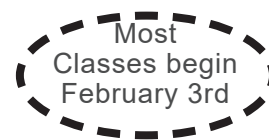


Day Classes (parent/child separating classes)

Classes for parents & children one to four years

The classroom activities have been designed to enhance your child's natural curiosity about the world and give them tools to be successful. The curriculum is rich in literacy, math, science, social and emotional development and creative arts. As a parent, you will be able to take new ideas from your child's classroom and parent discussion and apply at home. *Sibling care is available Monday through Friday for an additional fee. Registration is required.*

All class fee scales marked A are yearlong (28 weeks) and B (14 weeks)



Movers & Shakers

Toddlers grow, change and try new things at a rapid pace. Join other parents as you explore in a creative learning environment that inspires imagination and confidence. Learn songs, games, stories and activities to extend your child's learning at home. Parent discussion time will explore what is behind your toddler's development and how it influences sleep, nutrition, friendship and much more. *This is a gradual separation class.*

Adventurers

Your two year old is using new words, finding out how things work and learning how to play with other children. Channel their energy in positive ways! Enjoy this exciting time with your child in class with other parents by laughing and learning together. Each week, the licensed parent educator will lead discussions on topics you are most interested in, such as sharing, routines, tantrums, toilet learning, child development and self-esteem. *Parents separate for parent discussion.*

Navigators

Young two and three year olds are becoming independent, social and imaginative thinkers. Parents will experience time for discussion with other parents to explore their "evolving" preschooler and strategies to support their child's growth and development.

Parents and Preschoolers

The world of your three and four year old is expanding. Play and learn together through parent/child activities, circle time, music, stories and parent discussion. There is a new adventure each week. Boost your child's development through purposeful play and your parenting skills with helpful discussions about behavior, development, challenges and more. *Parents separate for parent discussion.*

14-23 months as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|--------------|------------|-----------|
| WMS20B | M | 9:00-10:30am | 14 | B |

2 years as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|-----------------|------------|-----------|
| AA19A | Th | 9:00-10:30am | 28 | A |
| WA20A | W | 10:45am-12:15pm | 14 | B |
| WA10B | Th | 10:45am-12:15pm | 14 | B |

2.5-3.5 years as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|--------------|------------|-----------|
| AN19A | W | 9:00-10:30am | 28 | A |

3-4 years as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|--------------|------------|-----------|
| APP19A* | F | 9:00-10:30am | 28 | A |

*This class starts January 10th, 2020

Night Classes - Night Owls

Classes for parents & children birth to four years

Night Owls is a great way to reconnect with your child after a long day. Join other families for fun activities, followed by an parent educator-led discussion. Conversation topics are generated and developed by parents. *Sibling care is available for an additional fee. Registration is required for both.*

All class fee scales marked B (14 weeks)

Movers and Shakers

Enjoy “playing to learn” with your toddler as you sing songs, read books, get your fingers into art and more! You will also meet other parents and a parent educator for parenting discussion. *This is a gradual separation class.*

14-23 months as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|-------------|------------|-----------|
| WMS20C | T | 6:00-7:30pm | 14 | B |

Parent and Young Preschoolers

The world of your two and three year old is expanding. Play and learn together through parent/child activities, circle time, music, stories and parent discussion. There is a new adventure each week. Boost your child’s development through purposeful play and your parenting skills with helpful discussions about behavior, development, challenges and more. *Parents separate for parent discussion.*

2-3 years as of Sept 1, 2019

| Course Code | Day | Time | # of Weeks | Fee Scale |
|-------------|-----|-------------|------------|-----------|
| WPP20B | M | 6:00-7:30pm | 14 | B |

Most
Classes begin
February 3rd



READY! for Kindergarten®



Facts about Birth to Age 5 Learning

- From birth to age 5, a child learns at a speed unmatched the rest of his or her life. Those early learning experiences influence success in school and beyond.
- Parents are a child’s first and most influential teachers.
- Waiting until preschool limits a child’s potential.
- Students who start kindergarten behind form the largest group of dropouts.

About the Program

READY! for Kindergarten provides workshops and take-home materials and tools, to inspire and empower parents and caregivers to help babies and young children develop strong brain connections that determine how they will think, learn and grow.

Parents and caregivers attend a series of workshops each year, based on their child’s age. They learn new skills and helpful tips to nurture development in ways that foster academic skills and personal behaviors to boost children’s motivation, perseverance and engagement in learning.

The READY! for Kindergarten program provides targets (age-level learning goals), training (ways to “play with a purpose”), and tools (take-home materials and toys) to make learning at home fun, easy and effective. **Registration is required for this parent only class.**

Class Fee per Session: Fee C

SESSION 2

| | | | |
|----------------|-----|--------|----------|
| 4yr: WRFK20-4 | Mon | Jan 6 | 6-7:30pm |
| 3yr: WRFK20-3 | Tue | Jan 7 | 6-7:30pm |
| Baby: WRFK20-0 | Mon | Jan 13 | 6-7:30pm |
| 1yr: WRFK20-1 | Tue | Jan 14 | 6-7:30pm |
| 2yr: WRFK20-2 | Wed | Jan 15 | 6-7:30pm |

SESSION 3

| | | | |
|----------------|-----|--------|----------|
| Baby: SRFK20-0 | Sat | Apr 4 | 6-7:30pm |
| 4yr: SRFK20-4 | Mon | Apr 6 | 6-7:30pm |
| 3yr: SRFK20-3 | Mon | Apr 6 | 6-7:30pm |
| 1yr: SRFK20-1 | Mon | Apr 13 | 6-7:30pm |
| 2yr: SRFK20-2 | Mon | Apr 20 | 6-7:30pm |

Each session includes a parent information binder and toys to take home, valued at \$60.



ECFE Registration Information

Selecting Classes

NEW!!!! To ensure that state identification numbers are correctly assigned to children enrolled in ECFE classes, **we ask that you bring a photo-copy of your child's birth certificate to your first class.**

- Choose a class based on your child's exact age as of September 1, 2019, *unless otherwise specified.*
- Classes are designed to be developmentally-appropriate. Choosing an incorrect aged class may result in your child not getting into a class and missed opportunities.
- Payment is required at time of registration.
- Families registering for a 28 week class will make two payments. First on the date of registration, second on February 1, 2020.

Registrations are first-come, first-served and begin December 16th.

ECFE

Cancellation policy

If the class is filled

You will receive a full refund of the class fee.

If the class is canceled

You will receive a full refund of the class fee.

If you cancel your registration

100% of the class fee will be refunded if you cancel one week before the class starts.

75% of the class fee will be refunded if you cancel before the 2nd week of class.

50% of the class fee will be refunded if you cancel before the 4th week of class.

No refund is given after the 4th week of classes.

Four easy ways to register!

1. ONLINE: <https://isd720.cr3.rschooltoday.com/public/home>

We offer convenient, secure, 24-hour registration using your VISA, MasterCard or Discover Card. Remember your password for future registrations.

2. FAX: 952.496.5074

3. IN PERSON

Complete a separate ECFE registration form and payment for each class and bring it to the District Office, located at 1200 Town Square, Shakopee, MN 55379.

4. MAIL

Shakopee Community Education
1200 Town Square
Shakopee, MN 55379

Payment must be made at registration; credit card, cash and checks are accepted. Every effort is made to register you in your requested choice, as space is available. If you supply your email address, you will receive an email confirmation if you are enrolled in the class.

You may register for classes anytime after initial registration dates.

*No family will be denied the opportunity to participate in an ECFE class due to their inability to pay. Please contact Kim at klattern@shakopee.k12.mn.us or 952-496-5033 for details.

ECFE Fee Scale

| Yearly Gross Income | Class | | | | Sibling Care | |
|-------------------------------------|-------|-------|-------|-------|--------------|-------|
| | FEE A | FEE B | FEE C | FEE D | FEE A | FEE B |
| Over \$130,00 | \$390 | \$195 | \$40 | FREE | \$200 | \$100 |
| \$100-129,999 | \$360 | \$180 | \$40 | FREE | \$170 | \$85 |
| \$80-99,999 | \$330 | \$165 | \$30 | FREE | \$140 | \$70 |
| \$55-79,999 | \$280 | \$140 | \$30 | FREE | \$110 | \$55 |
| \$40-54,999 | \$250 | \$125 | \$20 | FREE | \$80 | \$40 |
| \$30-39,999 | \$160 | \$80 | \$10 | FREE | \$50 | \$25 |
| Under \$29,999 | FREE | FREE | FREE | FREE | FREE | FREE |
| Additional children in sibling care | | | | | \$10 | \$10 |

Sibling Care

Sibling care is available for most classes Monday-Friday and serves children six weeks old through kindergarten. Registration and an additional fee are required. Registration is required to ensure that we have enough staff working to meet state guidelines.

Please contact 952.496.5013 if you have any questions.

ECFE Registration Form

Registering parent name _____

Other parent name _____

Please list email, home & work phone for each parent

Address, city & zip _____

Other parent's address _____

Home phone _____ Work phone _____ Cell _____

Home Phone _____ Work phone _____ Cell _____

1st Email _____ 2nd Email _____

Emergency contact _____

Emergency contact phone number _____

| Parent/child class | | | | | |
|--------------------|------------|--------------|-----|------------|-----------|
| Class Title | Class Code | Child's Name | M/F | Birth Date | Class Fee |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| Sibling care | | | | | |
|--------------|------------|--------------|-----|------------|---------|
| Class Title | Class Code | Child's Name | M/F | Birth Date | Sib Fee |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Total Fees Enclosed _____

Registering with check

Enclose check made payable to Shakopee ECFE (fees should be for your 1st choice classes & Sibling Care)

Registering with credit card ___ Visa ___ Master Card ___ Discover

Credit Card Number _____ Exp Date _____

Print name on credit card _____

Signature _____ Date _____

Please send registration form and check to:

Shakopee ECFE
1200 Town Square
Shakopee MN 55379

PACE Family Literacy Program

help me



When Parents Know, Children Grow

Some babies and young children need extra help to learn and grow. While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children's development, too. Accessing early intervention services as early as possible will ensure the best developmental outcomes for these children.

Help Me Grow: Infant and Toddler Intervention are special services and support for families with children ages birth through two who have developmental delay(s) or certain diagnosed physical or mental conditions or disorders that may result in a delay.

Help Me Grow: Preschool Special Education is for children ages three to five years who meet state eligibility criteria for developmental delay(s) or other disability and who are experiencing challenges in their learning and development.

After a referral is made to Help Me Grow, local school district early intervention or preschool special education staff will contact the family to determine whether a comprehensive screening or evaluation is needed to determine eligibility.

There are three simple steps to refer a child online:

1. Visit HelpMeGrowMN.org.
2. Click "Refer a Child" button.
3. Fill out form and click "Send this Referral."

To refer a child by phone, call 866.693.GROW (4769).

- The PACE (Parent, Adult, Child, Education) Family Literacy Program is a unique opportunity that combines:
 - Adult Basic Education and English Language Learning.
 - Parent education and support.
 - Early Education for children birth through four years of age.
 - Parent and child interaction.
- Transportation may be provided for families who do not have any transportation. *Space is limited.*
- Lunch is provided for children.
- All families need to qualify for this program based on the following admission requirements:
 - Parent qualifies for English language education.
 - Children are birth through age four and qualify because their primary language is not English.
 - Family qualifies for free and/or reduced school lunch program.
- For additional information, contact Julie at 952.496.5035.

Para información adicional, favor de comunicarse con Evelin 952.496.5814 ehernand@shakopee.k12.mn.us

Lunes, martes, miércoles, y jueves 12:30-3:30pm

транспорт (если нужно) и предоставление обеда
Пожалуйста, обращайтесь за дополнительной информацией к Svetlana по тел.952.496.5094 smshar@shakopee.k12.mn.us

Haddii aad xiiseyneyso nagala soo xiriir

Aden Fithar at 952.496.5166

Julie at 952.496.5035 jsharpe@shakopee.k12.mn.us

Maalmaha Isniinta, Talaado, Arbaco 12:30-3:30pm



"Parent Education is important life information. It has helped me in raising five children in a different culture."

~PACE Parent

Stepping Stones Preschool



STEPPING STONES PRESCHOOL EXTRAVAGANZA & REGISTRATION



Join us for **FREE** Family Fun!

Bounce House, Games, Prizes,
Face Painting, Pizza,
AND SO MUCH MORE!

Thursday January 16, 2020 5:30-7PM

Central Family Center 505 Holmes Street South, Shakopee

Stepping Stones Preschool

Stepping Stones Preschool

Shakopee Public Schools offers quality preschool experiences designed to build and support all children's skills, knowledge, and confidence to succeed in kindergarten and beyond.



- Choose 2, 3, or 5 days/week with an option to add YMCA Extended Preschool time
- Staff are our strength: dedicated, licensed teachers and qualified paraprofessionals
- Quality Instruction: diverse, inclusive, and culturally responsive environment and instruction with curriculum aligned to Shakopee Public Schools
- Warm, welcoming, and supportive environment for children and families

*****Limited options still available
for the 2019-20 school year.
Call 952-496-5013 for more information.**

Registration for 2020-2021 school year begins on January 16th, 2020

We are proud to be a Pyramid Model Site!

What is the Pyramid Model?

The Pyramid Model is a framework for supporting social emotional competence in young children. This model focuses on promoting the social, emotional, and behavioral outcomes of young children birth to five. It reduces the use of inappropriate discipline practices, promotes family engagement, uses data for decision-making, integrates early childhood mental health consultation and fosters inclusion.

Stepping Stones Preschool Early Learning Scholarships

Scholarships are available for families that qualify based on state guidelines. Below you'll find some frequently asked questions about scholarships.

How do scholarships work?

There are two scholarships that families can apply for, one with funds coming from the state and the other using state funds that are issued by our school. Here's a quick breakdown of the two scholarships.

| State Scholarship | School Scholarship |
|--|---|
| Students who qualify will receive \$7500 which can be used for preschool and extended care tuition. | Students who qualify will receive tuition assistance for a 2, 3 or 5 half day preschool program. School scholarships cannot be used toward extended care tuition. |
| State scholarships are awarded in July on a first-come, first-served basis. Applications can be submitted now. | School scholarships are available on a first-come, first-served basis. |

Who can apply for a scholarship?

To be eligible for an Early Learning scholarship, families must live in Scott County and have a child who is 3 or 4 years old by September 1 of the current school year and not yet eligible for kindergarten. A family must have an annual income at or below the income guidelines in the chart below to apply for a scholarship.

Please contact 952.496.5054 for specific information on how to apply for an Early Learning scholarships. *Families that are over the income guideline but are experiencing a family hardship can contact our main office for scholarship consideration. **Apply early.***

| 2019-2020 Minnesota Early Learning Scholarships Income Guidelines | | | | | |
|---|---------------|-------------|---------------|---|---------------|
| Family Size | Yearly Income | Family Size | Yearly Income | Family Size | Yearly Income |
| 2 | \$31,283 | 5 | \$55,814 | 8 | \$80,345 |
| 3 | \$39,460 | 6 | \$63,991 | 9 | \$88,522 |
| 4 | \$47,637 | 7 | \$72,168 | For family units of more than nine members, add \$8,177 for each additional member. | |




Backpack Connection Series

About this Series

The *Backpack Connection Series* was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each *Backpack Connection* handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit challengingbehavior.org.

More Information

For more information about this topic, visit TACSEI's website at challengingbehavior.org and type "label emotions" in the Search Box in the upper-right corner of the screen.



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Department of Education (H326B070002). The views expressed do not necessarily represent the positions or policies of the Department of Education. May 2012.

How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.



Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement



www.challengingbehavior.org

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Backpack Connection Series

About this Series

The *Backpack Connection Series* was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each *Backpack Connection* handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit challengingbehavior.org.

More Information

For more information about this topic, visit TACSEI's website at www.challengingbehavior.org and type "disappointment" in the Search Box in the upper-right corner of the screen.



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Department of Education (H326B070002). The views expressed do not necessarily represent the positions or policies of the Department of Education. December 2012.

How to Help Your Child Recognize & Understand Disappointment

Alyson Jiron, Brooke Brogle, & Jill Giacomini

Disappointment is a normal, though difficult, part of growing up. Your child is likely to experience disappointment as she makes new friends, tries new things and experiences the ups and downs of her world. Whether it's a trip to the park that is ruined by rain or missing a birthday party, life is full of little and big disappointments. When you allow your child to feel, experience and learn from little disappointments at an early age, you help her to create the skills she will need to successfully handle the bigger disappointments she will experience later in childhood and as an adult.



Try This at Home

- Notice and label when you, your child or others are disappointed. Explain that everyone, including adults, feel disappointment. You might say:
 - » About yourself: "I am disappointed. Grandma was supposed to come for a visit but she is home sick. I'm going to make her a Get Well card."
 - » About your child: "You have tears in your eyes. I see you are disappointed. You really wanted to go to the park but it is raining. I wonder what we can do on a rainy day like today?"
 - » About others: "That little girl is really disappointed. Her mommy told her she could not have an ice cream. I wonder what she can do to feel better in her body."
- Practice ways to handle disappointment before a potentially disappointing incident occurs. For example, if you know that your child will be disappointed if someone else is on her favorite swing, come up with appropriate solutions ahead of time. You could say, "When we go to the playground, someone else might be on your favorite swing. You might feel disappointed. What could you do to stay calm?" Come up with some solutions such as asking the child for a turn, saying please, or bringing a shovel and pail to play in the sandbox while the other child is on the swing.
- Encourage and teach problem solving. "I know you are disappointed to miss Sophie's birthday party. You are a great card maker and I bet you will find a way to wish her a happy birthday."
- Disappointment can quickly lead to feelings of anger if not acknowledged. Simply acknowledge her feelings without overreacting. "You really wanted the red cup. Your sister has the red cup today. Do you want the blue or the green one?"

- Role model how small disappointments can sometimes end up being positive. "I was so disappointed that the car was getting fixed today but I ended up having so much fun with you. It was a great day!"



Practice at School

Children can become disappointed at school when their excitement or expectations about a toy, activity or person don't turn out the way they want. Each child handles disappointment differently and teachers help children to recognize how they are feeling and begin to think about ways to find solutions for their problem so they can feel positive again. As a class, children learn by watching their peers solve their own problems and try to think about solutions themselves.



The Bottom Line

Disappointment can be a healthy and positive, although unpleasant, emotion in young children. The disappointment of not getting to wear the princess dress, dropping the ice cream cone or not being first in line prepares children to deal with life's greater obstacles in later childhood and adulthood. Parents can help their children recognize and understand disappointment, soothe themselves and problem solve. While tempting, it is not helpful for parents to try to keep their children from feeling disappointment and have life always flow smoothly. Parents can help their children so much more if they instead teach them how to recognize and cope with all of their feelings (i.e. anger, joy, excitement and disappointment) and teach children how to cope with emotions instead of expressing themselves with challenging behaviors.



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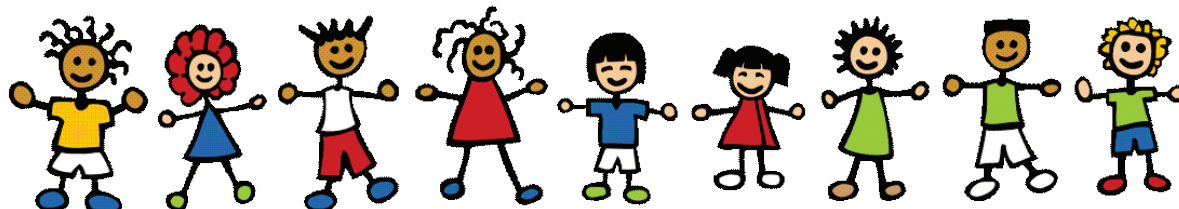


Family Resources

We are committed to meet the needs of families so all children are ready for Kindergarten.

Educational and Parenting Resources

| | |
|---|--------------|
| Shakopee Public Schools Early Childhood Special Education | 952-496-5072 |
| Shakopee Public Schools Early Childhood Family Education | 952-496-5013 |
| Shakopee Public Schools Preschool Screening | 952-496-5054 |
| Shakopee Public Schools Stepping Stones Preschool | 952-496-5054 |
| PACE Family Literacy Program | 952-496-5035 |
| Child Care Aware (CAP Agency) Childcare & Preschool | 952-496-2125 |
| Head Start & Early Head Start (CAP Agency) | 952-496-2125 |
| Scott County Public Library | 952-233-9590 |
| Valley Green Workforce Center | 952-496-8686 |
| Adult Basic Education | 952-567-8128 |
| Scott County Public Health Nursing | 952-496-8555 |
| Shakopee Community Education | 952-496-5029 |
| Shakopee Park and Recreation | 952-233-9500 |
| New Beginnings (Pregnant and Parenting Teens) | 952-567-8200 |
| Capable Kids (Pediatric OT, PT, Speech Therapy) | 952-428-1565 |
| Circle of Parents Network (Family support during Stress) | 612-354-9794 |



Health and General Living Resources

| | |
|--|----------------|
| Allina Health Pregnancy, Birth & Parenting Classes | 952-428-2062 |
| Park Nicollet Pediatrics | 952-993-7750 |
| Metro Pediatrics Specialists | 952.455.6700 |
| St. Mary's Health Clinic | 651.287.7777 |
| Scott County Mental Health Center | 952.496.8481 |
| Scott County Mental Health Crisis | 952.442.7601 |
| Help Me Grow of Minnesota | 1-866-693-4769 |
| Woman, Infants, and Children (WIC) (CAP Agency) | 952-496-2125 |
| MNSure Health Coverage | 952-496-8088 |
| Supplemental Nutrition Assistance Program (SNAP) | 952-496-2125 |
| Minnesota Family Investment Program (MFIP) | 952-496-2125 |
| Food Shelf (CAP Agency) | 952-496-2125 |
| Thrift Store (CAP Agency) | 952-496-2125 |
| Parent Support Outreach Project | 952-445-7751 |
| Crisis Nursery (CAP Agency) | 612-839-5101 |
| Shakopee Community Assistance (SCA) | 612-708-1668 |
| Scott County PHN (Mobile clinic & immunizations) | 952-496-8555 |
| Fare for All | 763-450-3880 |
| SmartLink Transit | 952-496-8341 |

SHAKOPEE PUBLIC SCHOOLS

Independent School District #720
 Central Family Center
 505 Holmes St. S.
 Shakopee, MN 55379

Nonprofit Organization
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 Permit No. 73

ECFE Registration opens December 16th

ECFE and PACE Winter Classes

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--------------------------------|--------------------------------|---------------------------------------|-----------------------------------|
| Morning | 9-10:30am Movers & Shakers | 9-10:15am Little Explorers | 9-10:30am Navigators* | 9-10:30am Adventurers* | 9-10:30am Parents & Preschoolers* | 9-10:15am Little Explorers |
| | 10:45am-Noon Little Explorers | 9-10:15am Elementary Conversations in Parenting | 10:30-11:45am Baby & Me | 10:45am-12:15pm Adventurers | 10:45-11:30am Raising Special Kids | 10:30-11:45am Little Explorers |
| | | 10:30am-Noon Parents Helping Parents* | 10:45am-12:15pm Adventurers | | 10:45am-Noon Family Play Zone | 10:30-11:30am Family Yoga |
| Afternoon | 12:30-3:30pm PACE* | 12:30-3:30pm PACE* | 12:30-3:30pm PACE* | 12:30-3:30pm PACE* | | |
| | | 1:00-2:15pm Baby & Me | | | | |
| Evening | 6-7:30pm Parents & Young Preschoolers | 6-7:30pm Movers & Shakers | | | | |

| ECFE and PACE Class Key | | |
|-------------------------|--------------|-----------|
| 0-6 Months | 14-23 Months | 3-5 Years |
| 7-13 Months | 24-35 Months | 1-5 Years |

*Year Long Class (28 weeks)

