



# Early Childhood Family Education

## 2019-2020

Classes and activities for families with children birth through pre-kindergarten

## Infants & Wonderful Ones

The following classes are offered at no cost

### Babies & Books

Join us for this literacy focused class. Play with your baby, meet families, and enjoy stories and songs. A light snack will be served and families will go home with a free book for their home library! These classes are co-sponsored with HUG (Helping Us Grow).

#### Parents and their infants-birth-12 months

EF-F101	Th	Dec 5, 2019	11 am-12 pm	Rm 18
EW-F102	Th	Feb 20, 2020	11 am-12 pm	Rm 18
EW-F103	Th	Apr 2, 2020	6:15-7:15 pm	Gym

### Baby Massage

Enhance baby's development, digestion, sleep and ability to relax through loving touch, sight, sound and movement. Massage also helps to improve communication and build your attachment to your baby. Bring a blanket for your baby.

#### Parents and their infants-1 month-crawling

EW-S104	M	May 20, 2019	6:15-7:15 pm	Rm 23
EW-S105	M	Jun 3, 2019	10-11 am	Rm 18
EF-F106	Th	Oct 10, 2019	11 am-12 pm	Rm 18
EF-F107	M	Nov 18, 2019	6:15-7:15 pm	Rm 23
EW-F108	M	Feb 10, 2020	6:15-7:15 pm	Rm 23
EW-F109	Th	Mar 19, 2020	11 am-12 pm	Rm 18
EW-F110	Th	Apr 23, 2020	11 am-12 pm	Rm 18

### Making the First Months Matter

Your baby's brain is growing and changing every second! Learn more about the important role you play in building your baby's brain and leave with brain building activities you and your baby can enjoy together.

#### Parents and their infants-birth-12 months

EF-F111	Th	Aug 22, 2019	11 am-12 pm	Rm 18
EF-F112	M	Aug 26, 2019	6:15-7:15 pm	Rm 23
EW-F113	Th	Jan 9, 2020	11 am-12 pm	Rm 18
EW-F114	M	Jan 13, 2020	6:15-7:15 pm	Rm 23
EW-F115	Th	May 14, 2020	11 am-12 pm	Rm 18

### Sleep? Dream On!

This two-week class is designed to help you understand your baby's sleep behaviors and how to gently introduce age appropriate strategies to support healthy sleep.

#### Parents and their infants-6-15 months

EF-F116	Th	Oct 24, 31	11-12 pm	Rm 18
EW-F117	Th	Apr 9, 16	11-12 pm	Rm 18

Child care for siblings is available at no cost on a limited basis for classes listed above.

ECFE, New Hope Learning Center  
8301 47th Ave N, Room 15  
New Hope, MN 55428

## Welcome to ECFE

We are pleased to offer you a variety of FREE baby classes! We invite you to get to know us and learn how ECFE can support you along your parenting journey.

- Babies & Books
- Baby Massage
- Baby Talk and Play
- Birth-5 month classes
- Grandparents Class
- HUG - home visits
- Making the First Months Matter
- Sleep? Dream On!

Attend three or more FREE classes and receive \$10 off your 6-10 month class fee!

**Do you have older children? ECFE offers classes for parents with children from birth through pre-kindergarten.**

- Terrific Twos (1 & 2-days/wk)
- Mixed Age Adventures 2-5 yrs
- Kids Create Art
- Math Rocks
- New Brother/New Sister
- Seeds of Imagination
- Family Gym Time
- Parent Connections (parent only classes)

## Baby Talk and Play For parents and children 6-20 months

Come and explore our infant classroom as you enjoy one-on-one playtime, reading, music and movement fun with your child. This informational class is lead by a licensed early childhood teacher, who is on hand to answer your parenting and child development questions. There is no fee or registration needed for this class.

W Sept 11-May 20  
10:45 am-12:15 pm

# New Wonders

## For parents and children birth-20 months

Having a new baby is exciting and challenging. It is a major adjustment in families' lives. These relaxing, informative classes are designed to be your time to slow down and enjoy your child. Children will experience a variety of sounds, textures, and physical activities as they learn through movement and their senses.

You will learn about child development as you meet with our licensed parent educators and other parents to discuss sleep schedules, nutrition, infant development and more. You'll have the opportunity to observe your child, develop your parenting goals, and enjoy the interactive time you spend together.

\*Spanish speaking support will be available..

\* Habrá ayuda en español disponible

### Birth-5 months - Fall 2019 semester classes for new babies

*EF-S110	T	Sept 10-Oct 22	6:15-7:30 pm	Rm 25
*EF-S210	T	Oct 29-Dec 17	6:15-7:30 pm	Rm 25
EF-D111	W	Sept 11-Oct 23	6:15-7:30 pm	Rm 18
EF-D211	W	Oct 30-Dec 18	6:15-7:30 pm	Rm 18
EF-D112	F	Sept 13-Nov 1	9-10:30 am	Rm 25
EF-D212	F	Nov 8-Dec 20	9-10:30 am	Rm 25

### Birth-5 months - Spring 2020 semester classes for new babies

EW-D113	W	Jan 15-Mar 11	9-10:30 am	Rm 25
EW-D213	W	Mar 18-May 20	9-10:30 am	Rm 25
EW-D114	Th	Jan 16-Mar 12	6:15-7:30 pm	Rm 18
EW-D214	Th	Mar 19-May 21	6:15-7:30 pm	Rm 18

**FREE! Birth-5 months classes are offered with no fee.**

**Sibling care is available for all classes - \$35/child**

### New 6-10 months classes beginning semester 2

Families in semester 1 Birth-5 months classes can continue by registering for a 6-10 months class for semester 2. New families are also welcome to begin!

\*This class is offered with a Spanish interpreter.

\*Se ofrece esta clase con un intérprete de español.

*EW-S101	T	Jan 14-May 19	6:15-7:45 pm	Rm 25
EW-B102	W	Jan 15-May 20	6:15-7:45 pm	Rm 18
EW-B113	F	Jan 17-May 22	9-10:30 am	Rm 25

### Full Year Infant Classes

#### 6-10 months - For children born Oct 1, 2018-Feb 28, 2019

EF-B107	M	Sept 9-May 18	6:15-7:45 pm	Rm 18
EF-B108	T	Sept 10-May 19	9-10:30 am	Rm 18

#### 11-15 months - For children born May 1, 2018-Sept 30, 2018

EF-B110	T	Sept 10-May 19	10:45 am-12:15 pm	Rm 18
EF-B111	T	Sept 10-May 19	6:15-7:45 pm	Rm 18
EF-B112	W	Sept 11-May 20	9-10:30 am	Rm 18
EF-B113	F	Sept 13-May 22	10:45 am-12:15 pm	Rm 18

#### 16-20 months - For children born Dec 1, 2017-Apr 30, 2018

EF-B114	M	Sept 9-May 18	9-10:30 am	Rm 18
EF-B115	M	Sept 9-May 18	10:45 am-12:15 pm	Rm 18
EF-B116	Th	Sept 12-May 21	6:15-7:45 pm	Rm 18
EF-B117	F	Sept 13-May 22	9-10:30 am	Rm 18

**6-20 month classes are offered on a sliding fee scale based on family income. Childcare for sibling is also offered. For fees and other information, please visit [ced.rdale.org](http://ced.rdale.org) or call the ECFE office at 763-504-4170.**

## HUG

### Helping Us Grow

#### One-to-one visits for new or expectant parents

HUG is a community partnership designed to support all expectant families and families with children up to 2 years old.

#### HUG provides

- Free, one-to-one visits with a caring, knowledgeable MN licensed parent educator
- Current information on parenting, baby's development, and community resources
- Opportunities to connect with other families with newborns in the area
- A *Welcome New Baby* gift and more...

HUG is offered in partnership with Robbinsdale ECFE and the Hennepin County Family Services Collaboratives in Robbinsdale.

For more information or to arrange a visit, call HUG at 763-504-4983 or ECFE at 763-504-4170.

Para recibir más información en español, por favor llame al 763.504.8985, deje un mensaje con su nombre y número telefónico y un trabajador bilingüe le regresará la llamada.

## Grandparents Class

"When a child is born, so are grandparents." Whether you will be, or are grandparenting, near or far, join other grandparents as you prepare for this special role, relationship and time in your life. We will explore how to support a brand new family, reading baby's cues and behaviors, ideas for play, and get an update of today's safety practices. There is no fee for this class.

#### Grandparents of infants pre-birth to 12 months

EF-F120 Th Mar 12, 2020  
1-2:30 pm Rm 18

EW-F121 M Apr 20, 2020  
6:00-7:30 pm Rm 23