



EDEN PRAIRIE SCHOOLS
Community Education

Eden Prairie Schools

EARLY CHILDHOOD FAMILY EDUCATION

WINTER 2020-21

In Person and Online Opportunities



www.edenpr.org/epcommunityed



Thank you for your patience while we work out class offerings to meet the many needs of families in our community. We are excited about the offerings we have available!

They include:

- Daytime, evening, and Saturday classes
- In-person small group age specific non-separating ECCE classes
- Online age specific parent education classes
- Online programming for children
- Multi-age classes where you can bring all your children under 5
- Specific topic related parent ed courses on positive discipline, race, and social-emotional learning-online.
- Opportunities to purchase learning kits for at-home learning and weekly Facebook LIVE videos with ideas for how to use the learning kit materials

In order to keep families as safe as possible, in-person classes will be limited to 3-5 parent/child pairs depending on the classroom size. Social distancing guidelines will be followed to allow for distancing of families within the classrooms. All in-person classes will be one hour and non-separating.

If you have additional questions about the district response and policies related to COVID-19, please visit www.edenpr.org/covid19.

You are your child's first and most important teacher! Early Childhood Family Education (ECFE) classes help you be the best parent you can be. ECFE classes are designed for you and your child, age birth to five. ECFE is unique to Minnesota and is a program of Eden Prairie Schools Community Education.

It is never too early to start stimulating your baby's mind in ways that promote healthy development and build on your relationship with your child. Our staff will show you ways to nurture your child's development physically, emotionally, and mentally. We have an inspiring curriculum that offers opportunities for you to learn with your child. There is also time for parent-only discussions where you will find answers to questions and meet other parents.

EARLY CHILDHOOD FAMILY EDUCATION SCHEDULE WINTER 2020-2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:15 AM	9:30-10:30 AM	9:15-10:15 AM	9:00-10:00 AM		9:30-10:30 AM
Tiny Explorers	Learning Kits*	Small Wonders	Movers and Shakers + SIBS		Play and Learn
		Tiny Explorers	Multi Age		
Little Learners + SIBS		Movers and Shakers			
10:45-11:45 AM	10:15-11:15 AM	10:45-11:45	10:15-11:15 AM	10:30-11:30 AM	
Movers and Shakers	Small Wonders	Little Learners + SIBS	Tiny Explorers	Fantastic Fridays	
	Tiny Explorers				
	Movers and Shakers				
	Move and Groove				
			10:30-11:30 AM	11:00 AM-12:30 PM	
			Movers and Shakers	Managing Multiples	
		1:30-2:30 PM	1:30-2:30 PM		
		Small Wonders *	Little Learners*		
			Movers and Shakers*		
	4:30-5:30 PM				
	Tiny Explorers				
	Movers and Shakers				
	Multi Age				
	8:00-9:00 PM	7:30-8:30 PM	7:30-8:30 PM		
	Little Learners*	Tiny Explorers*	Movers and Shakers*		
		Small Wonders*			

KEY Age by Sept. 1, 2020

	Less than 1 year
	1 Year
	2 Year
	3-4 Year
	Birth-5 Year

In person ECFE classes are held at the Education Center at 8040 Mitchell Road, Eden Prairie, MN 55344. Online class information will be shared as needed.

10-Week Classes run November 2020–February 2021

* Indicates an online class

ECFE CLASSES

SMALL WONDERS – In Person and Online

Less than 1 yr. (by Sept. 1, 2020)

Enjoy this relaxing, informative class for children who are less than one year old. This class is designed to be your time to slow down, enjoy your little one, and develop a supportive network with other parents. This weekly class is available either virtually or in a safe, small group class.

IN PERSON: Parent/child time including songs, puppets, and stories! Enjoy the parent support and build a network of friends for your child and family. A licensed parent educator will offer parenting resources and discussions on topics such as feeding, sleeping, safety, brain development, and balancing your life as a new parent. *Non-Separating*

ONLINE: This online parent only class is for parents of children who are birth to 1 years old and includes a weekly online live parent discussion. Learn about your child's developmental stage, parenting practices and resources to support their healthy development. Lessons are developed and facilitated by a licensed parent educator. Class links will be sent via email upon registration.

In Person 10 Weeks (Dec.-Feb.)

#2020-02 Tuesdays 10:15-11:15 AM

#2020-03 Wednesdays 9:15-10:15 AM

Online 10 Weeks (Dec.-Feb.)

#2021-02 Wednesdays 1:30-2:30 PM

#2021-03 Wednesdays 7:30-8:30 PM

Additionally, you can register each week for the FREE parent and baby song time on Thursdays 11:00-11:45 AM.

TINY EXPLORERS – In Person and Online

Age 1 yr. (by Sept. 1, 2020)

Join a Tiny Explorers class and learn how to support your child's healthy development through parent education, class discussions, and guided play activities. Positive parent-child interaction is critical at this age for supporting learning, exploration, and social interactions.

IN PERSON: Join a Tiny Explorers class and learn how to support your child's healthy development through parent education, class discussions, and guided play activities. Positive parent-child interaction is critical at this age for supporting learning, exploration, and social interactions. This class provides parent/child activities including songs, books, toys and games for you and your child to explore together. Learn from a parent educator and build a parent support network for you and your family in this non-separating class.

ONLINE: This online parent only class is for parents of children who are 1-2 years old (by September 1) and includes a weekly online live parent discussion. Learn about your child's developmental stage, parenting practices and resources to support their healthy development. Lessons are developed and facilitated by a licensed parent educator. Class links will be sent via email upon registration.

In Person 10 Weeks (Nov./Dec.-Feb.)

#2022-07 Mondays 9:15-10:15 AM

#2022-08 Mondays 9:15-10:15 AM

#2022-09 Tuesdays 10:15-11:15 AM

#2022-10 Tuesdays 4:30-5:30 PM

#2022-11 Wednesdays 9:15-10:15 AM

#2022-12 Thursdays 10:15-11:15 AM

Online 10 Weeks (Dec.-Feb.)

#2023-03 Wednesdays 7:30-8:30 PM

MOVERS AND SHAKERS – In Person and Online

Age 2 yr. (by Sept. 1, 2020)

Join a Movers and Shakers class with your two year old! Enjoy parent/child time including songs, activities and games that you and your child will both enjoy! Enjoy the parent support and build a network of friends for your child and family. Parenting resources and relevant parenting discussions will be shared during this non-separating class. Class is for two year olds (by September 1) and their parent/caregiver.

IN PERSON: Enjoy parent/child time including songs, activities and games that you and your child will both enjoy! Enjoy the parent support and build a network of friends for your child and family. Parenting resources and discussions will be shared during this non-separating class. Register and watch your child explore every learning opportunity with curiosity and passion. *Non-Separating*

SIBLING: Join a Movers and Shakers class with your two year old! Enjoy parent/child time including songs, activities and games that you and your child will both enjoy! Enjoy the parent support and build a network of friends for your child and family. Parenting resources and relevant parenting discussions will be shared during this non-separating class. Class is for two year olds (by September 1) and their parent/caregiver. Siblings under five years of age are welcome! *Non-separating*

ONLINE: This online parent class for parents of 2 year olds (by September 1), includes a weekly pre-recorded lesson followed up by an online live parent discussion. Learn about your child's developmental stage, parenting practices and resources to support their healthy development. Lessons are developed, delivered by, and facilitated by a licensed parent educator. Additionally, each week you will receive a pre-recorded video from a children's teacher with age appropriate activities for your child. Class links will be sent via email upon registration.

In Person 10 Weeks (Nov./Dec.-Feb.)

#2024-09 Mondays 10:45-11:45 AM

#2024-10 Tuesdays 10:15 AM-11:15 PM

#2024-11 Tuesdays 4:30-5:30 PM

#2024-12 Wednesdays 4:30-5:30 PM

#2024-13 Thursdays 9:00-10:00 AM (+SIBS class)

#2024-14 Thursdays 10:30-11:30 AM

Online 10 Weeks (Dec.-Feb.)

#2025-03 Thursdays 1:30-2:30 PM

#2025-04 Thursdays 7:30-8:30 PM

Fee Scale for 2020-21 ECFE Classes

Yearly Household Income	In Person 10-Week Class Fee	10 Week Online Class Fee	In Person Per Class	Online Per Class
\$50,000 and Above	\$100	\$35	\$10	\$3.50
Under \$49,999	\$50	\$15	\$5	\$1.50

LITTLE LEARNERS – In Person and Online

Age 3 to 4 yr. (by Sept. 1, 2020)

Three- and four-year-olds are so excited to explore the bigger world of school and friends, but can be a parenting challenge. This weekly class is available either online or in a safe, small group class.

IN PERSON/SIBS: The preschool years are full of discovery and pushing boundaries as children become more independent. This class is designed to offer your three and four year old with opportunities to build their self esteem, confidence, and independence while creating positive peer connections. Parents will learn strategies for successful and effective parenting by a licensed parent educator while building a network of supportive parents in your community. Younger siblings are welcome!

Non-Separating

ONLINE: This online parent only class is for parents of three and four year olds and includes an online live parent discussion. Learn about your child's developmental stage, parenting practices and resources to support their healthy development. Lessons are developed, delivered by, and facilitated by a licensed parent educator. Online weekly children's lessons will also be provided by a licensed child educator.

In Person 10 Weeks (Dec.-Feb.)

#2026-03 Mondays 9:15-10:15 AM (+ SIBS class)
#2026-04 Wednesdays 10:45-11:45 AM (+ SIBS class)

Online 10 Weeks (Dec.-Feb.)

#2027-02 Thursdays 1:30-2:30 PM
#2027-03 Thursdays 8:00-9:00 PM

MULTI AGE – In Person

IN PERSON: This in-person class is for parents with multiple young children who would like to come together to connect with other families. Your child(ren) will participate in engaging activities and an educational group time filled with stories, songs, and enrichment. A licensed parent educator will provide resources and parent discussions on a variety of parenting topics. *Non-Separating*

In Person 10 Weeks (Dec.-Feb.)

#2030-04 Tuesdays* 4:30-5:30 PM
#2030-05 Thursdays* 9:00-10:00 AM

MANAGING MULTIPLES – In Person

Birth-5 Years (by Sept. 1, 2020)

Are you the parents of twins, triplets, or more? Join this once a month multiples class for support from other parents of multiples, parent education, and play time for the children. Sign up for one or all the classes, \$10 per class. Register only one child for this class and the remaining children birth to 5 are free!

#2095-01 Friday, Dec. 11 11:00 AM-12:30 PM
#2095-02 Friday, Jan. 15 11:00 AM-12:30 PM
#2095-03 Friday, Feb. 19 11:00 AM-12:30 PM

FANTASTIC FRIDAYS – In Person, Multi-Age

IN PERSON: Register weekly for indoor exploring time in the Historic Gym with a children's teacher and parent educator in this non-separating class. Children birth to 5 are welcome and each week will bring new activities. Meet in the Historic Gym (8100 School Road)

Register Weekly (Fridays, Dec.-Feb.)

#2040-08	Friday, Dec. 4	10:30-11:30 AM
#2040-09	Friday, Dec. 11	10:30-11:30 AM
#2040-10	Friday, Dec. 18	10:30-11:30 AM
#2040-11	Friday, Jan. 8	10:30-11:30 AM
#2040-12	Friday, Jan. 15	10:30-11:30 AM
#2040-13	Friday, Jan. 22	10:30-11:30 AM
#2040-14	Friday, Jan. 29	10:30-11:30 AM
#2040-14	Friday, Feb. 5	10:30-11:30 AM
#2040-14	Friday, Feb. 12	10:30-11:30 AM

PLAY & LEARN – In Person, Multi-Age

Explore, create, move, and discover fun and friends! Time in the motor room and outdoor play area will provide opportunity for socialization and purposeful play. Meet inside in the Motor Room.

Register Weekly (Saturdays, Dec.-Feb.)

#2090-08	Saturday, Dec. 5	9:00-10:00 AM
#2090-09	Saturday, Dec. 12	9:00-10:00 AM
#2090-10	Saturday, Dec. 19	9:00-10:00 AM
#2090-11	Saturday, Jan. 9	9:00-10:00 AM
#2090-12	Saturday, Jan. 16	9:00-10:00 AM
#2090-13	Saturday, Jan. 23	9:00-10:00 AM
#2090-14	Saturday, Jan. 30	9:00-10:00 AM
#2090-15	Saturday, Feb. 6	9:00-10:00 AM
#2090-16	Saturday, Feb. 13	9:00-10:00 AM

LEARNING KITS - Online, Multi-Age

This class is designed for families that are looking to keep your young child(ren) busy while at home. A licensed child educator will be providing Facebook live interaction that correspond with hands on kits filled with weekly crafts and activities prepped and prepared for your family!

Online 10 Weeks (Dec.-Feb.)

#2050-02 Tuesdays 9:30-10:30 AM

STORY AND SONG TIME - Online LIVE

birth-2 yr. (by Sept. 1, 2020)

Register weekly for this virtual story and song time each week with a licensed Parent Educator. You never know what can happen when you go live with other family and friends! A link will be sent to registered participants each week.

STORY AND SONG TIME - Online LIVE

Age 3-5 yr. (by Sept. 1, 2020)

Register weekly for this virtual story and song time each week with a licensed Early Childhood teacher. You never know what can happen when you go live with other family and friends! A link will be sent to registered participants each week.

ECFE OUTREACH CLASSES-FREE!

Early Childhood Family Education is a wonderful resource for Eden Prairie families. Finances or transportation should not be a barrier for families interested in learning more about how to best support your child's growth and development. In an effort to make ECFE classes available to all families, we host outreach classes that are taught in the community.

This year we will host the classes outdoors (weather permitting). Register for free online at www.edenpr.org/epcommunityed or call 952-975-6940.

Classes are held throughout the school year. All classes will be held ONLINE. A detailed schedule is available at class.

Pre-registration is requested.

ARRIVE OUTREACH

#1224 Arrive
Wednesdays

BRIAR HILL OUTREACH

#1224 Briar Hill (Residents Only)
Mondays

CASCADE

#1224 Cascade / Renew (Residents Only)
Mondays

EDENVALE

#1224 Edenvale
Wednesdays

FOUNTAIN PLACE

#1224 Fountain (Residents Only)
Fridays

PRAIRIE MEADOWS PARK

#1224 Prairie Meadows
Wednesdays

PARENT ONLINE EDUCATION

Join a 5-week online class with other parents to learn and discuss topics of interest. Choose from:

* Emotions - Yours, Mine and Ours

This five week online class will focus on parent's role in supporting their child's emotional growth and intelligence. Using research from Gottman Institute, "Emotion Coaching: the Heart of Parenting", we will discuss and explore the five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. This is a five week virtual discussion class offered twice. Class links will be sent via email upon registration.

5 Weeks

#2070-03 Thursdays, Dec. 3-Jan. 14 5:00-6:00 PM

* NEW! Mindful Parenting: How to Respond instead of React

Mindful parenting means that you bring your conscious attention to what's happening, instead of getting hijacked by your emotions. Managing our own emotions and behaviors is the key to teaching kids how to manage theirs. Parenting young children during this pandemic (and in the winter!) is hard work! Let's support each other and learn skills to be more mindful of our reactions to our children.

5 Weeks

#2065-01 Thursdays, Jan.21-Feb. 18 5:00-6:00 PM

* It's Never Too Early to Talk About Race

Join this online 5 week discussion to help increase your knowledge and comfort level talking about race with young children. Each week the discussion will be centered on a short assignment sent the week before each class. These are a combination of article to read, podcast episodes, or a video. Class assignments should take no more than one hour each week. "Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. Silence about race reinforces racism by letting children draw their own conclusions based on what they see. Families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it! (The Children's Community School, 2018)" Class links will be sent via email upon registration. Two opportunities to join!

5 Weeks

#2080-03 Thursdays, Dec. 3-Jan. 14 8:00-9:00 PM

#2080-04 Thursdays, Jan.21-Feb. 18 8:00-9:00 PM

Fee Scale for Parenting Classes

Yearly Household Income	Parent Education Class Fee
\$50,000 and Above	\$18
Under \$49,999	\$8

Want to try
an ECCE class
for FREE?



Welcome babies!



Give your baby a strong start! These classes are for newborns through babies age 12 months and their significant caregivers: mom, dad, grandparents, etc. These baby classes are offered **FREE** of charge, but pre-registration is required. A variety of dates and times are offered throughout the year. All classes are held online.

Learn more at www.edenpr.org/ecfe!

NOVEMBER

Infant Massage

Thurs., Nov. 5, 6:00–7:00 PM

Infant Massage

Fri., Nov. 6, 10:00–11:00 AM

Story and Song Time (1–5 yrs.)

Fri., Nov. 6, 10:30–11:00 AM

Story and Song Time (1–5 yrs.)

Fri., Nov. 13, 10:30–11:00 AM

Baby Sign Language

Thurs., Nov. 19, 6:00–7:00 PM

Parent & Baby Yoga

Fri., Nov. 20, 10:30–11:30 AM

Story and Song Time (1–5 yrs.)

Fri., Nov. 20, 10:30–11:00 AM

DECEMBER

Story and Song Time (birth–2 yrs.)

Thurs., Dec. 3, 11:00–11:30 AM

Story and Song Time (birth–2 yrs.)

Thurs., Dec. 10, 11:00–11:30 AM

Infant Massage

Thurs., Dec. 10, 6:00–7:00 PM

Story and Song Time (birth–2 yrs.)

Thurs., Dec. 17, 11:00–11:30 AM

Infant Massage

Fri., Dec. 18, 10:00–11:00 AM

JANUARY

Story and Song Time (birth–2 yrs.)

Thurs., Jan. 7, 11:00–11:30 AM

Parent & Baby Yoga

Fri., Jan. 8, 10:30–11:30 AM

Story and Song Time (birth–2 yrs.)

Thurs., Jan. 14, 11:00–11:30 AM

Infant Massage

Thurs., Jan. 14, 6:00–7:00 PM

Infant Massage

Fri., Jan. 15, 10:00–11:00 AM

Story and Song Time (birth–2 yrs.)

Thurs., Jan. 21, 11:00–11:30 AM

Baby Sign Language

Thurs., Jan. 28, 6:00–7:00 PM

Story and Song Time (birth–2 yrs.)

Thurs., Jan. 28, 11:00–11:30 AM

Baby Connect & Learn

Fri., Jan. 29, 10:00–11:00 AM

FEBRUARY

Story and Song Time (birth–2 yrs.)

Thurs., Feb. 4, 11:00–11:30 AM

Story and Song Time (birth–2 yrs.)

Thurs., Feb. 11, 11:00–11:30 AM

Story and Song Time (birth–2 yrs.)

Thurs., Feb. 18, 11:00–11:30 AM

Infant Massage

Thurs., Feb. 18, 6:00–7:00 PM

Parent & Baby Yoga

Fri., Feb. 19, 10:30–11:30 AM

Infant Massage

Fri., Feb. 26, 10:00–11:00 AM

BONUS

Story and Song
Time for 3–5 yr.
Fridays at 10:30!

REGISTER TODAY to reserve your spot!

ONLINE www.edenpr.org/epcommunityed

QUESTIONS? REGISTRATION ASSISTANCE?

Call 952-975-6940 Ext. 1 and we'd be glad to assist you.



EDEN PRAIRIE SCHOOLS
Community Education

Are you **READY!** for Kindergarten?

You're invited to participate in our **NEW** format -
online and at your own pace!

*Each online class can be done at your own pace during
the month listed. Each session offers new skills and
new resources for at home learning.*

Winter Session: January 2021

Spring Session: April 2021

Each session
provides different focus
areas and toys.
**SIGN UP FOR BOTH
TO MAXIMIZE
LEARNING!**



Ready! for Kindergarten is a nationally recognized program shown to give parents and caregivers the skills and tools to help their children enter kindergarten at or above grade level. Designed for families with children ages 3 to 5.5 years. This online class will include training on the reading, writing, and social-emotional skills that children need to thrive in school. The online training is for parents and guardians to learn how to utilize the learning tools with your children.

After registering, you will receive a link to watch the pre-recorded training by educators from the Ready! for Kindergarten program. After completing the online training you will receive a collection of high-quality toys (learning tools) to further your child's progress towards school readiness. Please note: There is a Fall, Winter and Spring session with new content and new learning tools, so register for all three sessions!

An Eden Prairie parent educator will be in contact to provide additional support and get you the resources you need for the on-line course.

Yearly Household Income	READY!
\$40,001 and Above	\$65
\$0-\$40,000	FREE

READY! for Kindergarten is part of our ECFE program for which classes are priced on a sliding fee scale based on your household income. Payment is made in full at time of registration.

REGISTER Call 952-975-6940 or visit www.edenpr.org/READY

