

ECFE

MIXED-AGE CLASSES

Mixed-age classes are designed for families with one or more children, ranging in age from birth up to kindergarten. Each class includes a parent/caregiver and child time, learning activities for children, and parenting discussion time.

Register online: ahschools.ce.eleyo.com

ECFE office: 763-506-1275

Fun with Dad

Spend quality time with your child(ren) learning and playing together. Parent discussion will examine topics through the lens of fatherhood while sharing mutual experiences, joys, and challenges with other fathers.

EC507-31	M	Jan 8-Mar 4	6-7:30 PM	Riverview ECC	7
EC507-41	Tu	Jan 9-Feb 27	6-7:30 PM	Coon Rapids Family Place	7

Jumpin' in the Gym

Come wiggle, jiggle, and jump in this fun and active class. Children can burn off some of their extra energy in the gym as they run, jump, ride, slide, swing, and climb. Besides the time jumpin' in the gym, we'll also have fun exploring some classroom activities. A licensed parenting educator will guide parenting discussions on the power of play and other topics.

EC509-31	Tu	Jan 9-Feb 27	1:15-3 PM	Riverview ECC	7
EC509-21	Th	Jan 11-Mar 7	6-7:30 PM	Sorteberg ECC	9

Ready, Set, Parent

Learn and share practical parenting tips. Discuss your child's development. Parenting educator will guide discussions based on topics selected by participants. Play and learn with your child. Just like every child is different, every class is different. This is a class you can take again and again.

EC515-41	M	Jan 8-Mar 4	8:45-10:30 AM	Coon Rapids Family Place	7
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ECFE Outdoors: Riverview

Studies prove that spending time outdoors builds confidence, promotes creativity, provides unique stimulation, and gets children moving, all while reducing stress and fatigue. Parents and children will learn about the outdoors and nature through experiential, hands-on activities. Class will be spend inside and outdoors. Dress for outdoor play and the weather.

EC502-31	W	Jan 10-Mar 6	8:45-10:30 AM	Riverview ECC	9
EC502-32	W	Jan 10-Mar 6	10:45 AM-12:30 PM	Riverview ECC	9
EC502-33	Th	Jan 11-Mar 7	8:45 AM-10:30 PM	Riverview ECC	9
EC502-34	Th	Jan 11-Mar 7	10:45 AM-12:30 PM	Riverview ECC	9

Engaging Play Every Day | Juega todos los días

Children are natural explorers of their environment. They use play to figure out how things work, build relationships, learn and more. The classroom will be set up for exploration for you and your child to play and learn together. Parenting discussions include the purpose of play for young children plus a variety of parenting topics chosen by the group participants.

¡HOLA

Spanish speaking instructor in class at Coon Rapids Family Place. Instructor de habla hispana en clase en Coon Rapids Family Place.

EC503-41	Tu	Jan 9-Feb 27	11 AM-12:45 PM	Coon Rapids Family Place	7
EC503-11	W	Jan 10-Mar 6	10:30 AM-12:15 PM	Anoka Family Place	9

NO ECFE Classes: Jan. 15, Feb. 19-20, Feb. 27 (No evening classes), Mar. 5.

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EC503-12	Th	Jan 11-Mar 7	8:45-10:30 AM	Anoka Family Place	9
EC503-42	F	Jan 12-Mar 8	9-10:45 AM	Coon Rapids Family Place	9
EC503-43	F	Jan 12-Mar 8	11 AM-12:45 PM	Coon Rapids Family Place	9

Exploring Art | Explorando arte

Explore the wonderful world of art! Develop your child's curiosity and learning through messy art and creative exploration. Join us for all the fun without the stress of cleaning up! Parenting discussions include the benefits of art (they go way beyond fun) plus a variety of parenting topics chosen by the group participants.



Spanish speaking instructor in class at Coon Rapids Family Place. Instructor de habla hispana en clase en Coon Rapids Family Place.

EC504-21	Tu	Jan 9-Feb 27	8:30-10:15 AM	Sorteberg ECC	7
EC504-22	Tu	Jan 9-Feb 27	10:30 AM-12:15 PM	Sorteberg ECC	7

Ooey, Gooley Sensory

Children love to explore with their senses. Parents and children explore different kinds of sensory activities such as finger painting, play dough and glurch. Parenting discussion includes general parenting information as well as ideas to help parents and children reduce stress.

EC513-61	Tu	Jan 9-Feb 27	11 AM-12:45 PM	Andover Family Place	7
EC513-62	Tu	Jan 9-Feb 27	5:30-7 PM	Andover Family Place	7
EC513-11	W	Jan 10-Mar 6	8:30-10:15 AM	Anoka Family Place	9
EC513-51	F	Jan 12-Mar 8	9-10:45 AM	Blaine ECC	9
EC513-52	F	Jan 12-Mar 8	11 AM-12:45 PM	Blaine ECC	9

Exploring ABC's & 123's

Have fun with songs, games, and story time while building curiosity for letters and numbers. Each week there will be a variety of early literacy and early math activities. Parenting discussion will focus on child development, temperament, and other topics selected by the group.

EC520-61	M	Jan 8-Mar 4	9-10:45 AM	Andover Family Place	7
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Winter Fun Indoors

It's the perfect season to enjoy some fun, "snowy" indoor activities to chase away the winter blahs. In addition to child development and general parenting concerns, discussions will include stress relievers for cabin fever.

EC521-21	M	Jan 8-Mar 4	8:45-10:30 AM	Sorteberg ECC	7
EC521-22	M	Jan 8-Mar 4	10:45 AM-12:30 PM	Sorteberg ECC	7
EC521-23	F	Jan 12-Mar 8	8:45-10:30 AM	Sorteberg ECC	9
EC521-61	Th	Jan 11-Mar 7	5:30-7 PM	Andover Family Place	9
EC521-11	Th	Jan 11-Mar 7	10:45 AM-12:30 PM	Anoka Family Place	9

NEW! Little Kids, Big Feelings

NO ECFE Classes: Jan. 15, Feb. 19-20, Feb. 27 (No evening classes), Mar. 5.

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Explore the different feelings young children have on any given day. Learn how to support your child as they discover how to recognize and manage their own feelings. Parenting discussions will include emotional development, dealing with the wide range of feelings, and other topics selected by the group.

EC531-41	Th	Jan 11-Mar 7	11 AM-12:45 PM	Coon Rapids Family Place	9
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I Love Books

From picture books to rhyme-filled stories, reading with young children sets the foundation for later independent reading. Explore a variety of favorite children's authors and bring their fun stories to life. A licensed Parenting Educator will lead discussions on reading to young children, how to foster a love of reading, as well as other parenting topics.

EC508-41	M	Jan 8-Mar 4	10:45 AM-12:30 PM	Coon Rapids Family Place	7
EC508-42	Th	Jan 11-Mar 7	9-10:45 AM	Coon Rapids Family Place	9

The Power of Showing Up

No parent or caregiver is perfect - we all make mistakes. Children need to have the feeling of being Safe, Seen, Soothed, and Secure. Using the book, "The Power of Showing Up", by Tina Payne Bryson and Daniel Siegel as a guide to these four S's we will discuss ways that you can find success and connection with your child.

EC532-31	Tu	Jan 9-Feb 27	10:45 AM-12:30 PM	Riverview ECC	7
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NEW! How to Talk So Little Kids Will Listen

Do you struggle to get your child to listen and cooperate? You are not alone! Come together with other parents to learn why children struggle with cooperation and learn practical strategies you can use to navigate common, everyday struggles. This class will reference strategies from the books 'How to Talk So Little Kids Will Listen' and 'How to Talk When Kids Won't Listen'.

EC533-21	F	Jan 12-Mar 8	10:45 AM-12:30 PM	Sorteberg ECC	9
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