

A New Era for ECFE

MNAFEE FALL 2022 WORKSHOP

Renew and refresh the work of ECFE by reflecting on the history and moving forward to reach ALL families.





Panel Discussion: Family Engagement and Parent Education in Pre-K to Grade 3

Nichol Michels

Anoka-Hennepin Schools ECFE

Deb Berry & Linda Saari

Brandon-Evansville ECFE

Mi Yang

Minneapolis Public Schools ECFE

Nichol Michels- PreK to Grade 3 Parent Educator Anoka-Hennepin School District



Sessions are tailored for families with children Pre-K to Grade 3.

ONLINE PARENTING SERIES

Join us for one or all as we explore parenting challenges and strategies online:

Three topics and three times to choose from.

- **How to Support Your Child's Learning**
Sept 27 T | 12:30-1:30 pm OR 6:30-7:30 pm
Oct 11 T | 7:30-8:30 pm
- **Managing Disappointment**
Oct 25 T | 12:30-1:30 pm OR 6:30-7:30 pm
Nov 1 T | 7:30-8:30 pm
- **Resolving Conflicts**
Nov 29 T | 12:30-1:30 pm OR 6:30-7:30 pm
Dec 13 T | 7:30-8:30 pm



Sponsored by Anoka-Hennepin Early Childhood Family Education.

Si desea una versión traducida de este documento o más información, haga el favor de ponerse en contacto con la escuela de su hijo/a o el Centro de Bienvenida a la Familia (Family Welcome Center) (763-433-4680).

Yog koj xav tau ib qhov txhais ua lus rau daim ntawv no thiab/losyog kev pab ntiv, thov cuag nrog koj tus menyam lub tsev kawm ntawv los yog qhov Chaw Tos Txais Tsev Neeg (Family Welcome Center) (763-433-4680).

OCTOBER 2022

PARENT PRESS

ANOKA-HENNEPIN SCHOOLS

Parenting Education and Family Engagement

Working together to help students be successful at home and in school.

Understanding Your Child's Personality

No two people are alike. Your child's personality, often called temperament makes him/her unique. Temperament influences how your child behaves and approaches the world. While your child is born with these traits, they often don't appear until approximately 4 months of age. Understanding your child's temperament will help you to respond effectively and appropriately when situations arise.

The 10 Temperament Traits:

- **Activity Level** refers to the general level of motor activity when one is awake or asleep.
- **Adaptability** describes how easily one adjusts to changes and transitions.
- **Approachability** is one's initial response to new places, situations, or things.
- **Distractibility** is how easily one can be distracted.
- **Emotional Connection** refers to how easily one can read emotional cues or are aware of others' feelings.
- **Intensity** refers to the energy level of one's emotional response both positive and negative.
- **Mood** is one's tendency to react to the world primarily in a positive or negative way.
- **Persistence** relates to the length of time one continues in activities in the face of obstacles
- **Regularity** relates to the predictability of biological functions such as eating, sleeping, etc.
- **Sensory Awareness** describes how sensitive one is to physical stimuli such as light, sound and textures.

Tips when handling some of these temperaments:

- Remember, your child didn't choose the traits they were born with.
- Stay patient, calm and get down on your child's level when responding to them.
- It's ok to explain to others (and teachers) how your child reacts to certain situations.
- Pay attention to how your child approaches the world. Encourage them to explore while utilizing their strengths.

FAMILY ACTIVITIES

- Have a family meeting. In this meeting, kindly discuss what things bother each other. This could be a very sensitive topic so set up ground rules before beginning this conversation. After, try and come up with ideas on how each other can cope with some things that cannot be easily changed. Make sure everyone understands the importance of being respectful of each other's feeling.
- Create a calm down spot in your home for family members to use when upset. Have visuals and reminders of how to calm oneself down. This will help lessen the distractions and make sure your child is not overstimulated.
- For children who have difficult time approaching new situations, allow some family members to watch, listen and try the activity before having them fully join in.
- Create a visual schedule to have in your home. Involve everyone in creating part of the schedule. This will help children who need regularity and struggle to adapt to transitions or changes. This can also help visually see when you need to add more movement breaks for your high activity level kids.
- Read the book, *This is Me!* Discuss the traits that made the character so unique. Then discuss what great traits each family member has and contributes to the family. Remind the family that EVERYONE is unique and wonderful in their own way!

This newsletter is not a substitute for medical advice. Always contact your professional healthcare provider if you have any questions concerning your family's health.

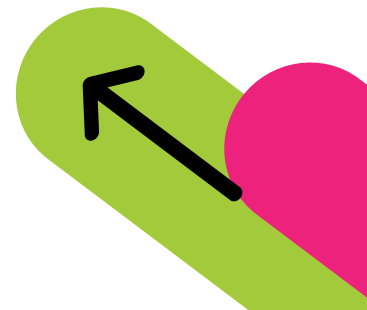
Nichol Michels- PreK to Grade 3 Parent Educator Anoka-Hennepin School District



Our program started 4 years ago (2019), only myself, supporting 2 elementary schools.

We now have 3 PreK to Grade 3 parent educators and support 12 elementary schools.

- Send out a monthly Parent Press.
- Facebook tips- Did you know...
- Offer summer workshop- Gearing Up for Kindergarten.
- Attend school events, conferences, school meetings, K registrations.
- Part of the Intervention Team within the schools.
 - Get referrals from admin or teachers & approval from parents.
- We can offer one on one support, including home visiting.
- Everyone is invited to join our free, online workshops.
 - 1 topic a month, 2 evening and 1 daytime session.





Deb Berry – ECFE Child Educator

LCSC Raising A Reader Coordinator

Linda Saari – Early Childhood Coordinator/Family Educator

Brandon-Evansville District #2908

We serve 345 families from birth – 3rd grade. Currently we have 140 participating in Raising A Reader ECFE & 25 participating in Ready Rosie.

We are part of a pilot program that started in 2020.

Raising A Reader is a proven & evidence-based family engagement & early literacy program for 0-8 yr. old, which helps families develop, practice & maintain home-based literacy routines necessary for school/life success. Red bags of books are circulated through the home/classroom each week with the children/families. Parents are trained in simple "book cuddling" methods. Families are connected to the local library for a life-long reading resource.

Ready Rosie is our weekly video/texting class extension.

www.readyrosie.com

Brandon-Evansville ECFE



Mi Yang- District Program Facilitator, ECFE Minneapolis Public School District



MPS ECFE PreK Parent Education work started in 2015 with 3 staff, 3 schools, 100 students. In 2018 to now, we have 12 staff, 27 schools, 1,200 students.

We provide Parent Education through:

- Offering Parent Discussions
- Supporting Family Events
- Providing Individualized Parenting Support
- Supporting District-Wide efforts such as Parent-Teacher Conference, School Request, School Registration, End of the Year events.

Key Strategies to help us engage and serve families and guide our work:

- PE/EC Connections Kick-Off Meeting to make a plan.
- Introduction Card with our contact to send out to families
- (NEW) Intentional Engage with the children and connecting with families.
- (NEW) Family Connections Survey to help tailor our conversations with families.
- (NEW) Weekly Virtual Parenting Discussions in English, Spanish, Hmong, Somali, Oromo, Amharic...Also open to MPS staff for 200 Vitality Points.
- Be part of the school community and attend meetings.
- PreK PE Team One-Spot and PreK PE Data to help keep us on track.



Mi Yang- District Program Facilitator, ECFE Minneapolis Public School District



[PreK Parent Education Team](#)

PreK Parent Education Team

School Year 2022-2023

Together, schools and families can help student's academic success. We can help families...
 Navigate their school.
 Answer their school questions and concerns.
 Talk about schools for kindergarten.
 With specific learning needs.
 Find ways to be involved at school.

Who is at Your School & Who is Offering Virtual Drop In Parenting Discussions

 <p>Emerson Las Estrellas* Spanish Online Parenting</p> <p>Adelina Wood, PE adelina.wood@mpls.k12.mn.us 612.517.5998</p>	 <p>Sullivan Whittier Somali Online Parenting</p> <p>Amal Omar-Samatar, PE amal.omar-samatar@mpls.k12.mn.us 612.517.5994</p>	 <p>Oromo Online Parenting</p> <p>Atalech Worku, PE atalelech.worku@mpls.k12.mn.us 612.517.5721</p>
 <p>Bancroft Lyndale Pratt</p> <p>Bashir Siyad, SSPA bashir.siyad@mpls.k12.mn.us 612.517.5991</p>	 <p>Loring</p> <p>Bethany Gilmer, PE bethany.gilmer@mpls.k12.mn.us 612.217.0342</p>	 <p>Marcy Lucy Laney Bethune Seward Ella Baker Nellie Stone</p> <p>Christy Kujawa, PE Christy.kujawa@mpls.k12.mn.us 612.237.7177</p>
 <p>Green*</p> <p>Kate Percuoco, PE katherine.percuoco@mpls.k12.mn.us 612.453.7632</p>	 <p>Folwell Hall English Online Parenting</p> <p>Lisa Mitchell, PE lisa.mitchell@mpls.k12.mn.us 612.888.7848</p>	 <p>BrynMawr Webster HIA Jenny Lind Waite Park</p> <p>Melanie Faulhaber, PE melanie.faulhaber@mpls.k12.mn.us 612.823.6837</p>
 <p>Hmong Online Parenting</p> <p>Mi Yang, DPF mi.yang@mpls.k12.mn.us 612.668.0391</p>	 <p>Cityview* Mona*</p> <p>Valerie Matthews, PE valerie.matthews@mpls.k12.mn.us 612.217.2103</p>	 <p>Anishinabe Pillsbury Longfellow* Amharic Online Parenting</p> <p>Zenebech Demissie, PE zenebech.demissie@mpls.k12.mn.us 612.517.6001</p>







[Virtual Parent Discussion Flyer](#)



2022-2023 Virtual Drop-In Parenting Discussions

No Registration needed.

Just click on the link and join if you speak the language and have a child in the age span. See next page for a list of dates and topics.

 <p>English Wednesdays, 5:30-7:00 Google Meet link: https://meet.google.com/obw-tmgt-wug Or dial: (US) +1 631-898-6334 PIN: 380 428 733#</p> <p>Lisa Mitchell lisa.mitchell@mpls.k12.mn.us 612.888.7848</p>	 <p>Spanish Wednesdays, 5:30-7:00 Google Meet link: https://meet.google.com/pfv-wpbz-jam Or dial: (US) +1 704-288-0870 PIN: 435 537 712#</p> <p>Adelina Wood adelina.wood@mpls.k12.mn.us 612.517.5998</p>
 <p>Somali Mondays, 5:30-7:00 Google Meet link: https://meet.google.com/ivy-trfr-yex Or dial: (US) +1 513-783-1786 PIN: 102 368 016#</p> <p>Amal Omar-Samatar amal.omar-samatar@mpls.k12.mn.us 612.517.5994</p>	 <p>Hmong Wednesdays, 5:30-7:00 Google Meet link: https://meet.google.com/vzr-hdzh-ftu Or dial: (US) +1 260-344-4234 PIN: 786 394 263#</p> <p>Mi Yang mi.yang@mpls.k12.mn.us 612.668.0391</p>
 <p>Amharic Wednesdays, 5:30-7:00 Google Meet link: https://meet.google.com/cao-akxv-dsh Or dial: (US) +1 320-317-5565 PIN: 399 789 539#</p> <p>Zenebech Demissie zenebech.demissie@mpls.k12.mn.us 612.517.6001</p>	 <p>Oromo Wednesdays, 5:30-7:00 Google Meet link: https://meet.google.com/ggd-xqrh-tva Or dial: (US) +1 319-435-9055 PIN: 231 007 998#</p> <p>Atalech Worku atalech.worku@mpls.k12.mn.us 612.517.5721</p>



Question #1

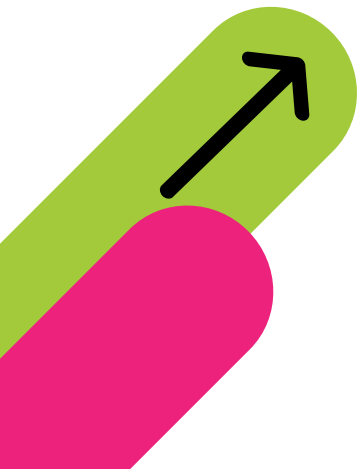


What are the benefits to Family Engagement in PreK to 3rd Grade?

Question #2

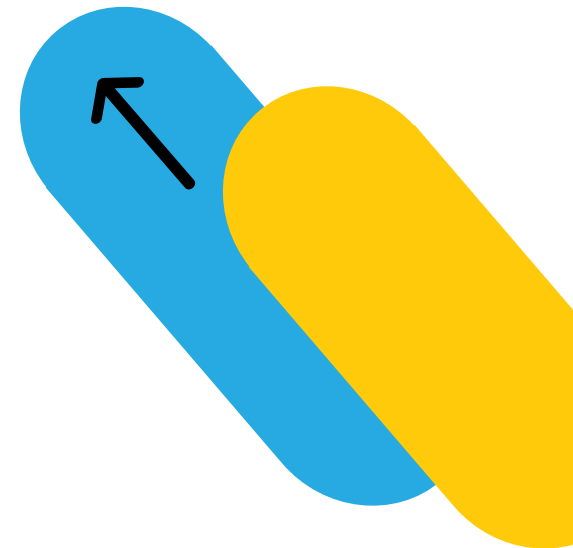
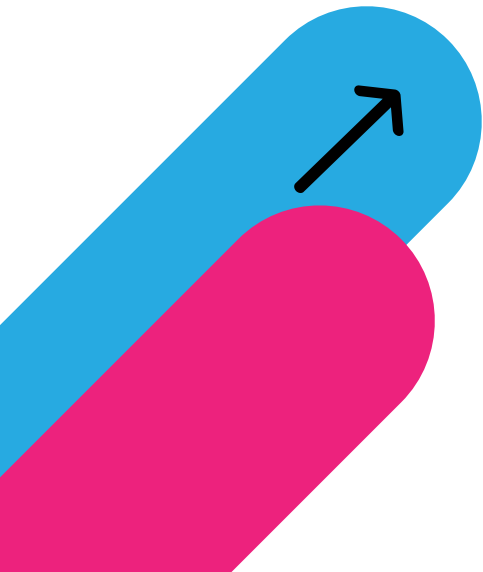


What are some challenges you have encountered and how have you navigated those challenges?



Question #3

What resources have
you found helpful?



Question #4



What have you
learned along the
way?




Question #5

What would you
like to do
differently?





Q & A



Reflection

What is one thing
you can take from
today back to
your program?

Contact Information



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Thank You!

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Stay Connected!



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