



The Cooperative Quarterly



Spring 2011



First Words From Cecile Culp Mielenz, Director of Woodinville Family Preschool

Parenting is an awesome responsibility. Young children understand relationships primarily through their everyday interactions with their parents. Each day they watch and learn as we talk with them, relate to others, and make decisions. They see what we value and what kind of people we are. Their observations will have a direct impact on the kind of people they become.

Some days we feel that we have all the time in the world to influence our children in the way we want them to grow. It is easy to make excuses for a day or two gone awry and feel no sense of urgency about setting straight our relationship with our children. Sometimes we have a bad day and as a result are less than kind to our children. Sometimes we are busy and as a result fail to listen when our children have something they want to tell us. Sometimes we don't take good care of ourselves and as a result have little caring left for our children.

But we may not have all the time in the world. The recent sudden and unexpected death of my dear cousin, Martin Landry, brought this home to me. The way we live day after day, after a while, comprises our lives. And how do others, particularly our children, view our lives and what we stand for?

As our extended family gathered imme-

diately following Martin's death, we shared over and over again that "if you were having a bad day, you could always call Martin and before long you felt better. Martin always listened in a way that made you feel good about yourself."

Although Martin suddenly had no more time in this world, he lived his life in such a way that others were greatly and positively influenced by him. As I read remembrances of Martin written by those who knew him, I was struck by how many people felt that he had been such a special part of their lives. Following are some of those comments.

- He had a great way of making me feel like I would one day do great things just because he believed that I had all the potential in the world.
- No matter how stressful the situation, he always had a smile and a way to lighten the mood. A very caring person....
- EVERYONE loved Martin.
- He was a friend and mentor to all he met.
- The MOST helpful, kind, and generous person....
- He would listen to you even if he did not agree with you. Also, he helped many people behind the scenes without wanting to be in the spotlight.
- He always had something positive to say.
- He always seemed to see both sides of any story and would consistently

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Important Dates:

- ☉ March 23 All Schools Parent Meeting
- ☉ April 4-8 Spring Break—No School
- ☉ April 26 Spring Parent Meeting and Raffle
- ☉ May 13 Board Meeting for 2010-2011 and 2011-2012 boards
- ☉ May 25 Last Day multi day classes
- ☉ May 26 Last Day Thursday classes
- ☉ May 27 Last Day Friday classes

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do what was right. I will miss...his talent, work ethic, and kindness.

- His deep interest and concern for others is the hallmark of a truly great man.
- Martin was a brilliant man who was compassionate and caring for his family and friends. A soft spoken man, he was always kind and considerate to others.
- I have never known a kinder man to his coworkers. He was always accurate and compassionate, inclusive and concerned for others feelings, yet efficient.
- His love of family and community, intelligence, professional life, understated—yet definite—sense of humor and thoughtful countenance....
- Such a thoughtful, funny, and kind person, and a help to everyone he met....

My cousin Martin was the personification of the qualities of caring, kindness, fairness, compassion, and humor. Although like the rest of us, Martin had struggles and challenges of his own, he never failed to connect with and support those around him. He listened to others as though their concerns were of primary importance to him; he knew how to build relationships.

As parents experiencing the ups and downs of daily life with our children, our own struggles and challenges sometimes get in the way of our relationships with our children. Some days it is hard to show caring and compassion; some days it is hard to find a sense of humor. Yet, I can't help but wonder: what if this would suddenly and unexpectedly be our last day to influence our children? What values would they hold? What qualities would they bring to their relationships?

Each and every day is an opportunity to deepen our relationships with our children and with those around us. Part of Martin's legacy to me is the reminder that we each have only today to be the parent that our children need us to be. I hope that his life serves as such a reminder to you, too. You are the only mother or father that your child will have. Your child needs your caring, kindness, fairness, compassion, and humor, and your child needs it each and every day. What you do with the responsibility of parenthood is solely in your own hands. For your child, there is not and never will be another you.

Someone once said "Time is a companion that goes with us on the journey. It reminds us to cherish each moment because it will never come again. What we leave behind is not as important as how we have lived."

"Thank you to my preschool community for your outpouring of support and sympathy to my family and me for our loss of Martin. The day after I returned from his funeral there was a beautiful flower arrangement from all of you; it has definitely been a day-brightener. I also appreciate the thoughtful restaurant gift card for my family to have the opportunity to celebrate Martin's life and share memories. I am so appreciative of your kind words, your cards, and your hugs. Your caring has made a difference! I appreciate you!" - Cecile



My cousin Martin and my granddaughter Ella on a day the three of us spent together at Edmonds Beach last summer



Book Reviews, from our Librarian Sunita Singh

Hello Parents,

This time we had lots of new books arrive. Here are my reviews and thoughts.

Parent Education Books:

Natural Playscapes - By Rusty Keeler: This is a great resource for anyone interested in designing a natural play area. It has a good collection of pictures and suggestions about safe and eventful natural play areas. The photography and text both compliment each other well and pay careful attention to what's really good for kids.

Nurture through Nature - By Claire Warden: This book is about kids under three and the connection they need to have to nature. It talks about areas including mud and soil, sand, air, seeds, flowers, fruit, stone and rock, water, metal, plants and animals. Each chapter celebrates a specific natural element and provides practical ideas for taking infants and toddlers outside to play.

Protecting the gift, Keeping Children and Teenagers Safe - By Gavin De Becker: It's a good read for the parents; the author gives good insight about how to teach your child about safety. Most child abuse and abductions occur by people well-known to your child. The book is little bit subjective.

Your Two-Year-Old: Terrible or Tender - By Laui Bates Ames: It's a good read for parents, the content is bit old but reader can

make appropriate adjustments. It is helpful reference for the parents. It's an easy read and gives you good tips on how to handle your 2 year old.

Parenting a Child Who Has Intense Emotions - By Pat Harvey and Jeanine A. Penzo: Provides clear direction and skills that you can use immediately to make you more effective in de-escalating your child's emotions. It teaches you how to stay calm and reach an effective solution while minimizing conflict. Also available online for free on books.google.com

How to Stop Thumb Sucking and Other Oral Habits - By Pam Marshalla : The book is full of good ideas to break children's negative oral habits.

Early Child Education (06/07) : This edition has some of good articles about early education / supporting young children's development / reading your baby's mind / preventing childhood obesity.

Parenting from the Inside Out - By Daniel J. Siegel and Mary Hartzell: The book encourages parents to learn from their own childhood experiences and use this understanding and to raise happy and healthy children.

A Parent's Guide to Down Syndrome: Toward a Brighter Future - By Siegfried M. Pueschel : Author is well known as an advocate for people with Down syndrome, a leading expert in the field, and a father of a child with Down syndrome. The book covers a range of

topics from prenatal diagnosis to stimulating your child's gross motor, fine motor and speech skills to pre-school to adolescence and on to adulthood. It is a valuable guide on all aspects of Down syndrome, all stages of development.

Child Education Books:

How the Incredible Human Body Works - By Brainwaves: It's a good book with lots of information and graphics about the human body. It is interesting not only for kids but for the parents as well.

Play and Learn Shapes: This is Good picture book for toddlers and for 1-Day classes describing various shapes.

Rainy Day Slug: Another good read in the northwest rain to read with your toddlers in circle or bed time.

The Spiffiest Giant in Town: Really good story book contains lots of characters / graphics. It has nice flow to the story, meaningful and good end to it. My 32 month old daughter really likes this book.

I hope my short review for books will be useful, and I would like to sincerely thank Cecile and others for donating some of them to the school and asking for apologies for not remembering their names.

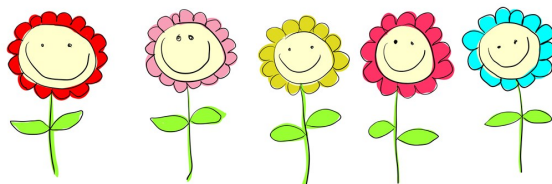
Susan Carroll, Chair

I'm having another baby any day now. In fact, by the time you read this newsletter, my family and I will have already welcomed our new baby boy into the world. As I prepare for his arrival, there is a level of excitement and uncertainty that always comes with adding a child to the family. However, one thing I am certain of is that I want him to have the benefit of WFP from an early age. This is why I have already registered him for the preschool's infant class, even though he is yet to be born.

People have asked why I would take an infant class with my third child because they assume that since I'm a "veteran" now I have nothing to learn from such a class. Granted, what I will learn from this class will be different from what I gained the first time around, but that doesn't mean I don't still have a lot to learn.

When my first son and I joined WFP, he was only three months old. At that time, everything was new and uncharted and I was thrilled to have the parent education and support I received from our infant class. My daughter was born four years later and I enrolled her in the infant class because I wanted her to benefit from the same environment. Part of me was also thinking about equality and wanting my second child's experience to be as rich and full as my first. I was not necessarily thinking that I still had a lot to learn. In fact, I believed that I would be the knowledgeable parent who would give out wise advice to the new parents in the class. That was not exactly the case. There were, of course, times when I could speak from experience and give some advice, but I was pleasantly surprised by how much I learned from the other parents. It was invigorating to be around new parents who were still in such awe of parenthood. With two young children, I was feeling exhausted and a bit overwhelmed with trying to address both of their needs. It was refreshing to come to class each week and listen to the stories of all the babies and how they were developing. I also found myself slowing down more to appreciate all of those little moments with my own daughter. In addition, it was reassuring to be in the company of people who understood what it is like to have a baby. Even though my friends all had children, there is nothing like the camaraderie of someone who is in the trenches with you at the moment. Sleep-deprived parents truly understand each other.

One thing being a parent has taught me is that you are never done learning. My children are quite different from each other and my parenting has evolved to fit both of their unique styles. I know that my new son will bring another temperament and learning style to our family, and I'm excited to learn more about him as an individual. The infant class will support me in my journey as a parent and give me the coveted one-on-one attention that a third child will need. For a few hours each week, I will be able to focus on my baby completely and be reminded to slow down and enjoy this special time with him. As we all know, it all goes by much too quickly.



Melissa Steiner, Vice Chair

Hard to believe it's already that magical time of the year, to start thinking about your dream jobs for 2011-2012!

Job sign-up sheets will be posted on the resource room door in the very near future.

Here's what you need to know.



For some of you, this means that you may already have a **job you LOVE and might want to keep it**. Often times it takes a good part of the year to get used to your assigned job and figure out all of the idiosyncrasies of your assigned duties. It's great when you can keep that job and master it for the following year. If this sounds like you, then please **send me an email** so I know that you want to continue in your current job. It is great to have experts out there, who are finessing the jobs by holding them several years in a row.

For some of you, **change** is in the air! Your idea of a dream job may NOT be the job you are doing right now. Hey, that's ok...stop and give yourself a pat on the back for hanging in there this year and know that we appreciate you. Now, open up your preschool handbook, turn to the blue pages, and look at all of the possibilities available for you! You'll need to come up with **your top five choices**. For multi-day classes-at least one of your choices need to be a curriculum team.

Some of you may decide that holding a job doesn't work for your family. That's ok, because you can choose what we call Job Options, or **JOP**. You pay \$575 and you are done! Nice, huh? You don't have to feel guilty about it either, because the money from the JOP program pays for us to hire people to do some of the duties that originally were done by members. So it is important that families choose this option.

Last but not least. Some of you may be registered for an infant class. You are automatically enrolled in the infant job options program, or **JOPI**. You don't have to hold a job, and it is free, no charge, complimentary, on the house, gratis, you get the point, right! **YEA!** I almost want to have another baby so I can do **JOPI**. (Don't worry Brad, I said **ALMOST!**) The only catch is that you have to be registered for the infant class prior to job assignments being passed out or you'll be placed with a job for the year! **YIKES!** Better sign up quickly!

Finally. One last important bit of information about your job notebooks- **Job notebooks will be collected at the spring parent meeting.**

PLEASE, PLEASE take a moment to review them carefully. Make sure that you fill out the Job Journal with all of the hours you've worked, tips for the next job holder (even if you have the same job again- you'll want to remember details), and if you still have job tasks to complete, make copies of those pages so you know how to finish your job duties through the end of the school year. Also, please discard any outdated information and generally put your notebook in the order that will be most helpful to the next job holder.

As always call or email me with questions. I'm here to help! 206-819-9577 or melissa.steiner3@frontier.com

Juliana Omli, Infant 0-6 months



Road Trips with Children

I wouldn't have thought I'd ever be a road warrior; especially not after having children. Yet in the last three years we've travelled many thousands of miles, visited thirteen states and convinced both of our children that the car is their home away from home. As my husband and I plan elaborate routes using Google maps, my four-year-old son plans out his own road trips on a dry-erase map of the states. Currently we are working on plans for another drive down to Texas. I highly encourage you to take your own family car trip, whether for a day or for several days. A family adventure is something that always brings delightful surprises, often found when taking a detour. Here are some tips I've learned along the way.

No mini-van required! I love my mini-van and it makes long-distance trips quite comfortable, but our tiny Prius has done plenty of the road-tripping too! Learn to pack tight & light for the length of trip you choose.

Use a seat-back organizer (for behind the front seats). This otherwise wasted space can be used to keep a steady stream of toys and activities handy for adults and children.

Keep a stash of snacks where an adult can hand them out. In addition to the usual pantry snacks, bring cut veggies, and fruit that doesn't require refrigeration. If you have room for an ice chest your options just doubled!

Children in diapers? Designate a space that can be used for diaper changes in a pinch. My favorite is a lidded plastic bin (used for snacks) with a towel on top.

Keep disinfectant hand wipes and gel available for use after snacks, diaper changes and many other potential messes.

Keep a roll of toilet paper in the car. You'll know how and when to use it.

If space permits, keep a roll of paper towels in the car too.

Using bottles, sippy cups or your favorite travel mug? Bring travel size dish soap and a small plastic tub to do your dishes in. The shoebox size with a lid is perfect for this and you can keep dirty cups or bottles contained in it until the next stop.

Pack a few new and creative distractions for your child(ren). I keep several small books of create-your-own sticker scenes and one large reusable one. I keep the small ones in my purse or diaper bag for using in restaurants or long lines, and the large one provides hours of entertainment in the car.

Sing together, your children love it! We love the Go Fish album, Party Like a Preschooler... beware, you just might enjoy it as much as the children!

A gas station is the best place to start your day! Fill your gas tank, your coffee cup, and pay the 25 cents or less for a cup of hot water and a spoon to add to the instant oatmeal (from your snack bin). I've never been charged for a cup of hot water, but have change handy just in case.

And finally—a lesson that took too long to learn. Inform your toilet-trained child of rest stops 10-15 minutes in advance. Somehow a child who doesn't need to use a rest stop in five minutes always needs to in six.

Tracy Roberts, Infant 6-12 months

WINTER TURNS TO SPRING

Wow, this school year is sailing on by. I know spring is officially on the way now for sure because the frogs finally started croaking in the pond out in our pasture. They usually start right at the first of March and I was starting to worry about those darn frogs because I hadn't heard a peep out of them until today! I never thought the deafening sound of thousands of croaking frogs echoing through the woods would be music to my ears.

This week the birds have been busy chirping up a storm and I tell my 18 month old daughter, "It's almost springtime." I can't wait to watch her discover spring. Every little brown stick she sees on the ground she says, "Worm!" Winter has made an impression on her too; she still often talks about snow and hail. When it hailed so hard a few weeks ago I ran outside with my girls and recorded them as they ran around the yard in the hail storm stopping occasionally to eat some ice pellets. My toddler still talks about "hail".

Daylight Savings time is next weekend and I feel like it's time to come out of hibernation. I'm looking forward to longer days, warmer weather, buds on trees, cherry blossoms and flowers. It is still cold and flu season however and we're just getting over another cold here at our house. I thought I would share a few things our doctor has suggested to us... did you know that honey has medicinal properties and a spoonful of honey actually helps to sooth a sore throat and cough?! Honey is safe for young children at 1 year of age and older. Put honey in some Throat Coat tea or give them a spoon full of honey for that sore throat and cough. I've also found a cough syrup that is natural and very effective for kids and adults called B&T Children's Cough and Bronchial Syrup. Lastly, Coldcalm by Boiron helps us get through the sneezing, runny nose, congestion and sore throat that come with most of the viruses and colds we've been experiencing. I like the natural products for the kids and actually I find them to be more effective than name brands. Also, plain Chapstick helps with a sore nose when their nose is runny. Don't use the minty kind; it can burn if their skin is raw.

Here are a few more household tips I thought I would share. Did you know that hairspray removes ball point ink from clothes? Just spray it on the ink before you put it in the washer. Amazingly I even removed Sharpie marker from my daughter's coat with hairspray and a scrub brush recently. I finally discovered that by washing my kid's clothes in cold water I have much better luck at getting the stains out. I quit buying expensive stain removers awhile back and started mixing my own with 1 part liquid Dreft to 4 parts water in a spray bottle and it works just as well. I spray the stain, give it a quick scrub with a brush to work it in then toss it in the washer. It's funny, I never used to think much about stains until I had kids but now it's become the focus of my laundry. It never fails the first time I put a new outfit on my kids it always gets stained. Now my toddler has decided that she doesn't like wearing bibs anymore and always takes them off so I just let her eat without one. Today I watched almost as much yogurt go down her shirt as went into her mouth!

Happy spring!!



Andrew Cook, Toddler PM

Spring! The final quarter of Toddler PM has begun and you can sense that we are all realizing just how quickly this year of WFP has slipped by. The most satisfying reward at WFP, at least for me personally, is watching the kids grow their confidence and collaboration and to feel the sense of community within the class. Beth does a fantastic job as our instructor, not just in parent education, but also in the 'immersive' experiences that she creates for the children. Worms in the dirt, some particularly messy table painting, shaving cream; there is a good reason it is suggested that we wear 'older' clothes to class! However, without those experiences our children would not be so unafraid to explore the world around them.

Spring is also a time that Toddler PM looks to have some outdoor play - which is going to provide our kids with a new dimension to class. Given the weather patterns in WA in spring, gumboots seem like a good footwear of choice for class (or at least available for outdoor play). And a decent jacket,...and a hat.





Brianna Thunberg, Toddler AM

It's almost spring time and I can't wait..... So I am getting ready to do some major spring cleaning and attempt to declutter my house. My only distractions are my two busy kids! So I have some tips/ideas that can help out, right?! Easier said than done most days in my house. But how nice it feels when you can accomplish any one thing off of a list.

Here are some useful tips/ideas that have helped me so maybe they can help you too!

Organizing Cupboards - Go through all your smaller spaces in your kitchen and you will be amazed how much stuff can be thrown away or donated to your local food bank. Bonus: get the kids involved by placing unwanted food into a bag for the food bank or breaking down all of the food boxes and then recycling.

Bedroom Closets - There is a rule out there if you don't wear it in a year donate it or sell it. Well I am not sure about that one but really take a look at what you have hanging in your closet. If you have stuff longer than a few years or in my case pre-baby, odds are it won't fit you the same way anyway so donate and then you have room for some new clothes!

Under Your Bed - This part of the decluttering can be quite scary. Proceed with caution and always have a weapon, vacuum cleaner or bug spray with you! Who the knows what you will find under there, but I can bet a lot of it can go.

Kids Room - I keep a collapsible box in my kids closet that small clothes, shoes or even toys go in and when it gets full I organize into larger storage bins. This works well for clothing, shoes that I save to pass on. Anything else gets donated.

UGH - Bathrooms - It amazing how fast clutter can build and become overflowing in those vanities and medicine chests. Go through all those goodies and if it has hardened, softened, changed color or smells toss it!

*Also if you have products that you have used once or twice and didn't like there are women's shelter's that are in need of those products so they can be donated instead of tossed.

Linen Closet - Towels, sheets, blankets can build up and can be easily cleared out.

*If you have any old linens check with your local animal shelter, they are always in need of stuff that you don't think can be donated as well.

- Always have a "get rid of box" or bag close to your living area or areas that you can toss stuff in as you come across in your daily, weekly or monthly cleaning, then sort when full to donate or hand down.
- Talk to a friend or friends with kids older and or younger and do a toy exchange for toys that your kids don't play with for some toys or books that they will play with.

Remember setting an achievable goal always helps in getting kick started. Take it as it comes and it can't all be done in one day, right!

Happy Spring!

Patti Domenici, 1 Day A

Happy Spring!

As Robby and I got out of the car to walk into preschool, we saw Marin and Kate had stopped and were looking at something in the parking lot. “Marin found a worm,” Kate explained. Robby started toward Marin and noticed another worm, and then Adin and Doug pulled in and found even more worms. What a discovery on the walk to the front door of school!

When we got home from school, Robby and Marina bundled up and headed into the backyard to find worms. Armed with empty Tupperware bowls and small gardening shovels, they went about attacking my landscaping. I brewed a cup of tea and watched them out the window. Marina lifted rocks and Robby squatted and shoveled with determination. When they finally found a worm, they were so excited that you would think they had dug up gold coins. Marina poured dirt into her Tupperware, gently set the worm on top and declared it the worm house, which she then wanted to move into her bedroom. Um... No. I explained that the worm needed to live outside in the dirt, and that maybe they'd see the same worm the next time they went on a worm hunt.

I am not a gardener. I wish I were. Other people talk about how stress relieving they find gardening. I just get a fingernail-on-the-chalkboard feeling when I get dirt under my nails. We have a family tradition that my husband and kids fill my flower boxes as my Mother's Day gift. I love this tradition. It is fun to shop for the plants as a family, the kids get quality time with their dad while planting, my flower boxes are filled early in the season, and the kids love watering the flower boxes all season with their little plastic watering cans.



Emmy Hager, 1 day B

Spring Means Birthday Traditions

Spring for me means birthdays, birthdays, and more birthdays! My daughter, Riley, turns 5 on April 5th and my son, Blaine, turns 3 on April 25th. With every birthday comes a party and boy, are we busy!

Though it is a busy time for us, we always make sure to take time to reflect on the year with the kids. One of the birthday traditions we have been doing is celebrating the day before our children's actual birthday with a family dinner, just the four of us.

We pull out the photo albums and talk about their birth story, tell stories of things that they did and things that they said and look at all the growth and accomplishments that they did over the past year. Riley and Blaine love it. They ask all sorts of questions and really enjoy the stories that we tell.

While looking at the photo albums, we honor and celebrate their very last of day of being 1, or 2, or 3, or 4 years old...it's a bitter-sweet occasion, especially for me!

Another tradition that we started last year is the popping of the balloons! I string up a number of balloons on a string and stretch it across our dining room wall. Each balloon represents a day leading up to Riley or Blaine's actual birthday. I write the date on each balloon and the "number of days left" until their birthday. The last balloon is a different color and is their birthday balloon. Each morning they get to pop a balloon to celebrate being one more day closer to their birthday. This has been a great way for the kids to see "how many days until their birthday" and a fun thing for them to do each day leading to it.

Looking for creative birthday tradition ideas? Check out Meg Cox's book, *The Book of New Family Traditions: How to Create Great Rituals for Holidays and Everyday*. This is where I got the balloon popping idea. We have done various activities and started fun rituals from this great book!



Julie Kotler, 3 Day

As I write this article, the rain is pouring down and the wind is blowing. However, I remain hopeful that spring will arrive at some point, preferably sooner rather than later! Amazingly, in the 3-day class, we are already fully immersed in our construction curriculum, leaving us with only one more curriculum unit for the year-- how can it have possibly gone so fast?? We are busy building our little shoebox houses, exploring and documenting our own homes and looking forward to our construction unit VIP night. Also, I am very excited to report, that, in keeping with the season of new beginnings, our classmate Heather is officially a big sister! She, along with her parents, Mary Ann and Cameron, and her big brother, Logan, welcomed twins Gavin and Morgan to their family on February 15th.

As we head into the last portion of the year, I know that spring and summer sometimes include travel plans. Here are a few tips/activities that we have found to make those long plane flights or car trips a bit more manageable. . .

- Pipe cleaners are a parent's best friend. They can be twisted into an array of wonderful shapes and designs, can be used for stringing cereal and take up almost no space.
- Consider audio books as a way to break up the time on the road or in the air. Maybe if all goes well, you might even get to read a page or two of that book you always pack but never actually open.
- Old catalogs and magazines can fun to look at, and pictures can be torn out and glued on blank paper with a glue stick.
- Contact paper is great stuff. You can stick most any item on it to make a cool collage (think straws, napkins, snack remains, etc.) and it also helps hold small toys so that they don't go flying off the tray table at the first bump or kick.
- Other things we try not to leave home without: crayons, paper, stickers, tape, a couple small containers of play dough, magnetic toys of some variety, washable stamps, and more snacks than any child could possibly eat given the anticipated duration of travel.
- If you have a layover or a few minutes at a rest stop, use the time to move, move, and move a bit more. We often ask if there is a "play area" just as we get off the plane. However, finding a quiet corner to run, jump, dance and generally "get the sillies out" works as well and really makes that next leg of the trip a bit easier.
- It is so nice to have a few toys for "active play" packed in your luggage, but often hard to find room to pack them. Don't forget the "Gertie" ball: those soft, bouncy, easy-to-grip balls that can be inflated at your destination and deflated for the trip home.

Allow an amazing amount of extra time. . .we have found that having to occupy ourselves for a bit of free time is a whole lot better than uttering the words, "We don't have time for a bathroom stop."



Malou Weidner, Pre-K

It seems just like yesterday when my daughter and I first attended WFP (almost 5 years ago). My daughter was 10 months old then, and we were in the Infant class with teacher Beth. I was overwhelmed with all the “rules” that I needed to learn at first. But the longer we stayed at the preschool, the more the rules made sense to me. I love the routine and the time that I get to spend at the preschool with my daughter, watching her grow and develop through all the wonderful learning experiences that the preschool provides. In the Infant class, her favorite was when it’s time to have the parachute out. In the Toddler and 1 Day classes, her favorite areas were the Creative Arts table and the sand box at the playground. In the 3-Day and Pre-K classes, she still enjoys the Creative Arts table and sand box area a lot, but she loves going on the excursions the most.

The most valuable thing I have received from WFP is the parenting education. I had never taken a single parenting class in all my previous school/college years. I’m so thankful that WFP offers parent ed. I learned that *patience* is not enough, that I need to have an *understanding* of my child’s developmental level to have a better relationship with her. I’ve acquired some tools I could use (and trying hard to put them into practice) to change from a “Bossy Parent” to a “Mentor Parent”. I know that I still have so much to learn, but I know that I’m a better parent because of WFP. I did not have the best parental role model either. At WFP, I had the wonderful opportunity to watch Cecile, Beth, and Jodi as they teach and model what great parenting is all about. It has truly helped me tremendously in my parenting journey.

And now, there are only a few more weeks before we “graduate” from WFP. I’m already missing everyone. I’m also going to miss my preschool job. I truly enjoyed being on the board and having a “job.” As a stay-at-home mom, it gave me an opportunity to give something back to the preschool and be able to use my previous work experience and college education.

I’ll be forever grateful to WFP for the wonderful learning experiences that my daughter and I had, the friendship, and support. I wish that WFP continues to open its doors, for as long as it can, to provide more families with the same opportunity we had. It changed our lives, and I know it will change a lot more families’ lives for the better. Thank you so much WFP!



All School Scoop, Eric Hunter, Board Assistant

Hello Woodinville Family Preschool. As we roll into the home stretch of another school year the board has asked me to remind parents of some guidelines to help us all enjoy our parent education experience as much as possible as well as to mention some new and exciting things that are happening in the preschool.

It has been brought to the board's attention that hand washing is not always done appropriately. Please remember to have your children use soap every time. Also remember to model good hand washing behavior. Teaching and modeling healthy behaviors now will pay dividends in the future.

Though our multi-day and one day classes are full for 2011-12, we still have infant and toddler class openings so if you know of any new babies or pregnant moms that may enjoy the parent education classes let them know and put them in contact with our registrars.

To help us get in touch with more expectant parents we are planning on two new marketing campaigns. First we have budgeted \$100 to trial Google AD Words. We will be selecting some keywords that we want our advertisement to appear for on the Google search engine. We pay per click and can limit how much we pay per month. So remember if you see our ad on Google don't click it or you cost us a \$1 and one less chance to reach another family. Secondly one of our members is involved with starting a farmers market at Willis Tucker Community Park in Snohomish County on Fridays this summer. We are working on sponsoring a kid friendly event at the market once a month. This will allow us to share our fliers and our values in a family friendly community event.

Please remember that the preschool is a cell phone-free zone and leave your cell phone in the car. Also please remind guests of this policy if they are accompanying your child to the preschool. We seek to preserve our preschool as a dedicated time and space focused just on children with no outside distractions. While at the preschool you can be reached in an emergency at (425) 481-9707 ext. 4.

Regarding preschool jobs please make sure to update your job handbook with notes or helpful hints for the next person to take the job. Also please record your hours carefully. We use that information to make sure the work distribution is fair and if your job is taking more hours than expected we need to know so we can make changes. If you have questions as you integrate into your preschool job, please contact Melissa Steiner, Vice Chair.

Woodinville Family Preschool is a non-profit organization and will gratefully accept your donations. Some of the ways you can donate are by donating an item or service to the silent auctions at the parent meetings. Also we have a program through www.escrip.com to have local merchants automatically donate to the preschool when you shop with them. See the Finances, Donations, Tuition, Budget policy on page 146 of your handbook for more information on how to donate. Note: We have met our budgeted donations for this school year so all subsequent donations will go directly to our new playground project.

We have a need for some carpentry skills for our new playground. If anybody knows a carpenter willing to help out in our playground project please get in touch with your class coordinators. Don't forget our Spring Parent Meeting on April 26th at 6:15 pm at the Northshore United Church of Christ in Woodinville. We have another silent auction so remember your check books. Also the featured speakers will be Suzy and Matt Hoover from "The Biggest Loser". Remember you are welcome to bring a friend with you to see the Matt and Suzy.

I also want to thank everybody who reached out to us during the last 3 months. We had a couple losses in our family recently and the love and support that we felt from all of you was a blessing and a comfort. Thanks again and see you at the parent meeting in April!

And now, a word from one of our WFP Alumni, Susan Leveridge

What years did your children attend WFP? 1990 - 1998

What are your child(ren) doing now? (school, interests, sports) Oldest daughter, Danielle is a junior at Willamette University, scheduled to graduate a semester early in sociology, with a minor in ethnic studies. She is interested in advocating for women and children. She's in the Greek system, involved in community service and participates significantly in church activities. She's traveled internationally quite a bit, including studying in Ecuador. She plans to continue on to graduate school. She has quality relationships and enjoys life immensely. She is able to think critically, question, and debate diplomatically. She faces her biases and educates herself on all sides of an issue. Her worldview includes attempting to see through the lens of the disenfranchised and marginalized populations.

Our son, Christian is a junior at WHS. He's taken several AP and honors course. He's been actively involved in DECA. He's also engaged in community service activities. Christian is looking at highly competitive universities across the nation. At this time he has not determined an academic focus. He cares about fairness for all individuals and pays attention to current events, politics, governmental systems, and cultural enculturation.

Please describe your WFP experience, highlights, things that stuck out: Highlights continue to be what we learned about child development, how to encourage freedom of thought, behavior and emotions within limits, provide a respectful family environment, stressing that learning is lifelong and about the process, not the product. The education we received at WFP gave us the confidence to raise our children with integrity to our families values, regardless of cultural influences. We contribute the well-functioning of our family's and children's success to the instruction received at WFP. Our children are happy, confident, and caring - this is all we could hope for. They both value learning and contributing positively to our community, in their own way. We feel that this has everything to do with the research-based parenting instruction that we learned at WFP.

How do you feel WFP prepared your children for their school/life experience? Our children are lifelong learners. We suspected that our children would go to college, however, now they are talking about graduate school. We couldn't be more thrilled that they want to continue past an undergraduate education. My son said that he'd like to make a lot of money so that he can continue with college throughout his life and learn everything there is to learn. I believe this love for

learning came from the values we learned to stress because of the education we received at WFP. Yesterday, Christian participated in a DECA state competition, in which he failed to progress to the national level. He was consoled by knowing he learned something during the experience, which was the ultimate goal and not the prize of a trophy or ribbon.

Do you have anything else to add? We were a family that could have been at serious risk for exposing our children to a chaotic childhood. We were not intentional in becoming a family. Our pregnancy with our daughter was unplanned and out of wedlock. Neither of us had a positive upbringing or family of origin to model after. We were new to the community and had no emotional or physical support. The education and support we received from WFP was invaluable to the physical/emotional/psychological/ wellbeing of our family. While we valued education, we had no idea how to best incorporate our values into the upbringing of our children. WFP provided us with the education and the framework to incorporate our values for education and learning into our everyday family life. We believe that childhood provides the building blocks individuals need to be a happy and interdependent within community. WFP provided the model we needed to raise our children in a such a manner.

Calling WFP Alumni: The Babysitters Project

To WFP Alums

Are your children looking for babysitting jobs? Woodinville Family Preschool is once again compiling our annual list of babysitters for use by our current preschool families. The babysitter list will consist only of sitters who went to Woodinville Family Preschool and will be distributed only to current WFP families. Because the list will bridge former and current preschool families, all involved will share similar developmental guidance strategies for working with young children. You will know that your children are babysitting for families who value the child rearing that you have done, and our current families will know that their babysitter is experienced in developmental techniques.

If you have children of babysitting age who are looking for ways to earn extra money now and in the summer, please ask them to complete the following form and return it to Woodinville Family Preschool, Babysitting Project, PO Box 125, Woodinville, WA 98072. We will put together the babysitters list to distribute only within the preschool before school is out at the end of May.

Thanks for your continuing support of the preschool.



Babysitters Project application

Babysitting Information

Name _____ Age _____ Gender _____

Years you were at Woodinville Family Preschool _____ - _____

Parent(s) Name(s) _____

Your Street Address _____

City _____ Zip _____ Phone _____

Have you taken any First Aid, CPR, or Babysitting classes? Please describe.

When are you available?

Time of year (summer, school year, etc.) _____

Days of week _____

Time of day/night _____

What ages of children are you comfortable working with? Check all that apply.

Infant-1 year

1-3 years

4-5 years

6 and older

Describe some of the activities that you enjoy doing with children.

Parent signature _____ Babysitter's signature _____

Please return this form to Babysitters Project, Woodinville Family Preschool, PO Box 125, Woodinville, WA 98072.