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.

- Baby Massage
- Baby Talk - Come and Play
- Birth-5 month classes
- HUG - home visits
- Making the First Months Matter
- Sleep, Baby, Sleep
- Sleep? Dream On!

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

Baby Talk
Come and Play
For parents and children 10-20 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.
Th Sept 13 - Apr 25
10:45 am-12:15 pm

Early Childhood Family Education
2018-2019
Classes and activities for families with children birth through pre-kindergarten

Infants & Wonderful Ones

The following classes are offered at no cost

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 to crawling
- EF-F101 Th Oct 25, 2018 1-2 pm Rm 18
- EF-F102 Th Nov 15, 2018 1-2 pm Rm 18
- EW-F104 Th Feb 21, 2019 1-2 pm Rm 18
- EW-F105 Th Mar 21, 2019 1-2 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 to 12 months
Daytime
- EF-F106 W Aug 22, 2018 11 am-12 pm Rm 18
- EW-F107 W Jan 9, 2019 10:30-11:30 am Rm 18
Evening
- EF-F109 W Aug 22, 2018 6:15-7:15 pm Rm 18
- EW-F110 W Jan 9, 2019 6:15-7:15 pm Rm 18

Sleep, Baby, Sleep
To relieve stress and help you and baby sleep, come learn a relaxing night time massage routine for baby and simple restorative stretches for you. Receive information on sleep, learn lullabies and end the evening with a sleepy-time treat for you! Bring a yoga mat for you and a blanket for baby.

Parents and their infants-1 month to crawling
- EF-F111 T Sept 11, 2018 6:15-7:15 pm Motor Room
- EF-F112 T Dec 11, 2018 6:15-7:15 pm Motor Room
- EW-F113 T Jan 29, 2019 6:15-7:15 pm Motor Room
- EW-F114 T Apr 16, 2019 6:15-7:15 pm Motor Room

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-F115 T Dec 4, 11 1-2 pm Rm 18
- EF-F116 T Apr 9, 16 1-2 pm Rm 18

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

For more information or to register, visit ced.rdale.org or call the ECFE office at 763-504-4170.
**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, health concerns,
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.

<table>
<thead>
<tr>
<th>Birth-5 months - Fall 2018 semester classes for new babies</th>
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</thead>
<tbody>
<tr>
<td>EF-D109 W Sept 12-Oct 24 6:15-7:30 pm  Rm 18</td>
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<tr>
<td>EF-D209 W Nov 7-Dec 19  6:15-7:30 pm  Rm 18</td>
</tr>
<tr>
<td>EF-D110 Th Sept 13-Oct 25 9-10:30 am  Rm 18</td>
</tr>
<tr>
<td>EF-D210 Th Nov 1-Dec 20  9-10:30 am  Rm 18</td>
</tr>
<tr>
<td>EF-D111 Th Sept 13-Oct 25 6:15-7:30 pm  Rm 23</td>
</tr>
<tr>
<td>EF-D211 Th Nov 1-Dec 20  6:15-7:30 pm  Rm 23</td>
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<table>
<thead>
<tr>
<th>Birth-5 months - Spring 2019 semester classes for new babies</th>
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<tbody>
<tr>
<td>EW-D112 W Jan 23-Mar 6 6:15-7:30 pm  Rm 23</td>
</tr>
<tr>
<td>EW-D212 W Mar 13-Apr 24 6:15-7:30 pm  Rm 23</td>
</tr>
<tr>
<td>EW-D113 Th Jan 24-Mar 7 9-10:30 am  Rm 23</td>
</tr>
<tr>
<td>EW-D213 Th Mar 14-Apr 25 9-10:30 am  Rm 23</td>
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**FREE! Birth-5 months classes are offered with no fee.**
Sibling care is available for all classes - $35/child

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**Full Year Infant Classes**

**6-10 months - For children born Oct 1, 2017-Feb 28, 2018**

| EF-B107 M Sept 10-May 6 6:15-7:45 pm  Rm 18            |
| EF-B108 T Sept 11-Apr 30 9-10:30 am  Rm 18            |
| EF-B109 W Sept 12-Apr 24 10:45 am-12:15 pm  Rm 18    |

**11-15 months - For children born May 1, 2017-Sept 30, 2017**

| EF-B110 T Sept 11-Apr 30 10:45 am-12:15 pm  Rm 18      |
| EF-B111 T Sept 11-Apr 30 6:15-7:45 pm  Rm 18        |
| EF-B112 W Sept 12-Apr 24 9-10:30 am  Rm 18            |
| EF-B113 F Sept 14-May 10 10:45 am-12:15 pm  Rm 18       |

**16-20 months - For children born Dec 1, 2016-Apr 30, 2017**

| EF-B114 M Sept 10-May 6 9-10:30 am  Rm 18            |
| EF-B115 M Sept 10-May 6 10:45 am-12:15 pm  Rm 18      |
| EF-B116 Th Sept 13-Apr 25 6:15-7:45 pm  Rm 18         |
| EF-B117 F Sept 14-May 10 9-10:30 am  Rm 18            |

**Sibling care for Infants and Wonderful Ones**

Child care for siblings is available for most infant classes.

*Tuition for semester and full year classes is based on a sliding fee scale.*

For more information or to register, visit *ced.rdale.org* or call the ECFE office
at 763-504-4170.

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**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.

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**Sliding Fee Scale**

<table>
<thead>
<tr>
<th>Annual family income (Gross income)</th>
<th>ECFE Class Fee 1st child &amp; parent(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0-19,999</td>
<td>$25  $47</td>
</tr>
<tr>
<td>$20-31,999</td>
<td>$45  $85</td>
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<tr>
<td>$32-44,999</td>
<td>$70  $133</td>
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<tr>
<td>$45-57,999</td>
<td>$100 $190</td>
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<tr>
<td>$58-71,999</td>
<td>$130 $247</td>
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<tr>
<td>$72-85,999</td>
<td>$160 $304</td>
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<tr>
<td>$86-99,999</td>
<td>$191 $363</td>
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<tr>
<td>$100,000+</td>
<td>$220 $418</td>
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</tbody>
</table>

**Sibling Care**

$70 per semester, $140 yearly