



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.

ECFE, New Hope Learning Center
8301 47th Ave N, Room 15
New Hope, MN 55428

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

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.

Birth-5 months - Fall 2018 semester classes for new babies

EF-D109	W	Sept 12-Oct 24	6:15-7:30 pm	Rm 18
EF-D209	W	Nov 7-Dec 19	6:15-7:30 pm	Rm 18
EF-D110	Th	Sept 13-Oct 25	9-10:30 am	Rm 18
EF-D210	Th	Nov 1-Dec 20	9-10:30 am	Rm 18
EF-D111	Th	Sept 13-Oct 25	6:15-7:30 pm	Rm 23
EF-D211	Th	Nov 1-Dec 20	6:15-7:30 pm	Rm 23

Birth-5 months - Spring 2019 semester classes for new babies

EW-D112	W	Jan 23-Mar 6	6:15-7:30 pm	Rm 23
EW-D212	W	Mar 13-Apr 24	6:15-7:30 pm	Rm 23
EW-D113	Th	Jan 24-Mar 7	9-10:30 am	Rm 23
EW-D213	Th	Mar 14-Apr 25	9-10:30 am	Rm 23

FREE! Birth-5 months classes are offered with no fee.
Sibling care is available for all classes - \$35/child

New 6-10 months classes beginning Semester 2

Families in Semester 1 Birth-5 months classes can continue by registering for a 6-10 months class for Semester 2. New families are also welcome to begin!

EW-B101	W	Jan 23-Apr 24	6:15-7:45 pm	Rm 18
EW-B102	Th	Jan 24-Apr 25	9-10:30 am	Rm 18
EW-B103	Th	Jan 24-Apr 25	6:15-7:45 pm	Rm 18

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.

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

Sliding Fee Scale

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

Sibling Care

\$70 per semester, \$140 yearly