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For your calendars

Here is a list of all of the NO SCHOOL Days for ECEAP:

- ... November 11
- ... November 25—26
- ... November 30—December 3
- ... December 21—31
- ... January 18
- ... January 28
- ... February 15—16
- ... March 29—April 1
- ... April 26—April 29

Food Assistance Guidelines

*See your FSW
for more information*

Household size	Gross monthly income
1	1,127
2	1,517
3	1,907
4	2,297
5	2,687
6	3,077
7	3,467
8	3,857

Director's Corner

As we enter our third month of school, I can already see progress in all of the kids. For many this was their first time in a school setting and they have made great progress in separating from their parents and others are learning to follow routines.

Parent/Teacher conferences will be held at the end of the month. Your child's teacher will be contacting you to set up a conference to go over the progress of your child as well as plan for the next few months. Each teacher has 40 conferences during this week and it is important that parents arrive on time for their conference.

We hope that you will be able to join us for our first Family Night which will feature The Bubble Festival from the Imagine Children's Museum and Germ City from WSU! November 18th, 6:15—7:30 pm.

Coming up @ ECEAP:

- ... Nov 2-3 - Height, weight, vision and hearing screenings will be done.
- ... Nov 5 - Library (9:15/3:00) Resource Room
- ... Nov 11 - Veteran's Day - No school
- ... Nov 18 - Family Night!! Come join us for the Bubble Festival presented by the Imagine Children's Museum, 6:15 - 7:30.
- ... Nov 19 - Nutrition. Nutrition. Each monthly staff from the WSU extension comes to our program to teach our preschoolers about healthy foods and living through songs and books. If you would like to attend, please talk to your teacher.
- ... Nov 25 - 26 - Thanksgiving Break - No school
- ... Nov 30 - Picture retakes
- ... Nov 30 - Dec 3 - Parent/Teacher conferences - No school
- ... Dec 8th - Parent Café (9:15/1:15). Parents are invited to join us at the Parent Café! There will be refreshments, door prizes, fun activities and new people to meet!
- ... Dec 17th - Nutrition

Staff are available to answer questions and address concerns. Please feel free to talk to family service workers, office staff or myself at any time!

Kim D. Parker

WEATHER CLOSURES

We want to ensure that our children and families can travel to and from school safely. If there are inclement weather conditions that may be unsafe, the following will be implemented:

ECEAP will be closed if:

- ... The District is closed or is on snow routes
- ... The District has a late start
- ... Morning or Afternoon Kindergarten classes are cancelled



Cancellations and late starts are announced on all local radio and television stations. You can also check www.schoolreport.org for the status of all local schools.

Parent Tidbits

Talking About Meltdowns

- ... When kids get mad, they get really mad. And parents, despite their best intentions, get mad too and often react by yelling back. One thing leads to another and a simple disagreement has turned into a battle of wills, with screaming, kicking and tears.
- ... What to do? First, try not to feel embarrassed. Remember that any child, with any sense of self, is likely to have a tantrum sometime, someplace. And parents everywhere are wondering how to cope.
- ... "Children often start to have a tantrum because they don't feel heard," points out Michael Thompson, Ph.D., author of *Best Friends, Worst Enemies*. "They think what they want is for their parents to give in. But often, what they really want is for their parents to stop and listen."
- ... When you listen, experts agree that it's important to accept, rather than dismiss, your child's feelings - even if they're hard to take. "We live in an emotion-dismissing culture," says John Gottman, Ph.D., author of *Raising an Emotionally Intelligent Child*, "but if you build an awareness about your child's emotions and your own, particularly an awareness of smaller emotions, then it may not be necessary for emotions to escalate."



Talking Through Angry Feelings




- ... **Let your child express negative feelings without judging them.** Imagine if every time you were upset, some bigger, taller, frowning person looked down at you and said, "Don't feel that way," or "Don't tell me that." Would you feel like shutting up or shouting back?
- ... **Ask yourself, "Am I really listening to my child or waiting to tell him what I think?"** "Children often start to have a tantrum because they don't feel heard. If you are thinking of what you will say while your child is talking, then you know you are not really listening," advises Michael Thompson, Ph.D.
- ... **Reflect your child's feelings.** You might say, "Boy, are you mad!" to a younger child. To a school-age child you might try, "I can see how frustrated you are. Can you tell me what made you feel that way?" ("What" is always more important than "Why" — it asks for specifics.)
- ... **Slow down the process by saying, "I need a moment to think about this."** If your child is being rude, or getting ready to have a tantrum, you can slow things down by giving feedback. You might say, "Ouch! That comment hurts my feelings." Or, "I can see you're upset. Let's talk."
- ... **Use this opportunity to problem-solve.** If kids are fighting, you might say, "In this family (or house) we don't hurt people's feelings. Let's try to solve this problem another way." Then, ask each child for his idea of what would be fair. You might say, "You don't think it's fair that you have to go to bed before your sister. I understand. What do you think should happen?"
- ... **Ask your child to explain it again.** Even if you disagree, you might say, "Explain to me again why it feels so unfair." This requires a child to settle down and articulate what he feels.
- ... **Acknowledge your child's effect on you.** Many children will calm down if you acknowledge their impact — and get angrier if you don't. You might stop and say something like, "I've stopped the car," (or "I am off the phone") "and you have my full attention." Then, ask questions like "What don't I understand?"



Want more information? Visit: www.pbs.org/parents

This Month @ ECEAP

November 2009			
Monday	Tuesday	Wednesday	Thursday
2 Health Screenings	3 Health Screenings PAC mtg (County) 5:30	4	5 Library 9:15/3:00
9	10 Earthquake Drill 2:00 pm	11 Veteran's Day	12
16	17	18 Family Night (Bubble Festival & Germ City) 6: 15	19 Nutrition
23	24	25 ECEAP CLOSED	26 Thanksgiving Break
30 Picture Retakes No Classes Conferences			

November Lunch Menu All meals served with 1% milk			
2 Beefy Ravioli w/ a Whole Wheat Roll Carrot Nibblers Mixed Fruit	3 Cheese Pizza Corn Nibblers Pears	4 Cheesy Quesadilla Green Salad Applesauce	5 Baked Chicken Nuggets Green Beans Peaches
9 Cheeseburger on a Whole Corn Nibblers Pears	10 Macaroni & Cheese Green Beans Peaches	11 	12 Cheese Pizza Broccoli Mixed Fruit
16 Bean & Cheese Burrito Carrot Nibblers Peaches	17 Grilled Cheese Sandwich w/ Baked Tater Gems Green beans Mixed Fruit	18 Cheese Pizza Corn Nibblers Peaches	19 Turkey Gravy w/ Mashed Potatoes & Dinner Roll Green Salad Applesauce
23 Baked Chicken Nuggets Green Beans Applesauce	24 Hamburger on a Whole Wheat Bun Carrot Nibblers Peaches	25 	26 

Community Events



FREE Friday Night Live!
Presented by **TARGET**

Visit **Imagine Children's Museum** for **FREE!**

FREE ADMISSION
5:30 - 9:00 p.m.
the **3rd Friday night** of every month!

Oct. 16, Nov. 20 and Dec 18

Hot dogs, chips, cookies and juice for sale

No field trips or large groups please.

Bring your family, friends and neighbors for some great FUN!

At the Everett Mall

The Wonder of Playtime

1st and 3rd Tuesdays 10:00-11:00 am
Next to the Soft Play Area

FREE FUN OPEN TO THE PUBLIC



"Play is the Work of Children."

Play is how children learn, and this is how our play group is designed.
Come to our group to spend time doing activities that will promote early learning and give you ideas for things you can do at home.

PARENT/CAREGIVER MUST BE PRESENT WITH CHILDREN AT ALL TIMES.



Everett Public Library

Evergreen: 257-8250 Main: 257-8000

Playgroup for Preschoolers Fridays, 10:30am – 12:30pm
Evergreen Branch; 9512 Evergreen Way. Drop in weekly playgroup for parents/caregivers and their young children. Babies and toddlers welcome! This is a free playtime with the library's educational toys.



LYNNWOOD LIGHTS

Tuesday, December 1
6-9 p.m.
Lynnwood Convention Center
(425) 670-5REC
FREE!

Presented by Community Transit

Yogurt Parfait

Here's what you will need to make it:

- ... 2 cups chunked, canned pineapple
- ... 1 cup frozen raspberries
- ... 3 cups vanilla yogurt
- ... 1 medium banana, peeled and sliced
- ... 1/3 cup chopped dates
- ... 1/4 cup sliced toasted almonds
- ... sundae glasses, or tall glasses
- ... a spoon



Here's what you have to do:

1. Check with a grown-up before you start this.
2. Place the glass on the table and add the pineapple, raspberries, dates, bananas, and yogurt in layers.
3. Now sprinkle almonds over the top.
4. You don't have to use exactly what we used, experiment, make up your own parfait! Have fun.