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## For your calendars

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

- ... September 24
- ... October 14
- ... 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

### September 29— Volunteer training 9:15/1:15

- ... Parents who would like to volunteer in the classroom need to attend a training that will cover the following: policies and ways to help in the classroom. Parents will also complete the forms needed to volunteer at this training. Please sign up with your Family Service Worker.
- ... This meeting will be followed by a short meeting for those parents who expressed interest in the County Policy Advisory Council.

### Director's Corner

**WELCOME TO ECEAP!** We had a very successful start to the school year and we look forward to an exciting year. 130 home visits were made by the teachers before the first day of class which helped many of the preschoolers have a positive start! We also had a great turnout of 85 parents at the orientation. Parents are welcome to visit the classroom at anytime. If you have specific questions for the teacher, please feel free to call on Fridays.

### Coming up @ ECEAP:

- ... Sept 24—No Classes
- ... Sept 29th—Volunteer Training (9:15/1:15)
- ... Oct 7 – Open house (6:15 – 6:40) Curriculum Night (6:45 – 7:30). Families are invited to see the classrooms and to learn more about the curriculum and family involvement. Limited childcare will be provided.
- ... Oct 8 – The Very Hungry Caterpillar (readings in all rooms). ECEAP is participating in the 40<sup>th</sup> Anniversary of the book: The Very Hungry Caterpillar. All teachers will read the book on October 8<sup>th</sup>. Here's more information on this nationwide event: [www.readfortherecord.org](http://www.readfortherecord.org)
- ... Oct 13 – Parent Café (9:15/1:15). Parents are invited to join us for the first Parent Café of the year! There will be refreshments, door prizes, fun activities and new people to meet!
- ... Oct 14 – No Classes
- ... Oct 15 – 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.
- ... Oct 20 – School Pictures. Picture information will be sent home around the 7<sup>th</sup> of October.
- ... Oct 22 – Dental Screenings. A dental hygienist from the Snohomish Health District will visit our program to encourage healthy dental habits for our preschoolers. More detailed information will be sent home in a few weeks.
- ... Oct 23 – First Aid/CPR training (8:30 – 3:30, rm 1). Parents can attend a free training in first aid and CPR. Lunch will be provided.
- ... Oct 28 – HCI (5:30 Dinner; 6-8 Class). Family Service Workers have been signing parents up for the Healthcare Institute during the orientation and home visits. If you have not received this information yet, please talk to your FSW.

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*

# Parent Tidbits

## TV Smarts from the Start

It is possible for TV viewing to contribute to the health of your household. But merely turning the set on — or even off — isn't enough. Just as with your child's diet and potty training, her TV viewing is something you have to work at. And there's no better time to establish healthy TV habits than when your child is young.



### ***Be active viewers.***

Avoid sending the message that TV is what stops people from talking to one another. Instead, make programming a starting point for encouraging curiosity about how things work and what things look like. Though children who are very young do not have the cognitive capacity to analyze programs, they can share their responses with you. Get your child accustomed to talking about what he sees and hears when watching TV, instead of falling into a passive, unquestioning state.

### ***Remember that socializing comes first.***

Talking, playing games, cuddling and other forms of socializing are one of the most important parts of your child's development. When possible fit these interactions into TV time. Even the simple act of sitting near one another while you view a video or program will contribute to a feeling of being together instead of reinforcing the notion that TV is a solitary experience. If you do not have time to watch TV with your child, look for alternatives for him, like playing with siblings or friends. Keep the TV set (or sets) in communal places in your home and out of individual bedrooms.

### ***Have a reason for turning on the TV.***

Try to keep TV programming from serving as part of the background in your home. Turn it on only when you genuinely want to see something and turn it off when the program is over. One of the best ways to help your child understand that TV can be a deliberate source of information and entertainment is to be a role model for this behavior. You can say aloud, "The show is over. Now it's time to do something else."

### ***Have lots of reasons for turning off the TV.***

Teach your child that she — not the non-stop stream of programs — is in control of TV viewing. Help her to appreciate the countless good reasons for muting the sound or shutting off the TV entirely: to talk with someone else, to play outside, to turn a somersault, to sing a song, to draw a picture. Some of these reasons may even come from something your child has seen a TV character do. Take your cue and move on to a new activity.

### ***Know what to do when your child has a strong response to something on TV — and what the developmental roots of that response may be.***

If your child is frightened, holding him or offering a favorite stuffed animal or blanket is likely to be more comforting than a rationalizing comment like, "There's no reason to be scared." If your child acts aggressively, imitating physical or make-believe violence, block access to shows and movies that depict characters behaving badly. If your child demands certain toys or foods that she's seen advertised, limiting commercial programming may reduce her insatiable desires. If your child becomes fixated on a single show or movie, requesting to see it repeatedly, keep in mind that he is likely figuring something out, which is not harmful. If your child becomes excited and wants to try something new that a character has done, give it a whirl, assuming it's safe and, ideally, imaginative.

# This Month @ ECEAP

September 2009			
Monday	Tuesday	Wednesday	Thursday
21	22	23	24 No classes - District half day
28	29 Volunteer Training 9:15/1:15	30	

October 2009			
Monday	Tuesday	Wednesday	Thursday
			1 FSW home visits
5	6 PAC mtg (County) 5:30	7 Open House 6:15 - 6:40 Curriculum Night 6:45 - 7:30	8
12	13 Parent Café 9:15/1:15	14 No classes - District ½ day	15 Nutrition
19	20 School Pictures	21	22 Dental Screenings
26	27	28 HCI Dinner, 5:30 HCI, 6:00 – 8:00	29

## Fabulous Fruit Kabobs

### Here's what you will need to make it:

- ... some fruit, like maybe pineapple, strawberry, grapes and melon
- ... wooden skewers
- ... shredded coconut



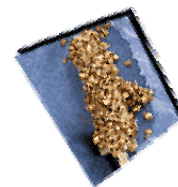
### Here's what you have to do:

1. Check with a grown-up before you start this.
2. Cut all the fruit, except for the grapes, into bite-size chunks.
3. Then put the pieces onto the skewers, one by one.
4. Roll the skewer in coconut. Voila!

## Frozen Banana Treats

### Here's what you will need to make it:

- ... bananas
- ... popsicle sticks
- ... honey (spread out on a plate)
- ... granola (spread out on a plate)
- ... a plate covered in wax paper for honey
- ... a plate covered in wax paper for granola
- ... a plate covered in wax paper to freeze the bananas on
- ... knife



### Here's what you have to do:

1. Check with a grown-up before you start this.
2. Peel the bananas and cut them in half the short way.
3. Put a popsicle stick into the bottom of each banana.
4. Roll it in honey and then roll it in granola. The honey will let the granola stick to the banana.
5. You may also want to sprinkle some more granola on the banana after you roll it.
6. Put the bananas in the freezer for a few hours, then enjoy!

# 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 **3<sup>rd</sup> 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!



**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 play-time with the library's educational toys.

### Puppet Show

\*Oct 13, 6:30pm – 7:30pm. Main Library Auditorium.  
\*Oct 22, 4pm – 5pm Evergreen Branch Meeting Room  
3 humorous puppet plays suitable for all ages: "Hippos for Lunch..." "The mysterious egg" and "Dinosaur Time"  
Meet the puppets after the performance.

## BUILD. LEARN. CREATE.

Kids Workshops are FREE "How-To Workshops" designed for children ages 5-12. The hands-on sessions are offered on the first Saturday of each month between 9:00 a.m. and noon at all Home Depot stores.



Saturday, Oct. 3, 2009



Firehouse Bank

Saturday, Nov. 7, 2009



Tile Trivet



Build and Grow Clinics

Sign Up In Just 3 Steps @ [www.lowes.com](http://www.lowes.com):

**Go to Step 1**, select a clinic and how many will attend.

**Go to Step 2**, enter your ZIP, click Submit, and select a store.

**Go to Step 3**, enter your e-mail address, attendee(s) name(s), and whether or not you'd like to receive e-mail promotions, and then click Sign Up.



9/26



10/10

## Have a Scary Good Time at Borders!

October 24, 2009 2:00 PM  
[Everett - Borders](#)

1402 SE Everett Mall Way  
Everett, WA 98208

Bring the whole family to celebrate Halloween with fun games, spooky music, scary crafts and more! Ask a bookseller for more details.