



community
education

Everyone Connects!

PAIR



SPRING/
SUMMER
2016

507.328.4000
rochesterce.org/register

Rochester
Public Schools



Directory

PAIRR328.4020
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PAIRR on KTTC
See PAIRR on KTTC during News Center at Noon on: April 14, May 12, and June 9



Sibling Care

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. More information on sibling care on pg. 17 (PAIRR Information page)

No Rochester resident will be denied participation due to inability to pay.

PAIRR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 18.

The Power of the Parent Child Relationship

We often talk about the value of building relationships with our children, but the reality of translating talk into action is a bit more challenging. The Search Institute recently released a report called Don't Forget the Families: The Missing Piece in America's Effort to Help All Children Succeed. The Search Institute has been a leader in efforts to study what children and youth need to flourish and succeed in life. This recent report confirms what many parents know; the relationships we build with our children really matter.

This study of over 1,085 parents of children ages three to thirteen highlights the importance of strong family relationships. Not surprisingly, what they found was when strong parent/child relationships exist, children do better in a number of developmental areas. The report pinpoints five specific parental actions that result in positive outcomes for children: Express Care, Challenge Growth, Provide Support, Share Power, and Expand Possibility.

While this report is chockfull of valuable information and ideas to contemplate, it clearly challenges parents and communities to become more intentional in supporting children. Consider these five essential actions as noted by the Search Institute. Which actions do you use most commonly and comfortably as a parent? In the study, parents reported Express Care, Challenge Growth and Provide Support as actions they used most frequently, while Sharing Power and Expanding Possibilities were used less regularly. How do you help your child make choices, decisions and solve problems? How do you introduce your child to new ideas, experiences and places?

For further information about how to embed these five actions into your parenting, check out Search Institute's ParentFurther website at www.parentfurther.com. You will find additional action steps to help build stronger relationships with your children. Where you put your parenting energy today will matter greatly in your child's future.

Peggy

Peggy O'Toole-Martin

Early Childhood & Family Services Manager

The ECFE Class Experience

1. PACT (Parent and Child Time)

Class begins with parent and child interaction time, circle time with books and song, as well as, activities all designed to enhance your child's learning. You will also get great ideas to take home with you to enjoy with the whole family.

2. Parent Time

Parents participate in a discussion led by a licensed parent educator. The parent discussion covers information on developmental, age-related concerns and allows time to connect with other parents.

3. Children's Time

While the parents are in the discussion, children are learning through songs, reading, play and activities designed to enhance their creativity and imagination. A licensed early childhood teacher leads the children in these activities.

What is PAIR/ECFE?

Early Childhood Family Education (ECFE/PAIR) offers high-quality parent and early education programming. Sign up now!

- Parenting information and resources to help strengthen your parenting skills
- Purposeful, age appropriate, research-based early childhood education covering all areas of your child's development
- Fun learning activities for both you and your child

Strengthening families with young children through education and support

**PAIR First Draw
Is at noon on March 2nd
See page 17**

Rochester Public Schools Early Childhood Family Services

Northrop Education Center
201 8th St NW
Rochester, MN 55901
507-328-4020
www.rochesterce.org/pair

Regular Office Hours

Monday - Friday
8:00 AM-4:00 PM

Peggy O'Toole-Martin
Program Manager

Amy Ward
Coordinator

Madeline Pingry
Outreach Specialist

Sara Lent
Laura Johnson
Clerical Staff



**early childhood
family services**

How do I register my family for PAIR classes?

Register online...
rochesterce.org/register

Register by mail...
by completing a registration form (pg. 19). Tell us about your family and the PAIR classes you want to take, and mail it in!

By drop box...
our 24 hour dropbox is located in front of the Northrop building.

By phone...
Call the friendly staff at PAIR!
507.328.4020

In person...
Visit us on the 3rd floor, Northrop
201 8th St NW
Rochester, MN 55901

LOCATIONS

Northrop
201 8th St NW

PAIR classrooms on 3rd floor.

Hawthorne Education Center
700 4th Ave SE

Hoover Elementary
369 Elton Hills Dr NW

Longfellow Elementary
1615 Marion RD SE

PAIR classrooms on lower level.



IS YOUR CHILD ON THE ROCHESTER PUBLIC SCHOOLS CENSUS?

Contact Rochester Public Schools

Registration & Records if: Your child was not born in Rochester and:

1. You have NOT participated in Early Childhood Screening.

Your child was born in Rochester and you have:

1. Moved since your child's birth.
2. Have a child who is OVER 3 years, 2 months old and have NOT received a letter from Rochester Public Schools about Early Childhood Screening.
3. Moved since your child participated in Early Childhood Screening.

Registration & Records

Edison Building
615 Seventh St SW
Rochester, MN 55902
(507) 328-4200
Fax (507) 328-4208
Office Hours
M - F 7:30 AM-4:45 PM

Family Reading is Linked to School Success!

When you read with your child daily, you're doing much more than preparing her to read independently. Research shows you're also boosting her chances of success in reading, writing, language, and math!

In a study of almost 5,000 preschool age kids, those who read frequently with parents did better on school testing years later than kids who didn't. Experts suggest you make time to:

- **Read together every day.** Make this a fun part of your routine. Choose books your child will like, and read them with enthusiasm!
- **Visit the library together** every week. Attend events for kids and find books on topics that appeal to your child.
- **Surround your child with words.** Keep lots of reading materials handy so your child can enjoy them anytime. Say, "Yes!" when your child asks, "Can we read?"

Source: Growing Up in Australia: The Longitudinal Study of Australian Children, Australian Institute of Family Studies. nswc.com/ec_research_read.

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PAIR Storytime at the Rochester Public Library

Join us for 30 minutes of stories, finger plays, early literacy activities, and fun for you and your 3-5 year-old child!
Wednesday April 13th & May 11th



Drop In:

Made to fit your schedule, this is more of an “open house” setting. No need to register for our drop in classes.

Extraordinary Newborn 0-6 Months

Congratulations! As you adjust to having a newborn, come and visit with a Public Health Nurse and licensed Parent Educator, along with other parents of young babies. Discuss feeding, car seat safety and learn about what you can do to support your baby’s development. - **No Fee**

- 0902.321 W 4/20
1:00-2:30 PM 1 session
Northrop-Rm 307
- 0902.322 W 5/18
1:00-2:30 PM 1 session
Northrop-Rm 307

SUMMER

- 0902.421 W 6/15
1:00-2:30 PM 1 session
Northrop-Rm 307
- 0902.422 W 7/13
1:00-2:30 PM 1 session
Northrop-Rm 307
- 0902.423 W 8/10
1:00-2:30 PM 1 session
Northrop-Rm 307

No Rochester resident will be denied participation due to inability to pay.

PAIRR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 18.

Activity Classes:

Classes listed below are non-separating. For these activity classes you and your child will remain together for the entire class time. There is no separate parent discussion. Registration is required.

Play and Learn 2-5 Years

Enjoy each other’s company with stories, songs and fun activities planned specifically for your child emerging from toddlerhood to the preschool years.

- 0663.320 M 4/11-5/2
9:30-11:00 AM 4 Sessions
Hoover-Rm 119
- 0663.321 M 5/9-5/23
9:30-11:00 AM 3 Sessions
Hoover-Rm 119

Storytime 0-2 Years

Fun stories and songs just for your tiny tot. Make connections with other parents as you discover the joys of early learning.

SUMMER

- 0753.420 W 6/15
9:30-10:30 AM 1 Session
Longfellow-Rm 003
- 0753.421 W 8/3
9:30-10:30 AM 1 Session
Longfellow-Rm 003

Storytime 2-5 Years

Join other families for special stories just for your active preschooler. Stories, song and dance will have you and your child moving and grooving.

SUMMER

- 0754.421 W 7/13
9:30-10:30 AM 1 Session
Longfellow-Rm 003

NEW TO ROCHESTER?

Let us introduce ourselves and welcome you to Rochester. Stop in to the PAIRR office to get your FREE gift today!



Storytime 0-5 Years

Come celebrate early literacy with your child in this series of songs and stories that will engage parents and children of all ages. - **No Fee**

- 0615.321 Tu 4/12
9:30-10:30 AM 1 Session
Longfellow-Rm 003
- 0615.322 Tu 4/26
9:30-10:30 AM 1 Session
Longfellow-Rm 003
- 0615.323 Tu 5/10
9:30-10:30 AM 1 Session
Longfellow-Rm 003
- 0615.324 Tu 5/24
9:30-10:30 AM 1 Session
Longfellow-Rm 003

ACTIVITY CLASSES

Nuts about Nature

2-5 Years

This “hands-on” experience will have your adventurous preschooler excited about nature. Learn fun activities and games you can play as they begin to explore the outdoor world around them.

0739.320 S 4/16
9:30-11:00 AM 1 Session
Northrop-Rm 302



Little Bird Watchers

2-5 Years

Where do birds live? What do birds eat? These questions and more will be answered when you come learn about birds and their habitat. You will get to create your very own bird feeder to take home along with your new bird watching skills.

0782.320 S 5/14
9:30-11:00 AM 1 Session
Northrop-Rm 302

Hanging Loose with

Dr. Seuss 2-5 Years

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go” – Dr. Seuss. Read, learn and grow with fun rhyming activities and games. - **No Fee**

0765.320 F 4/15 & 4/22
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003

Silly Senses 2-5 Years

Did you know your silly senses make the world a more enjoyable place? Explore sight, smell, hearing, taste, and touch through experiments and activities focused on making your silly senses explode! - **No Fee**

0747.320 F 4/29-5/13
9:30-11:00 AM 3 Sessions
Longfellow-Rm 003

Shapes, Colors & Numbers

2-5 Years

Your child will have fun learning shapes, colors and numbers as they sort, build patterns and start to sequence. When counting becomes a game and patterns become an adventure, learning becomes fun! - **No Fee**

0724.320 F 5/20 & 5/27
9:30-11:00 AM 2 Sessions
Longfellow-Rm 003

Bedtime Stories 0-5 Years

Pajama parties have never been more fun than this! Activities, games, songs and stories, followed by a bedtime snack is a great way to mix up your bedtime routine, and enjoy the end of the day together.

0620.320 W 4/27 & 5/25
6:00-7:15 PM 2 Sessions
Northrop-Rm 303

Infant Massage 0-18 Months

Massage for infants is a great way to calm, soothe and build a relationship with your baby. Massage has many benefits and helps stimulate your baby’s brain, helps with sleep and tender tummies. This popular class size is small to ensure individualization for each family.

0087.320 F 4/15
1:00-2:30 PM 1 Session
Northrop-Rm 305



22nd Annual Transportation Fair

Saturday, May 21, 2016

10 AM-1 PM

**Goose Egg Park
(Northrop) 201 8th St NW**

Event held rain or shine
Questions?
Call PAIRR at 507.328.4020

*Sponsored by PAIRR,
School Readiness and
Rochester Public Works*

Do you have a new baby?

Congratulations! PAIR/ECFS would like to tell you about all of the great opportunities in the community and fun classes we have to offer. Stop by our office and pick up your free gift, and show off your beautiful child. We look forward to meeting you and your new family.

Non-Separating Classes:

Classes listed below are non-separating. You and your child will remain together for the entire class time. These classes will include a parent discussion. Registration is required.

Baby & Me 0-12 Months

Babies learn best by interacting and engaging with others. Join other parents and babies in a safe environment. While your child discovers new people and objects, parents will discuss the importance of early learning with songs and activities to do at home.

0012.320 Th 4/14-5/26
9:30-11:00 AM 7 Sessions
 Northrop-Rm 305

0012.321 Th 4/14-4/28
5:45-7:15 PM 3 Sessions
 Northrop-Rm 305

SUMMER
0012.420 W 6/8-6/29
9:30-11:00 AM 4 Sessions
 Northrop-Rm 305



Fun Ones 10-23 Months

Enjoy time with your growing toddler with play, planned activities and song. After parent and child activity (PACT) a parent discussion occurs nearby while your toddler learns about independence. The parent discussion will include topics such as healthy development, new behaviors, language development, and topics chosen by the group.

0110.320 W 4/13-5/25
9:30-11:00 AM 7 Sessions
 Northrop-Rm 305

Sibling care available-Rm 303

SUMMER
0110.420 Tu 6/7-6/28
9:30-11:00 AM 4 Sessions
 Northrop-Rm 303

Sibling Care

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. More information on sibling care on pg. 17 (PAIR Information page)

Gradual Separation Classes:

Class listed below is a gradual separation class. This class will include a parent discussion. For the first few class sessions you remain in the same room. As the session progresses, you will move into a separate room for the parent discussion. Registration is required.

Toddler/Two's 18-30 Months

Your toddler's road to independence has begun and you are both ready to spend some time apart. Your toddler will be able to explore their new found independence, as they learn to trust others and begin to test limits and boundaries with this slow progression to separation.

0120.320 M 4/11-5/23
9:30-11:00 AM 7 Sessions
 Northrop-Rm 305, 304

Sibling care available-Rm 303

Reasons we love PAIR/ECFE:

PAIR is a safety net for parents in a world littered with uncertainty in raising our children. A place to bounce off ideas, discuss frustrations and connect to our children and other parents who face the same joys and struggles. PAIR is truly an invaluable resource which the outcome will ripple through generations.
 -PAIR Parent

AGE GROUP CLASSES

Age Group Classes:

Registration is required for these classes. The age of the children in this class must fall within the guidelines. (See PAIR's Attendance Policy on pg. 17). Each class offers the ECFE class experience including PACT followed by children's learning and play time and a parent discussion. Parents will move to a separate room for a parent discussion. Sibling care is available where listed.*

* PACT = Parent And Child Time

1-3 Year Olds

As your energetic toddler is growing and trying new things, establishing routines and being consistent is very important. Throughout the session you and your child will learn and discuss strategies that will help you appreciate the "little things" in your everyday life.

0613.320 Tu 4/12-5/24
9:30-11:15 AM 7 Sessions
Northrop-Rm 303, 304

Sibling care available-Rm 305

SUMMER

0613.420 Th 6/9-6/30
9:15-11:00 AM 4 Sessions
Northrop-Rm 303, 307

2-3 Year Olds

Playing, learning, and discovering are the current priorities as your toddler transitions to a preschooler. Explore a variety of skills that can help you nurture and guide your child through these early years.

0201.320 Th 4/14-5/26
9:30-11:15 AM 7 Sessions
Hoover-Rm 119, 113/ART

Sibling care available-Rm 120



2-4 Year Olds

What strengthens a bond between a parent and child more than playing and learning together? Come and gain knowledge of child growth and development, temperament styles, and discipline techniques. Learn ways to strengthen your relationship with your child to make learning fun and discipline easier.

0600.320 Tu 4/12-5/24
9:30-11:15 AM 7 Sessions
Northrop-Rm 302, 307

Sibling care available-Rm 305

2-5 Year Olds

Share the joys and challenges of parenting a not quite little child, but not quite big child. Dig deeper into the difficulties and successes you are having alongside other parents navigating the same hectic world you live in.

SUMMER

0603.420 M 6/6-6/27
9:15-11:00 AM 4 Sessions
Northrop-Rm 303, 307

3-5 Year Olds

Your preschooler will be able to practice preschool learning habits and activities such as taking turns, sharing, literacy, and math skills, while the parents discuss topics focused around helping children prepare for preschool and kindergarten.

0604.320 M 4/11-5/23
9:15-11:15 AM 7 Sessions
Northrop-Rm 302, 307

Sibling care available-Rm 303

STEM 3-5 Year Olds (Science, Technology, Engineering and Mathematics)

Your preschooler will be encouraged to explore, plan, and create with help from you and our staff. We will tap into your child's imagination and understanding of how things work. Parents will discuss the different vocabulary and systems that STEM uses and help problem solve with their children using everyday objects.

0111.321 Th 4/14-5/26
9:15-11:15 AM 7 Sessions
Northrop-Rm 302, 307

Sibling care available-Rm 303

**PAIR First Draw
Is at noon on March 2nd
See page 17**



Parenting Preschoolers 1-5 Year Olds

Increasing demands vs. guilt-free parenting. Physical vs. Emotional. Everything vs. Nothing. Every parent battles with one or more of these issues. Together we will walk through the “ups and downs” of parenting a preschooler to find a happy medium in the process.
0916.320 Th 5/5-5/19
5:45-7:45 PM 3 Sessions
Northrop-Rm 305, 304

Celebrate Family Series: Create with Me 2-5 Year Olds

Children grow up fast, so why not enjoy the company of your child now. Create and be inspired by themed activities for you and your child that enhance your family bond and make memories.
0768.320 W 4/27-5/25
9:30-11:00 AM 5 Sessions
Longfellow-Rm 003, 001

Ready for K

Prepare your child for success in kindergarten! Find out what is expected in kindergarten and how you can enhance your child’s readiness. Activities and discussion will help prepare both you and your child for kindergarten. This class is for children who will begin kindergarten in September 2016.
0520.340 F 4/22-5/20
12:30-2:30 PM 5 Sessions
Northrop-Rm 303, 307

Couples as Parents

Parenting together may increase connection with your partner, but it can also strain even the strongest of relationships. As a couple you will explore common difficulties experienced when adjusting to parenting roles at all stages of your child’s growth and development. Learn and identify methods to successfully parent as a couple while protecting your relationship.
0632.320 Tu 5/3-5/24
6:00-7:30 PM 4 Sessions
Northrop-Rm 303, 304

Is Your Child THREE?

It’s Time For Early Childhood Screening!

Did you know? The State of Minnesota requires all children to complete a developmental screening before entering public kindergarten programs. Rochester Public Schools provides a free comprehensive developmental screening for any child 3 years old to kindergarten enrollment.

Schedule Your Child’s Screening Now!

507-328-4004



Rochester Public Schools Early Childhood Screening

Northrop Education Center
 201 8th St. NW
 Rochester, MN 55901
 507-328-4004

[www.rochesterce.org/
ecscreening](http://www.rochesterce.org/ecscreening)

Sibling Care

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. More information on sibling care on pg. 17 (PAIR Information page)

WORKSHOPS & SUPPORT GROUPS

Workshops & Support Groups:

Classes listed below are perfect for families with one or more children, ranging from birth to kindergarten. A parent discussion is included. Child care is provided where listed. Registration is required.

Welcome to Rochester 0-5 Year Olds

Whether you are new to town, or just beginning to see Rochester through the eyes of parenthood, let us help you learn what Rochester has to offer for families with young children. We will have resources to help you feel comfortable in your new city, and help you start building new connections. **-No Fee**
0654.321 Tu 4/12-4/26
6:00-7:30 PM 3 Sessions
Northrop-Rm 303, 304

Raising a Spirited Child 2-5 Year Olds

All children are unique. But do you have questions about what is appropriate behavior for their age? Some behaviors, you would be happy to know, are appropriate for your child's age, even though they may be a little bit more to manage. Getting a head start on managing behaviors and temperament while encouraging your child's natural behavior is important in the early years. **- No Fee**
0644.320 M 4/11-5/23
5:45-7:45 PM 7 Sessions
Northrop-Rm 302, 307
Sibling care available-Rm 305

TGIF (Those Great Informational Fridays) 0-5 Year Olds

Spending time with your child playing and learning increases the bond between a parent and a child. Gain knowledge and techniques with the themed activities and discussions. Topics will vary from week to week. Attend one class or all of the classes with our flexible "week by week" registration. Registration is required and opens Monday morning the week of the class.

0711.320A F 4/15
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

0711.321A F 4/22
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

0711.322A F 4/29
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

0711.323A F 5/6
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

0711.324A F 5/13
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

0711.325A F 5/20
9:15-11:15 AM 1 Session
Northrop-Rm 302, 307

SUMMER

0711.420A F 6/10
9:00-11:00 AM 1 Session
Northrop-Rm 302, 307

0711.421A F 6/17
9:00-11:00 AM 1 Session
Northrop-Rm 302, 307

0711.422A F 6/24
9:00-11:00 AM 1 Session
Northrop-Rm 302, 307

Single Parent Support Group 0-5 Year Olds

Raising a child has its challenges. Raising a child on your own may have even more. As much as we all want to be perfect parents, we need to give ourselves a break and know that it is okay not to be perfect. Support is one of the best ways to keep yourself going when times may be difficult. Sharing your stories and hearing others reinforces that you are not alone. **- No Fee**
0616.320 Th 4/14-5/26
5:30-7:30 PM 7 Sessions
Hawthorne-Rm 117, 119, 112

Parenting a Child with Special Needs 0-Grade 5

This support group is for parents with children who have a delay, disability, or illness, age's birth through grade 5. Discussion topics are chosen by the parents and are specifically focused on the families in the group. Parents can relax knowing that your child is in a safe, fun environment with experienced teachers. This class meets one Monday per month. Child care is available. **- No Fee**
0720.320 M 4/11 & 5/9
6:00-7:45 PM 2 Sessions
Hawthorne-Rm 117, 119, 112

SUMMER

0720.421 M 6/13
6:00-7:45 PM 1 Session
Northrop-Rm 302, 307

0720.422 M 7/11
6:00-7:45 PM 1 Session
Northrop-Rm 302, 307



<https://www.facebook.com/Pairr.ECFE>

Tuesday Topics:

Short session classes lasting 2-7 weeks which offer a topic specific parent discussion. Parents and children will separate. Children's classroom will offer play based learning activities. No sibling care available.

STEM 3-5 Year Olds (Science, Technology, Engineering and Mathematics)

Your preschooler will be encouraged to explore, plan, and create with help from you and our staff. We will tap into your child's imagination and understanding of how things work. Parents will discuss the different vocabulary and systems that STEM uses and help problem solve with their child using everyday objects.

0111.322 Tu 4/12-5/24
1:15-2:45 PM 7 Sessions
Northrop-Rm 305, 307



Summer Workshops:

Celebrate summer with PAIRR in these one day workshops. Parents and children will not separate. No sibling care available.

STEM Fun 3-5 Year Olds (Science, Technology, Engineering and Mathematics)

Your preschooler will be encouraged to explore, plan, and create with help from you and our staff. We will tap into your child's imagination to explore how things work and start using STEM vocabulary.

SUMMER
0803.422 W 7/13
9:30-11:30 AM 1 Session
Northrop-Rm 302

PAIRR in the Park 0-5 Years

Explore ways to enjoy fun activities outdoors within the park! Our staff will provide activities for parents and children to do together outdoors. Class will be moved indoors if it rains.

SUMMER
0654.420 W 7/27
9:30-11:30 AM 1 Session
Northrop-Rm 302, Goose Egg Park

GYM Jam 0-5 Years

Fitness starts early and can be fun for the whole family! Get some exercise in the gym and enjoy time with others as you build healthy bodies, minds, and families. Parents and children remain together for the entire class.

SUMMER
0917.420 W 8/10
9:30-11:30 AM 1 Session
Northrop-GYM

Rochester Public Schools

Kindergarten 2016-17
 If you have not yet registered your child for kindergarten, you should do so as soon as possible.

If your child will be 5 years old by September 1, 2016 and you did not receive a kindergarten packet, contact:

Registration & Records
 Edison Building
 615 7th St. SW
 Rochester, MN 55902
 507-328-4200

PAIRR First Draw
Is at noon on March 2nd
See page 17

CLASS FEES
For a full list of class fees
See page 18

ONLINE CLASSES

Online Classes:

You've got parenting questions? We have information and support. Take our online classes from any device that can connect to the internet. All classes are made easily available through Adobe Connect.

Promoting Focus and Self Control

Kids being kids can mean stress and frustrations for both parent and child. Explore the "why" behind a child's wild side and learn how to help your child with life skills to manage impulses, express emotions appropriately, pay attention, learn how to promote focus using hands-on methods and evidenced-based strategies to encourage the development of self-control in children age 0-5 years.

0913.320 **T 4/12-4/26**
8:30-9:30 PM **3 Sessions**
Online



Sibling Relationships

One of the greatest sources of stress in families is the ongoing bickering between children. Parents will have the opportunity to share their frustrations and successes, plus study basic principles for reducing conflict and generating good will among brothers and sisters.

0914.320 **T 5/3 & 5/10**
8:30-9:30 PM **2 Sessions**
Online

Chore Wars

Ever wish your child would put away toys or help with housework without a power struggle? Learn about appropriate chore expectations and implement suggested strategies and tips to conquer your chore war.

0915.320 **T 5/17 & 5/24**
8:30-9:30 PM **2 Sessions**
Online

No Rochester resident will be denied participation due to inability to pay.

PAIRR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 18.

Reasons we love PAIRR/ECFE:

*"Excellent environment to build/ learn social skills, separation; and I have increased my knowledge about parenting and ways to be a more compassionate and effective parent."
 -PAIRR Parent*

ONLINE CLASS FEES*

INCOME	FEE
\$75,000 +	\$5
\$50,000-\$74,000	\$4
\$30,000-\$49,000	\$3
\$20,000-\$29,000	\$2
\$0-\$19,999	\$1

*This fee scale applies to online classes only.

Encore Classes:

Open registration begins in fall followed by priority registration for our winter and spring sessions allowing the group participants to remain together for the entire school year. Parents and Children will separate. Sibling Care is available where listed. New participants are welcome to register if space is available. Please call the office to check for availability.

2-3 Encore

Playing, learning, and discovering are the current priorities as your toddler transitions to a preschooler. Explore a variety of skills that can help you nurture and guide your child through these early years

0251.320 W 4/13-5/25
9:30-11:15 AM 7 Sessions
Hoover-Rm 119, 113/ART
Sibling care available-Rm 120

Dad & Me Encore

Being a parent is the most rewarding and at times challenging job you will ever have. Strengthen your relationship with your child through learning and play and meet other dads to discuss the importance of fatherhood.

0649.320 W 4/13-5/25
9:30-11:15 AM 7 Sessions
Northrop-Rm 302, 307

Toddler Encore

Your toddler's road to independence has begun and you are both ready to spend some time apart. Your toddler will be able to explore their new found independence, as they learn to trust others and begin to test limits and boundaries with this slow progression to separation.

0111.320 F 4/15-5/27
9:30-11:15 AM 7 Sessions
Hoover-Rm 119, 113/ART
Sibling care available-Rm 120



The Big Yellow School Bus:

All Aboard the Big Yellow School Bus

Learn about bus safety through art, song, and discussion. Children will take a ride on a school bus while parents meet to discuss bus questions, safety and concerns with a representative from the Rochester School District's Transportation Department. This special event is for children who will begin kindergarten in September 2016.

0511.321 M 5/23
6:00-7:00 PM 1 Session
Northrop-Rm 303, 304

0511.322 Th 5/26
6:00-7:00 PM 1 Session
Northrop-Rm 303, 304

0511.323 F 5/27
10:00-11:00 AM 1 Session
Northrop-Rm 303, 304

0511.324 F 5/27
1:00-2:00 PM 1 Session
Northrop-Rm 303, 304

SUMMER

0511.421 W 8/10
9:30-10:30 AM 1 Session
Northrop-Rm 303, 304

0511.422 W 8/10
11:00-12:00 PM 1 Session
Northrop-Rm 303, 304



Employment Opportunities with Rochester Public School Early Childhood Family Services Programs Include:

PAIR/ECFE

Substitute Teachers

Parent Educators

Teaching Assistants

Community Education Preschool Activities

Teaching Assistants

Early childhood classroom experience desired.

Please contact Amy Ward at 328-4030 or email at amward@rochester.k12.mn.us

SPRING 2016					
	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	3-5 Year Olds 4/11-5/23 Northrop	1-3 Year Olds 4/12 - 5/24 Northrop	Fun Ones 4/13 - 5/25 Northrop	STEM 3-5 4/14 - 5/26 Northrop	TGIF 4/15 - 5/20 Northrop
	Toddler/Two's 4/11 - 5/23 Northrop	2-4 Year Old's 4/12 - 5/24 Northrop	Dad & Me Encore 4/13 - 5/25 Northrop	Baby & Me 4/14 - 5/26 Northrop	Toddler Encore 4/15 - 5/27 Hoover
	Play & Learn 4/11 - 5/2 Hoover	0-5 Storytime 4/12/2016 Longfellow	2-3 Encore 4/13 - 5/25 Hoover	2-3 Year Olds 4/14 - 5/26 Northrop	Hanging Loose w Sues 4/15 - 4/22 Longfellow
	Play & Learn 5/9 - 5/23 Hoover	0-5 Storytime 4/26/2016 Longfellow	Create with Me 4/27 - 5/25 Longfellow		Silly Senses 4/29 - 5/13 Longfellow
		0-5 Storytime 5/10/2016 Longfellow			Shapes, Colors, Numbers 5/20 - 5/27 Longfellow
		0-5 Storytime 5/24/2016 Longfellow			BYSB 5/27/2016 Northrop
AFTERNOON		STEM 3-5 4/12 - 5/24 Northrop	Extraordinary Newborn 4/20/2016 Northrop		Ready for K 4/22 - 5/20 Northrop
			Extraordinary Newborn 5/18/2016 Northrop		Infant Massage 4/15/2016 Northrop
					BYSB 5/27/2016 Northrop
EVENING	Raising a Spirited Child 4/11 - 5/23 Northrop	Welcome to Rochester 4/12 - 4/26 Northrop	Bedtime Stories 4/27 & 5/25 Northrop	Baby & Me 4/14 - 4/28 Northrop	
	Special Needs 4/11 & 5/9 Hawthorne	Couples as Parents 5/3 - 5/24 Northrop		Parenting Preschoolers 5/5 - 5/19 Northrop	
	BYSB 5/23/2016 Northrop	Promoting Focus/ Control 4/12 - 4/26 Online		Single Parent Support 4/14 - 5/26 Hawthorne	
		Sibling Relationships 5/3 - 5/10 Online		BYSB 5/26/2016 Northrop	
		Chore Wars 5/17 - 5/24 Online			
SATURDAY CLASSES	Nuts About Nature 4/16/2016 Northrop	Little Bird Watchers 5/14/2016 Northrop			

SUMMER 2016					
	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	2-5 Year Olds 6/6 - 6/27 Northrop	Fun Ones 6/7 - 6/28 Northrop	Baby & Me 6/8 - 6/29 Northrop	1-3 Year Olds 6/9 - 6/30 Northrop	TGIF 6/10 - 6/24 Northrop
			Storytime 0-2 6/15 & 6/3 Longfellow		
			Storytime 2-5 7/13/2016 Longfellow		
			BYSB 8/10/2016 Northrop		
			STEM Fun 3-5 7/13/2016 Northrop		
			PAIR in the Park 7/27/2016 Northrop		
			Gym Jam 8/10/2016 Northrop		
AFTERNOON			Extraordinary Newborn 6/15/2016 Northrop		
			Extraordinary Newborn 7/13/2016 Northrop		
			Extraordinary Newborn 8/10/2016 Northrop		
EVENING	Special Needs 6/13 & 7/11 Northrop				



When children enter school ready to learn and parents are involved in their children's education, we all benefit! The School Readiness program is a continuum of services that allows children 3 years old to kindergarten enrollment to participate in early childhood programs and services that enable them to enter school with the skills and behavior needed for them to progress and flourish.

Some of the services available include: Preschool Scholarships

- Early Childhood learning experiences
- Parent education and support
- Health and community service referrals
- Family events & Partners In Education (PIE) Groups
- Kindergarten information

Who qualifies for School Readiness?

- Children must be 3 or 4 years old on or before September 1 of the school year
- Families must be income eligible and live in Olmsted County

Preschool placement considerations include child and family needs, available community openings, and parent choice. Children and families with the greatest need have the highest priority for enrollment. Applications are accepted all year long.

School Readiness has a 4 Star Rating from Parent Aware.



For more information or if you have question please call 507-287-2020 or toll free 1-800-462-1660 and ask for School Readiness.



Registration is currently open for 2016-2017 PAiR Readiness Preschool

PAiR Readiness Preschool (PReP) is PAiR's preschool program for young children ages 3-5 years old and their parents. Each preschool class is taught by MN licensed teachers and includes a weekly parent day. Financial assistance and scholarships are available for those that qualify.

Classes Available Include:

Class and Age	Days	Times	Location
Explorers (3 yrs.)	M/ T/ W/ TH	9:00-11:30 A	TBD
Pathfinders (3.5-5 yrs.)	M/ T/ W/ TH/ F	9:00-11:30 A	TBD
Voyagers (3-4 yrs.)	M/ W/ F	12:30-3:15 P	TBD
Trailblazers (4-5 yrs.)	M (parent day) T/ W/ TH/ F	12:45-3:30 P 12:45-3:45 P	Northrop Northrop
Adventures (3.5-5 yrs.)	T/ TH	5:15-7:45 P	Northrop



PReP is 4 star rated from Parent Aware. www.parentawareratings.org

For more information and to register visit us at www.rochesterce.org/earlychildhood or the PAiR office at Northrop Education Center 201 8th St NW, Rochester, MN 55901

Kindergarten Readiness Summer Preschool

Limited spots available for eligible children.

June – August 2016

4 half-days a week

Please call the PAiR office for more information on eligibility requirements and application.

THANK YOU

Parent Engagement Matters!

2015-16 PAiR/ School Readiness Advisory Council

- | | |
|------------------|------------------|
| Jeffrey Canfield | Ashley Catter |
| Marty Hodgson | Bridget Keane |
| Kate Palmquist | Kate Richards |
| Antony Rigles | Clare Tarr |
| April True | Iman El-Menshawi |
| Amina Hassan | Kari Larsen |
| Anndrea Parsons | Edith Rico |
| Sandy Simar | Angela Spohn |
| Seng Vang | Kim Welsh |



For more information, contact Sara Lent at 507.328.4020

When Parents Know... Children Grow!



A child's early years often bring wonder and excitement for families! Children grow and change rapidly from birth to kindergarten entrance, and are learning every day.

Some babies and young children need extra help to learn and grow.

As parents watch their child grow and develop, they may notice when their child smiles, rolls over, sits up, walks, plays, coos, cries, and talks. While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children's development, too. Because parents know their child the best, they may be the first to notice that their child is developing differently than other babies or young children.

Free help is available.

Minnesota children from birth to five-years-old, who are eligible for Help Me Grow, can receive services in their home, child care setting or school. These services are free to eligible families regardless of income or immigrant status.

Assistance from experts.

Early childhood specialists will work with eligible children and families to plan the services and supports they need. These may include; special instruction and other services, including speech, physical and occupational therapy; ways that a family can support their child's development at home; and connections to community services and programs. Early childhood specialists can help find other community resources and early childhood programs for those children not eligible for Help Me Grow.

Visit www.MNParentsKnow.info for more information on how young children develop plus ideas to help your child learn and grow.

Call 1-866-693 GROW (4769) if you have questions about your child's development or if you think your child might need extra help to learn.

If you have concerns about your child's development, please contact your local health care provider or the local Help Me Grow program at:

Birth to 3 years: (507) 328-4545

Age 3 to Kindergarten: (507) 328-4523

REFER A CHILD TO Help Me Grow. Infant and Toddler Intervention provides special services and supports for eligible children birth through age two and their families. Eligible children are those with developmental delays or with certain diagnosed physical or mental condition or disorder that may result in a delay.



Parenting Across Cultures (PAC)

This class is for families with young children ages birth to kindergarten enrollment where English is a second language. No Fee
Each Class will include:

- **Parent/child play and learning time**
- **Parent time to talk about parenting young children**
- **Early childhood play and learning time**
- **A light snack**
- **Home Visits**
- **Transportation provided, if needed**

Families are placed in this class based on need.

Referrals are welcome!

Class will meet at Hawthorne Education Center on Friday

Mornings on the following dates:

- April 15 & 29
- May 13 & 27

For more information visit
www.rochesterce.org/register
or call 507.328.4020

PAIR INFORMATION

SPRING/SUMMER 2016

Who teaches PAIR classes?

PAIR classes are taught by MN State licensed parent and early childhood educators who work directly with parents and their young children.

Who can take a PAIR class?

PAIR is intended for ALL parents, relatives, or individuals who function in a primary parenting role and their children, age birth to kindergarten enrollment, who live in the Rochester School District.

Does my child have to be the age indicated in the class description?

Yes. PAIR classes are designed for specific age groups, so your child must be the appropriate age on or before the first class meeting.

What if I do not live in the Rochester School District?

Rochester School District families are registered first. If you do not live in the district, you are welcome to register beginning one week after First Draw. All out of district registrations will pay a \$5 out of district fee per class, per child. Out of district fees are not eligible to be waived.

What is First Draw?

First Draw is a lottery used with PAIR/ECFE registration. All registrations received before First Draw are treated the same. At First Draw, we use the lottery to determine who gets into classes that are over-enrolled. Email confirmations will be sent out after draw. After First Draw is complete, registration is first come, first served. Payment is due with registration. **First Draw for Spring is March 2nd at noon.**

Parent/Guardian Participation

A parent/guardian may attend a PAIR class without their child, but every child must be accompanied by their parent/guardian. A relative or foster parent who provides regular

care for the child may attend if a parent is unavailable. The relative must be registered and participate fully in all parts of the class. Other exceptions are on a case-by-case basis and must be pre-approved by the PAIR office. 507-328-4020.

Sibling Care

Sibling care is child care for children age nine months to kindergarten enrollment while their parent is in class with their other child/children. Children under nine months may attend class with their parent as a lap baby.

You can register your lap baby for sibling care if the baby becomes eligible at any point during the class session. You will need to pay the sibling care fee for the entire session.

Encore families will need to pay for sibling care for the entire year (by session) to guarantee a spot at any time during the year.

You can choose not to reserve a spot in sibling care, but we cannot guarantee care when applicable. If no care is available, you will be responsible to find alternative care.

Can PAIR accommodate my child's allergies/special needs?

It is important to note any and all allergies, special needs, health/developmental concerns, or any support services your child is receiving on your registration.

A school health form will need to be completed before class or sibling care begins for any child who has a health need, allergy, epi-pen, or asthma plan.

Immunizations

All children attending PAIR classes and sibling care need a current immunization record on file each year. Turn them in at the PAIR office, Northrop-Room 301, have your health care provider fax them to PAIR at 507-328-4015, or bring a copy to the first class meeting.

PAIR's Refund Policy

If PAIR cancels a class or sibling care, you will be notified immediately and your fee will be refunded. PAIR reserves the right to cancel any classes or sibling care that do not meet minimum enrollment.

If you drop a class of FOUR WEEKS OR LESS, you must do so 24 hours before the first class meeting to receive a refund, minus a \$5 processing fee.

*Refunds will not be processed on classes that meet only one session.

If you drop a class of FIVE OR MORE WEEKS, you must do so within 24 hours after the first class meeting to receive a refund, minus a \$5 processing fee.

PAIR Handbook

Find out about PAIR's policies in the 2015-16 PAIR Handbook. Download your copy at rochesterce.org/pair. You can also get a copy from your classroom or the PAIR office.

Does PAIR cancel classes due to bad weather?

Yes. If the Rochester Public Schools are cancelled for the day, all PAIR classes are cancelled.

If school begins late, morning PAIR classes are cancelled, but afternoon and evening PAIR classes will be held. **If school dismisses early**, all PAIR classes are cancelled for the rest of the day and evening.

PAIR cannot make up class days closed due to weather.

You can call the Community Education Weather recording at 507-328-4010. You can also sign up for RPS Skylert message system to be notified regarding weather related announcements at <http://www.rochester.k12.mn.us/families>, select Skyward/Skylert Resources > Skylert Community Sign Up.

Can PAIR help me with transportation?

Transportation is available for one class at a time for families in need, at no cost. Call the PAIR office at 507-328-4020 for assistance.

Financial Assistance SLIDING FEES

How does the PAiR Sliding Fee Scale Work?

PAiR/ECFE SLIDING FEE SCALE 2015-2016

# of class sessions	income > \$75,000 +		\$50,000 - \$74,999		\$30,000 - \$49,999		\$20,000 - \$29,999		\$0 - \$19,999	
	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care	class:	sibling care
1	\$10.50	\$6	\$8	\$4.50	\$5	\$3	\$2	\$1.50	\$1	\$0
2	\$21	\$12	\$17	\$9	\$11	\$6	\$4	\$3	\$2	\$0
3	\$31.50	\$18	\$25	\$13.50	\$16	\$9	\$6	\$4.50	\$3	\$0
4	\$42	\$24	\$34	\$18	\$21	\$12	\$8	\$6	\$4	\$0
5	\$52.50	\$30	\$42	\$22.50	\$26	\$15	\$11	\$7.50	\$5	\$0
6	\$63	\$36	\$50	\$27	\$32	\$18	\$13	\$9	\$6	\$0
7	\$73.50	\$42	\$59	\$31.50	\$37	\$21	\$15	\$10.50	\$7	\$0
8	\$84	\$48	\$67	\$36	\$42	\$24	\$17	\$12	\$8	\$0
9	\$94.50	\$54	\$76	\$40.50	\$57	\$27	\$19	\$13.50	\$9	\$0
10	\$105	\$60	\$84	\$45	\$63	\$30	\$21	\$15	\$11	\$0
11	\$115.50	\$66	\$92	\$49.50	\$68	\$33	\$23	\$16.50	\$12	\$0
12	\$126	\$72	\$101	\$54	\$74	\$36	\$25	\$18	\$13	\$0
13	\$136.50	\$78	\$109	\$58.50	\$80	\$39	\$27	\$19.50	\$14	\$0
14	\$147	\$84	\$118	\$63	\$87	\$42	\$29	\$21	\$15	\$0
15	\$157.50	\$90	\$126	\$67.50	\$93	\$45	\$32	\$22.50	\$16	\$0

Find your income range on the chart.

Find the # of sessions your class will meet.

Find the sliding fee for the class and sibling care. This is your recommended fee.
 For example: If your income is \$20,000 to \$30,000 and the class meets 6 times, the recommended class fee is \$12, sibling care is \$9.

Need additional assistance? Fees can be waived or reduced at any level if family circumstances would make payment a hardship. Register by phone at 507-328-4020, in person at the PAiR office or indicate what you can afford to pay on your registration.

No Rochester resident will be denied participation due to inability to pay.

Contact PAiR at 507-328-4020 or pair@rochester.k12.mn.us for more information.



How do I register my family for PAiR classes?



Registration Form

Register online at:

Rochesterce.org/register

Register by mail:

By completing this registration form and mail it in!

By drop box:

Our 24 hour drop box is located in front of the Northrop building

By phone:

Call the friendly staff at PAiR (507) 328-4020

In person:

Visit us at Northrop on the 3rd floor, room 301

Northrop Education Center
201 8th Street NW
Rochester, MN 55901

→ This form is for **PAiR classes only**. Payment information must be included in order to accept your registration. Payments will not, however, be processed until First Draw.

→ **Immunization records** for each child attending class, including sibling care, is required once each program year. This is to be turned into the Parent Educator by the 2nd class.

→ A **School Health Information Form** is needed for any child with health concerns. If you have no concerns, you do not need to complete the form.

Permission to photograph? YES NO <i>(if no, you need to complete the Image/Media Exemption form located on our website)</i>	How were you referred to ECFE/PAiR?
Is this your families first PAiR class? YES NO	

Parent/Guardian 1:			
Last Name:		First Name:	
Phone Number:	Is this a cell phone? Y N	Relationship to Children:	
Home Address:	City:	State:	Zip:
Email Address:			

Parent/Guardian 2:			
Last Name:		First Name:	
Phone Number:	Is this a cell phone? Y N	Relationship to Children:	
Home Address:	City:	State:	Zip:
Email Address:			

Child 1:			
Last Name:		First Name:	
Gender: M F	Date of Birth:	Following registration please contact the PAiR office regarding any allergies, special needs or developmental concerns so we can better serve you and your child.	
Class Number:	Class Name:	Attending Parent: 1 2	Class Fee: \$
Class Number:	Class Name:	Attending Parent: 1 2	Class Fee: \$

Child 2:			
Last Name:		First Name:	
Gender: M F	Date of Birth:	Following registration please contact the PAiR office regarding any allergies, special needs or developmental concerns so we can better serve you and your child.	
Class Number:	Class Name:	Attending Parent: 1 2	Class Fee: \$
Class Number:	Class Name:	Attending Parent: 1 2	Class Fee: \$

Payment Information:

Cash Credit/Debit Check Discover Visa Master Card

Credit/Debit Card Type: (circle one)

Credit Card Number: _____

Expiration Date: _____

Code: _____

STUDENT INFORMATION

Name _____ DOB / / Gender M F
 School _____ Grade _____ Parent/Guardian Name _____
 Phone # _____ Phone # _____ Email _____

HEALTH HISTORY

Check all conditions your child currently has or has been treated for in the past

CONDITION	EXPLAIN
<input type="checkbox"/> Diabetes	
<input type="checkbox"/> Seizures	
<input type="checkbox"/> Allergies	
<input type="checkbox"/> Asthma	
<input type="checkbox"/> Lung/Respiratory Disease	
<input type="checkbox"/> Heart/Cardiovascular Conditions	
<input type="checkbox"/> Head Injury/Concussion	
<input type="checkbox"/> Behavioral or Emotional Difficulties	
<input type="checkbox"/> Neurological Disorders	
<input type="checkbox"/> Attention Disorders (ADD,ADHD)	
<input type="checkbox"/> Mental Health Conditions (e.g., anxiety, depression)	
<input type="checkbox"/> Fainting Spells and Dizziness	
<input type="checkbox"/> Kidney/Bladder Conditions	
<input type="checkbox"/> Ear/Eyes/Nose/Sinus Problems	
<input type="checkbox"/> Muscle or Bone Conditions	
<input type="checkbox"/> Abdominal/Stomach/Digestive Problems	
<input type="checkbox"/> Migraines or Severe Headaches	
<input type="checkbox"/> Food Restrictions/Special Diet	
<input type="checkbox"/> Skin Conditions	
<input type="checkbox"/> Mobility Problems or Activity Restrictions	
<input type="checkbox"/> Learning Problems	
<input type="checkbox"/> VISION CONCERNS	Glasses/Contacts <input type="checkbox"/> Yes <input type="checkbox"/> No For: _____ Last professional eye exam / / Results: _____
<input type="checkbox"/> HEARING CONCERNS	Hearing Device <input type="checkbox"/> Yes <input type="checkbox"/> No Type: _____ <input type="checkbox"/> Right <input type="checkbox"/> Left <input type="checkbox"/> Both ears
<input type="checkbox"/> List any other medical conditions:	

MEDICATIONS

List all prescription, over-the-counter, and medications taken as needed (e.g., EpiPen, inhalers, pain relievers)

Medication	Dose	Frequency	Reason

Would you like to schedule a conference with the licensed school nurse to discuss a particular health concern? Yes No

Indicate your concern(s): _____

The information you provide will only be shared with school staff who require access to this information to meet your child's health and safety needs while at school. Not providing complete and accurate information may result in an incomplete health and safety plan for your child.

Parent/Guardian signature _____

Date / / _____