



PAIR



507.328.4020
rochesterce.org/register

Rochester
Public Schools

**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-4:30 PM

Peggy O'Toole-Martin
Program Manager

Amy Ward
Coordinator

Madeline Westerman
Outreach Specialist

Sara Lent
Laura Johnson
Clerical Staff



PAIR on KTTC
See PAIR on KTTC during
News Center at Noon on:
January 12, February 9,
March 3



**PAIR First Draw Is at noon
on November 21st
See page 21**

CLASS FEES
For a full list of class fees
See page 22

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The PAIR/ECFE/CE Preschool Enrichment newsletter is published fall, winter and spring by
Rochester Public Schools Early Childhood Family Services.

Parents Are Important In Rochester (PAIR)

Early Childhood Family Education (ECFE)

NEW CLASSES

From Chaos to Calm: Being your Child's Emotional Coach

Self-regulation is the ability to manage your emotional upset and behavior, and is a prerequisite skill for life success. The way adults handle emotional upset when children are throwing fits, back-talking, namecalling, being defiant and withdrawing will either foster or inhibit their ability to develop self-regulation. *Managing Emotional Mayhem* by Dr. Becky A. Bailey lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in this transformative self-regulation process.

0928.220 Th 1/26-3/30 9:30-11 AM
10 Sessions Northrop-Rm 303, 306

UnSelfie

Based on the bestselling author Michele Borba, *UnSelfie* offers a 9 step program to help parents cultivate empathy in children, from birth to young adulthood.

0926.220 Th 1/19-2/16 6-7:30 PM
5 Sessions Northrop-Rm 303, 307A

Strength Based Parenting

Research indicates that focusing on strengths can help adults as well as children construct a fulfilling and productive life. During this workshop, parents will complete adult and child strength assessments in order to identify the parents and child's unique talents. Parents will then pinpoint parenting approaches to effectively and supportively parent based on the child's individual strengths.

0932.220 Th 2/23-3/30 6-7:30 PM
6 Session Northrop-Rm 303, 307

Guess How Much I Love You 2-5 Years

Based on the book *Guess How Much I Love You*, this class is loaded with LOVE. Celebrate your love for your little hares with some special time together reminding each other, "I love You All the Way to the Moon and Back". **No Fee**

0927.220 F 2/3-2/10 9:30-11 AM
2 Sessions Longfellow-Rm 003



Early Childhood Family Education (ECFE/PAIR) is a public school program for families with children ages birth to kindergarten enrollment. Both parents and children participate in ECFE/PAIR. The program recognizes that parents are a child's first and most important teacher and offers high-quality parent and early education. The mission of PAIR is to **strengthen families with young children through education and support.**

The ECFE/PAIR Class Experience



1. PACT (Parent and Child Time)

Class includes a parent and child interaction time, circle time with books, songs and activities all designed to enhance a child's learning. Parents also get great ideas to take home to enjoy with the whole family.



2. Parent Time

Parents participate in a discussion led by a licensed parent educator. The parent discussion focuses on research-based topics related to both child and parent learning, and also allows time to connect with other parents of young children.



3. Children's Time

While the parents are in the discussion, children are learning through play, activities, songs and literature designed to enhance development, creativity and imagination. A licensed early childhood teacher facilitates the children's classroom experience.

Parents Are Important In Rochester (PAiIR)

Early Childhood Family Education (ECFE)

How do I register my family for PAiIR classes?

Register online...
rochesterce.org/register

Register by mail...
By completing a registration form (pg. 23). Tell us about your family and the PAiIR 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 PAiIR!
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
PAiIR classrooms on 3rd floor.

Hawthorne Education Center
700 4th Ave SE

Hoover Elementary
369 Elton Hills Dr NW

Longfellow Elementary
1615 Marion RD SE
PAiIR classrooms on lower level.

Rochester Public Schools

IS YOUR CHILD ON THE ROCHESTER PUBLIC SCHOOLS CENSUS?

Contact Registration & Records if...

- Your child was not born in Rochester and you have not participated in Early Childhood Screening.
- Your child was born in Rochester but you have moved since their birth.
- You have moved since your child participated in Early Child Screening.
- You have a child who is **OVER 3** years, 2 months old and have not received a letter from the Rochester Public Schools about EC Screening.

Registration & Records
Edison Building
615 7th St. SW
Rochester, MN 55902
P: (507) 328-4200
F: (507) 328-4208



PARENT ENGAGEMENT MATTERS!

The Parents Are Important in Rochester and School Readiness Advisory Council is made up of PAiIR and School Readiness participants, community professionals and staff.

The PAiIR/SR Advisory Council meets one Wednesday evening per month during the school year, September-May.

For more information contact Sara Lent at 507-328-4020






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

PAiIR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 22.

Parents Are Important In Rochester (PAIRR)

Early Childhood Family Education (ECFE)

Classes at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Classes <i>Northrop</i> <ul style="list-style-type: none"> 2-4 Year Olds Fun Ones 10-23 mo. Baby & Me 0-12 mo. 	AM Classes <i>Northrop</i> <ul style="list-style-type: none"> STEM 3-5 Year Olds 1-3 Year Olds 	AM Classes <i>Northrop</i> <ul style="list-style-type: none"> Dad & Me Toddler Two's 18-30 mo. 2-3 Encore 	AM Classes <i>Northrop</i> <ul style="list-style-type: none"> 3-5 Year Olds 2-3 Year Olds Storytime From Chaos to Calm 	AM Classes <i>Northrop</i> <ul style="list-style-type: none"> TGIF Toddler Encore 1 Year Olds
EVE Classes  <i>Hawthorne</i> <ul style="list-style-type: none"> Parenting a Child with Special Needs 	PM Classes <i>Northrop</i> <ul style="list-style-type: none"> Terrific Tuesdays 	PM Classes <i>Longfellow</i> <ul style="list-style-type: none"> Play and Learn 	EVE Classes  <i>Northrop</i> <ul style="list-style-type: none"> Raising a Picky Eater Unselfie Strength Based Parenting 	<ul style="list-style-type: none"> Cabin Fever Guess How Much I Love You 2-5 Year Olds Play and Learn 2-5 Year Olds
EVE Classes <i>Northrop</i> <ul style="list-style-type: none"> Parenting a Child with Spirited or Challenging Behaviors 2-5 Year Olds 	EVE Classes  <i>Northrop</i> <ul style="list-style-type: none"> Creating Creativity 2-5 Year Olds Infant & Toddlers 0-24 mo. Family Night 	PM Classes <i>Northrop</i> <ul style="list-style-type: none"> Extraordinary Newborn 0-6 mo. 	EVE Classes  <i>Hawthorne</i> <ul style="list-style-type: none"> Single Parent Support Group 	SATURDAY AM Classes <i>Northrop</i> <ul style="list-style-type: none"> Movie It 2-5 Year Olds STEM 3-5 Year Olds Beary Fun Book Brunch
<ul style="list-style-type: none"> Positive Parenting Solutions Building Baby's Brain Power Balancing Work and Parenting 		EVE Classes  <i>Northrop</i> <ul style="list-style-type: none"> How to Talk so Kids will Listen, Listen So Kids will Talk 		

Important Dates for Winter

November

- 3 Kick Off to Kindergarten (Evening)
- 4 Winter Catalog Mails
- 8 Election Day - No Evening Classes
- 11 No Classes
- 16 No Classes
- 21 First Draw for Winter Classes
- 23-25 Fall Break - No Classes

December

- 22 Fall Session Ends
- 23-1/2 Winter Break - No Classes

January

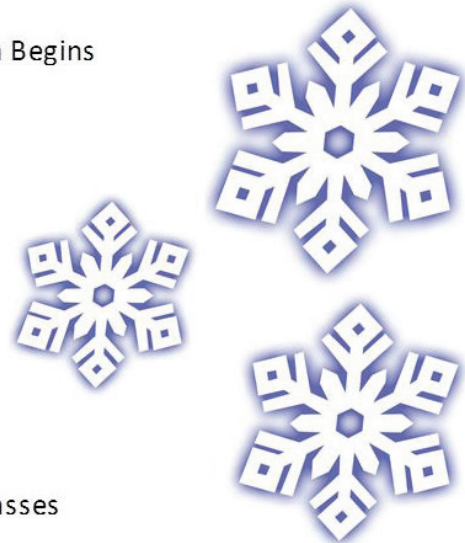
- 9 Winter Session Begins
- 16 No Classes
- 27 No Classes

February

- 1 No Classes
- 20 No Classes

March

- 14 No Evening Classes
- 31 No Classes



Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

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 in the same room as your child. Registration is required. Sibling care is available where listed.

**PACT= Parent And Child Time*

0-5 Year Old Storytime

Come celebrate early literacy with your child in this series of songs and stories that will engage parents and children of all ages.

0615.220 Th 1/12-1/19 9:30-11 AM
2 Sessions Northrop-Rm 303

Baby & Me 0-12 Months

Your child will experience new sights and sounds while interacting and engaging with new people and objects. Parents will discuss the importance of early learning with songs and activities to do at home.

0012.220 M 1/9-3/27 10-11:30 AM
10 Sessions Northrop-Rm 305
No Class 1/16 and 2/20

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 begins to explore about independence. Parent discussion will include topics such as healthy development, new behaviors, language development, and topics chosen by the group.

0110.220 M 1/09-3/27 9:30-11 AM
10 Sessions Northrop-Rm 303
No Class 1/16 and 2/20

Play and Learn 0-5 Years

Stories, songs and fun activities for you and your young child to enjoy together. Parents and children remain together for the entire class. Registration is required. **No Fee**

0164.220 W 1/11-1/25 9:30-11 AM
3 Sessions Longfellow-Rm 003, 001

0164.221 W 2/8-2/22 9:30-11 AM
3 Sessions Longfellow-Rm 003, 001

0164.222 W 3/1-3/29 9:30-11 AM
5 Sessions Longfellow-Rm 003, 001

Infants & Toddlers (0-24 Months)

Magic milestones come weekly during these ever-changing first two years! Rolling, scooting, crawling, walking, your little one is on the move! This class includes fun, PACT*, followed by an informal parent discussion in the same room.

0115.220 Tu 2/7-3/7 5:45-7:15 PM
5 Sessions Northrop-Rm 303

Family Night

Enjoy a fun night of activities for parents and children to do together. Best of all, PAIR does the planning and cleans up the mess! Parents and children remain together for the entire class.

0923.220 Tu 3/21-3/28 6-7:30 PM
2 Sessions Northrop-Rm 303

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



New to Rochester?

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)



Gradual Separation Classes

During the first few meetings of class, a parent discussion will be in the same room as your child. As the session progresses and the group is ready to separate, you will move into a separate room for the parent discussion. Registration is required. Sibling care is available where listed.

Toddler/Twos 18-30 Months

Your toddler's road to independence has begun and you are both ready to spend some time apart. Your child 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.

0120.220 **W 1/11-3/29** **9:30-11 AM**
11 Sessions **Northrop-Rm 303, 307A**
No Class 2/1

Limited Sibling Care Available-Rm 304

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. New participants are welcome to register if space is available.

Toddler Encore 1 Year Olds

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.

0111.220 **F 1/13-3/24** **9:30-11 AM**
10 Sessions **Northrop-Rm 305, 307A**
No Class 1/27

Limited Sibling Care Available-Rm 304

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.

0251.220 **W 1/11-3/29** **9:30-11:15AM**
11 Sessions **Northrop-Rm 305, 306**
No Class 2/1

Limited Sibling Care Available-Rm 304

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. 21 (PAIR Information page)

Reasons we love PAIR/ECFE:

We have enjoyed PAIR classes for the information, opportunities to meet other parents, gives our children opportunities for social skills and learning. -PAIR Parent

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

Age Group Classes

The age of the children in these classes must fall within the guidelines. (see PAIR's Attendance Policy on page 21). 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. Registration is required. Sibling care is available where listed. PACT= Parent And Child Time

1-3 Year Olds (12-42 Months)

Your energetic little one is growing and trying new things, so establishing routines and being consistent is very important. As your child learns through play and social interactions, you will discuss parenting techniques that help you appreciate the "little things" in your life.

0613.220 Tu 1/10-3/28 9:30-11:15 AM
12 Sessions Northrop-Rm 305, 307A

Limited Sibling Care Available-Rm 304

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.

0201.220 Th 1/12-3/30 9:30-11:15 AM
12 Sessions Northrop-Rm 305, 307A

Limited Sibling Care Available-Rm 304

Reasons we love PAIR/ECFE:

I really love that I can go with my kids to school, very successful way to prepare them to kindergarten and prepare them to be in a class with teachers and friends, is amazing all the new things my kids and I have learned.

-PAIR Parent

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.

0600.220 M 1/9-3/27 9:30-11:15 AM
10 Sessions Northrop-Rm 302, 307

No Class 1/16 and 2/20

Limited Sibling Care Available-Rm 304

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.

0604.220 Th 1/12-3/30 9:15-11:15 AM
12 Sessions Northrop-Rm 302, 307

Limited Sibling Care Available-Rm 304

EARLY CHILDHOOD SCREENING

Rochester Public Schools provides a free comprehensive developmental screening for any child 3 years old to kindergarten enrollment.

Schedule by calling 507-328-4004

Northrop Education Center
201 8th St. NW
Rochester, MN 55901
www.rochesterce.org/ecscreening



 early childhood
screening

Parents Are Important In Rochester (PAiR) Early Childhood Family Education (ECFE)



Creating Creativity 3-5 Years

Dress for mess and creative success! Your child will be free to explore a range of creative outlets in this class, including visual art, cooking and music. Many of the day's projects will be about the process, not the end product. Parents will learn about the many forms that creativity can be expressed, the benefits of allowing children the time and space for creative outlets, and how to support their child's creative self-expression. Join us for a creative good time!

0922.220 **Tu 1/10-1/24** **6-7:30 PM**
3 Sessions **Northrop-Rm 303, 307A**

STEM 3-5 Years

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.

0111.221 **Tu 1/10-3/28** **9:30-11:30 AM**
12 Sessions **Northrop-Rm 302, 307**

Limited Sibling Care Available-Rm 304

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. 21 (PAiR Information page)

PAiR
Readiness Preschool

Preschool Openings!

Preschool openings are still available for children 3 1/2 to 5 years old! PAiR Readiness Preschool (PReP) offers quality curriculum based preschool for your child and a parent education day for you. One day each week, parents attend class with their child for parent and child activity and then separate for a parent discussion group led by a licensed parent educator. *Limited child care available on Parent Day for siblings 0-5 years old.



Adventurers Evening PReP (3.5-5 Year Olds)
Tu/Th 2 evening program, 5 hours/week
5:15-7:45 PM
Parent Education Day-Tuesday
***Sibling Care Available**

Pathfinders PReP (3.5-5 Year Olds)
M-Th, 5 1/2 days, 12.5 hours/week
9-11:30 AM
Parent Education Day – Tuesday
***No Sibling Care Available**

Trailblazers PReP (4-5 Year Olds)
M-Th, 5 1/2 days, 15 hours/week
12:45-3:45 PM
Parent Education Day - Monday
***Sibling Care Available**

Children must be at least 3.5 years old on or before 9/1/2016 (born on or before 3/1/2013). Adventures Evening Preschool parent day will include a light family meal. Sibling care is only available on the parent day. Scholarship opportunities may be available to families that qualify. Call 507-328-4020 for more information.



www.parentawareratings.org
Register now for the 2016-2017 program.
Visit PReP at www.rochesterce.org/pair or
the PAiR office at Northrop for more information.

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

Drop-in Classes

Made to fit your schedule! 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. Attend one class or all of the classes with our flexible "week by week" registration. **PACT= Parent And Child Time**

Terrific Tuesdays 0-5 Years

Registration is required! Registration for Terrific Tuesdays opens one week before the class at 2:30 PM.

0931.220	Tu 1/17	12:30-2:30 PM	1Session
0931.221	Tu 1/24	12:30-2:30 PM	1Session
0931.222	Tu 1/31	12:30-2:30 PM	1Session
0931.223	Tu 2/7	12:30-2:30 PM	1Session
0931.224	Tu 2/14	12:30-2:30 PM	1Session
0931.225	Tu 2/21	12:30-2:30 PM	1Session
0931.226	Tu 2/28	12:30-2:30 PM	1Session
0931.227	Tu 3/7	12:30-2:30 PM	1Session
0931.228	Tu 3/14	12:30-2:30 PM	1Session
0931.229	Tu 3/21	12:30-2:30 PM	1Session
0931.230	Tu 3/28	12:30-2:30 PM	1Session

Northrop-Rm 305, 307

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

PAIR offers a sliding fee scale based on income AND additional financial assistance as needed. Learn more on page 22.

TGIF (Those Great Informational Fridays) 0-5 Years

Registration is required! Registration for TGIF opens Monday at 8 AM the week of the class.

0711.220A	F 1/13	9:15-11:15 AM	1 Session
0711.221A	F 1/20	9:15-11:15 AM	1 Session
0711.223A	F 2/3	9:15-11:15 AM	1 Session
0711.224A	F 2/10	9:15-11:15 AM	1 Session
0711.225A	F 2/17	9:15-11:15 AM	1 Session
0711.226A	F 2/24	9:15-11:15 AM	1 Session
0711.227A	F 3/3	9:15-11:15 AM	1 Session
0711.228A	F 3/10	9:15-11:15 AM	1 Session
0711.229A	F 3/17	9:15-11:15 AM	1 Session
0711.230A	F 3/24	9:15-11:15 AM	1 Session

Northrop-Rm 302, 307



Extraordinary Newborn 0-6 Months

As you adjust to your new role as a parent, come with your newborn to visit with a Public Health Nurse and licensed Parent Educator, along with other parents of young babies. Discuss feeding, car seats safety, and learn about what you can do to support your baby's development. **Registration is NOT required.**

0902.220	W 1/18	1-2:30 PM	1 Session
0902.221	W 2/15	1-2:30 PM	1 Session
0902.222	W 3/15	1-2:30 PM	1 Session

Northrop-Rm 304

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

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 readily available through Adobe Connect. Registration is required.

Positive Parenting Solutions

Does your parenting partner or other family members involved in your child's life ever disagree with you about how to handle difficult behaviors? During Positive Parenting Solutions, you will identify different parenting styles, explore numerous parenting strategies that really work with young children, and learn what you can do when conflicts arise. You will walk away with numerous helpful resources for the parenting challenges you face when working with your children.

0810.220 M 1/23-2/6 8:30-9:30 PM
3 Sessions Online

Building Baby's Brain Power

Build your baby's brain power! Explore brain development basics, share strategies to promote optimal brain development and identify play techniques for engaging and teaching your baby.

0811.220 M 2/27-3/6 8:30-9:30 PM
2 Sessions Online

Balancing Work and Parenting

Learn strategies to enhance transitions between work and home! Explore common challenges of balancing work with parenting and identify tools to lower stress...and increase joy at work and at home.

0812.220 M 3/13-3/20 8:30-9:30 PM
2 Sessions Online

FIND US ONLINE



facebook.com/PAIRR.ECFS



pinterest.com/PAIIRECFE



@PAIRRochester



ONLINE CLASS FEE*

INCOME	YOU PAY...
\$75,000 +	\$5.00
\$50,000 - \$74,999	\$4.00
\$30,000 - \$49,999	\$3.00
\$20,000 - \$29,999	\$2.00
\$0 - \$19,999	\$1.00

**Fee scale is per course and applies only to online classes*

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

Topic Classes

Each class offers the ECFE class experience including **PACT*** followed by children's learning and play time and a parent discussion. Children's class accommodates participants ages 0-5 so all siblings must be registered, no sibling care is available. Children under 9 months will remain with parent(s) during discussions as a lap baby.

***PACT= Parent And Child Time**

Dad & Me 0-5 Years

Being a parent is the most rewarding, and at times, the most 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.

0650.220 W 1/11-3/29 9:30-11:15 AM
11 Sessions Northrop-Rm 302, 307
No Class 2/1

From Chaos to Calm: Being your Child's Emotional Coach

Self-regulation is the ability to manage your emotional upset and behavior, and is a prerequisite skill for life success. The way adults handle emotional upset when children are throwing fits, back-talking, namecalling, being defiant and withdrawing will either foster or inhibit their ability to develop self-regulation. *Managing Emotional Mayhem* by Dr. Becky A. Bailey lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in this transformative self-regulation process.

0928.220 Th 1/26-3/30 9:30-11 AM
10 Sessions Northrop-Rm 303, 306

Parenting a Child with Spirited or Challenging Behaviors 2-5 Years

This class will help you understand your young child's behavior and temperament while discovering positive behavior management and parenting strategies. Parents will complete a simple questionnaire to identify need before registration is complete. Referrals are welcome. Class begins with PACT* followed by a separate parent discussion. **No fee**

0651.220 M 1/23-3/27 5:45-7:45 PM
9 Sessions Northrop-Rm 302, 307
No Class 2/20

How to Talk so Kids will Listen, and Listen so Kids will Talk 0-5 Years

Join with other parents for this interactive class based on the book by authors Adele Faber and Elaine Mazlish. You will learn innovative ways to solve common problems such as how to listen to-and understand-your child's concerns, how to have cooperation in your family-without nagging, how you and your child can deal with feelings, how to find alternatives to punishment and how to help your child attain a positive self-image. Parents and children will separate for this class.

0933.220 W 2/8-3/29 6-7:30 PM
8 Sessions Northrop-Rm 302, 307

Raising a Picky Eater 0-5 Years

Many attempts to establish healthy eating habits and rewarding meal times are foiled when young children have difficulty sitting, refuse to eat, complain or play with their food! If you have a picky eater, join this class and identify tips to encourage healthy eating, learn ways to engage children in positive mealtime behaviors, and build positive relationships and routines around mealtime.

0925.220 Th 1/12 6-7:30 PM
1 Session Northrop-Rm 305, 307

Reasons we love PAIR/ECFE:

PAIR has continued to help me with new strategies and ideas to deal with challenging behaviors. -PAIR Parent

Parents Are Important In Rochester (PAIR)

Early Childhood Family Education (ECFE)



Friday Funday

Classes 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. Sibling care is available where listed.

Cabin Fever Fun 2-5 Years

When the winter winds blows, there is still lots of fun happening at PAIR. Explore creative and fun ideas to not only survive winter with your children but to enjoy it! Parents and children remain together for the entire class.

No Fee
 0803.220 F 1/13-1/20 9:30-11 AM
 2 Sessions Longfellow-Rm 003

Guess How Much I Love You 2-5 Years

Based on the book *Guess How Much I Love You*, this class is loaded with LOVE. Celebrate your love for your little hares with some special time together reminding each other, "I love You All the Way to the Moon and Back". **No Fee**

0927.220 F 2/3-2/10 9:30-11 AM
 2 Sessions Longfellow-Rm 003



Play & Learn 2-5 Years

Enjoy each others company with stories, songs, and fun activities planned specifically for your child emerging from toddler hood to the preschool years. Parents and children will remain together for the entire class. There is no separate parent discussion. **No Fee**

0663.220 F 2/17-3/24 9:30-11 AM
 6 Sessions Longfellow-Rm 003

NEW UnSelfie

Based on the bestselling author Michele Borba, *UnSelfie* offers a 9 step program to help parents cultivate empathy in children, from birth to young adulthood.

0926.220 Th 1/19-2/16 6-7:30 PM
 5 Sessions Northrop-Rm 303, 307A

NEW Strength Based Parenting

Research indicates that focusing on strengths can help adults as well as children construct a fulfilling and productive life. During this workshop, parents will complete adult and child strength assessments in order to identify the parents and child's unique talents. Parents will then pinpoint parenting approaches to effectively and supportively parent based on the child's individual strengths.

0932.220 Th 2/23-3/30 6-7:30 PM
 6 Session Northrop-Rm 303, 307

**PAIR First Draw is at noon
 on November 21st
 See page 21**

CLASS FEES
For a full list of class fees
See page 22

Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

Saturday 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.

Move It 2-5 Years

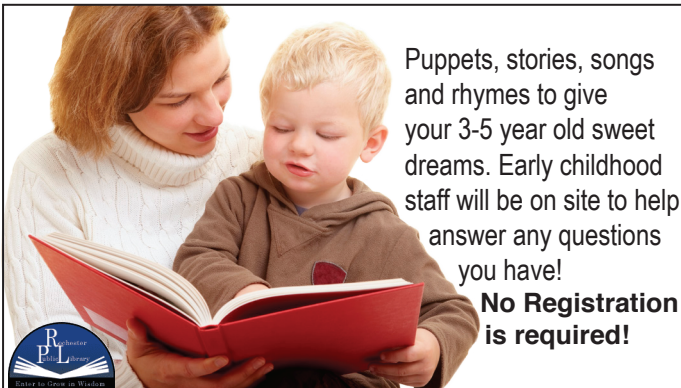
Healthy habits and fitness start early and can be fun. Fitness helps the brain and body! Come to this class to spend some fun time moving and grooving. Activities, circle time and a healthy snack are included. Parents and children remain together for the entire class.

0796.220 S 1/28 9:30-11 AM
1 Session Northrop-Rm 302, 113 (Gym)

STEM Saturday 3-5 Years

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.

0803.222 S 2/25 9:30-11 AM
1 Session Northrop-Rm 302



Puppets, stories, songs and rhymes to give your 3-5 year old sweet dreams. Early childhood staff will be on site to help answer any questions you have!

No Registration is required!



PAIIR Storytime at the Rochester Public Library

Reasons we love PAIIR/ECFE:

We learned so much with my child in the STEM class, we did projects every class, he was fascinated and I just can see how his knowledge and confidence grew during all the class session. -PAIIR Parent



Beary Fun Book Brunch

Take a break from hibernation with your favorite bear. Snuggle in for bear stories and make a yummy breakfast treat. A "beary" nice way to start the day together! Parents and children remain together for the entire class.

0739.220 S 3/25 9:30-11 AM
1 Session Northrop-Rm 302



Parents Are Important In Rochester (PAIR) Early Childhood Family Education (ECFE)

Support Groups

Support groups are a gathering of people with common experiences or concerns who provide each other with encouragement, comfort, advice, and support. 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. Registration is required. Sibling care is available where listed. *PACT= Parent And Child Time

Parenting a Child with Special Needs Birth-Grade 5

This support group is for parents with children who have a delay, disability, or illness, ages 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.

0720.220 M 1/9 5:45-7:30 PM
1 Session Hawthorne-Rm 112, 119, 103B

0720.221 M 2/13 5:45-7:30 PM
1 Session Hawthorne-Rm 112, 119, 103B

0720.222 M 3/13 5:45-7:30 PM
1 Session Hawthorne-Rm 112, 119, 103B

Single Parent Support Group 0-5 Years

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**

0616.220 Th 1/12-3/30 5:30-7:30 PM
12 Sessions Hawthorne-Rm 117, 119, 112

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:

- **January 13**
- **February 10**
- **March 10**

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

Parent/Child Activity

Everyone loves to color!

Take some time to color the snowman with your child



**Talk with your child
as you color the
snowman to make
the experience
more meaningful**

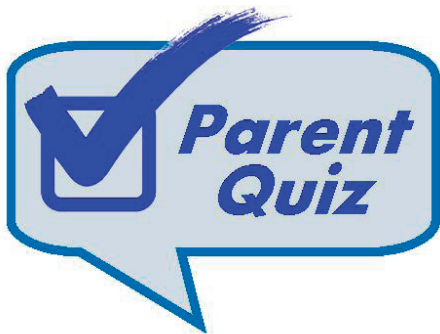
What do you see in
this pictures?

What colors should
we use?

Make up a story about
the snowman—
What is his/her
name,
What is your
snowman doing,
Where does your
snowman live?

What will happen to the
snowman if the
sun comes out and
it gets warm?

PAIR (ECFE) News



Are you raising a preschooler who is eager to learn?

Children are born with a desire to explore their world. They are curious, and it is important that they remain so if they are to succeed in school.

Are you keeping your preschooler's natural curiosity alive? Answer yes or no to the questions below to find out:

___ 1. Do you model curiosity by wondering about things out loud?

___ 2. Do you encourage your child to ask questions? When she does, say, "That's a good question!"

___ 3. Do you give your child things she can explore, take apart and put back together?

___ 4. Do you help your child use a small magnifying glass to examine things—bugs, flowers, newsprint, walls, carpet, dirt?

___ 5. Do you take "adventure walks" with your child to see how many new things you can find?

How well are you doing?

More yes answers mean you're keeping your preschooler's spirit of investigation and wonder active. For no answers, try those ideas from the quiz.

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Kindergarten 2017-18



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, 2017 and you did not receive a kindergarten packet, contact:

Registration & Records Edison Building
615 7th St. SW
Rochester, MN 55902
507.328.4201

Save the Date!

23rd Annual Transportation Fair

SATURDAY

May 20, 2017
10:00AM—1:00PM

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

*Event held rain or shine
Questions? Call us at

507-328-4020

Sponsored by: PAIR, School Readiness and Rochester Public Works

PAIR First Draw is at noon
on November 21st
See page 21

CLASS FEES
For a full list of class fees
See page 22



PAIR (ECFE) News

NOW HIRING

COMMUNITY EDUCATION PRESCHOOL ACTIVITIES

-Teaching Assistants

Employment opportunities
are available within
Rochester Public Schools.
Early childhood classroom
experience is desired.

PAIR/ECFE

*-Substitute Teachers
-Parent Educators
-Teaching Assistants*

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



school readiness



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. Parent involvement and family events are also important parts of the program.

Available services include:

- Preschool Scholarships •
- Parent Education and Support •
- Early Childhood Learning Experiences •
- Health and Community Service Referrals •
- Partners in Education (PIE) Groups •
- Kindergarten Information •
- Family Events •

Children and families with the greatest need have the highest priority for enrollment.

Applications are accepted all year long. Children must be 3 or 4 years old on or before September 1 of the school year.

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

PAiR (ECFE) News

PAiR Parent Education Consultation

Have a parenting question? Want to talk with someone about a parenting concern or challenge? Parenting young children can be a very rewarding, yet challenging job and we are not given detailed parenting manuals and instructions.

Parents Are Important In Rochester can provide parenting support and information through a phone consultation, home or office visit with a licensed Parent Educator.

**Call the PAiR Office at 328.4020
for more information.**



Strengthening Families with Young Children through Education and Support

Teach your preschooler to persevere

Children need perseverance to do well throughout school and beyond.

Here are four keys to teaching it:

- 1. Motivation.** What makes your preschooler tick? What doesn't? Does he/she love books? Does he have a hard time sitting still? Match learning activities to his personality.
- 2. Practice.** Give your child practice meeting reasonable expectations. When people have opportunities to push through challenges, they see that it's worth the effort.
- 3. Support.** Help your child plan for success. What small steps must he take to reach a big goal? When your child struggles or fails, be his cheerleader. Encourage perseverance and praise his progress.
- 4. Modeling.** Set an example for your child to follow. You don't have to make everything look easy. Instead, show him that you are willing to keep trying and finish difficult tasks. Send the message: "I'm going to give this my all, no matter what."





PAIR (ECFE) News

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.

help me



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.

CLASS FEES
For a full list of class fees
See page 22

PAIR First Draw is at noon
on November 21st
See page 21

PAIR INFORMATION

WINTER 2017

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 Winter is November 21st 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?

Yes! Please follow the link in your confirmation emails to update your child's profile to share any information we may need to know to keep your child safe and to serve them to the best of our ability, including health concerns, allergies or special needs. Please call 507-328-4020 for assistance.

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 2016-17 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 PAiIR Sliding Fee Scale Work?

PAiIR/ECFE SLIDING FEE SCALE 2016-2017

# of class sessions	\$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	\$71	\$33	\$23	\$16.50	\$12	\$0
12	\$126	\$72	\$101	\$54	\$79	\$36	\$25	\$18	\$13	\$0
13	\$136.50	\$78	\$109	\$58.50	\$87	\$39	\$27	\$19.50	\$14	\$0
14	\$147	\$84	\$118	\$63	\$95	\$42	\$29	\$21	\$15	\$0
15	\$157.50	\$90	\$126	\$67.50	\$103	\$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 PAiIR 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 PAiIR at 507-328-4020 or pair@rochester.k12.mn.us for more information.

How do I register for classes?

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 (507) 328-4020

In person:

Visit us at Northrop on the 3rd floor.

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

Step 1 – Registration is complete with payment. (See fees chart on page 22, and “First Draw” on page 21) You will receive an e-mail confirming your registration. We will notify you if the class is full or canceled.

Step 2 – Please follow the link in your confirmation email to share any information we may need to know to keep your child safe and to serve them to the best of our ability, including health concerns, allergies, or special needs.

Step 3 – Immunization records are required for each child attending class, including sibling care. This is to be turned in by the 2nd class.

Please call 328-4020 for assistance.

Email Note: It has been brought to our attention that some families with Hotmail, or other email providers, have not been receiving emails from Community Education. We recommend that you add our domain (rochester.k12.mn.us) as a Safe or Trusted Sender to your email account.



Registration

Use for PAiIR registration only. Preschool activity registration form can be found on the Preschool Enrichment side of this brochure. One check per family per program.			
May we photograph your child/children and use the picture in our promotional materials? Y N Signature:			
CHILD 1 REGISTRATION			
Child 1 Name			
Child 1 Date of Birth		Gender: M F	
Class Number	Class Name		Fee
CHILD 2 REGISTRATION			
Child 2 Name			
Child 2 Date of Birth		Gender: M F	
Class Number	Class Name		Fee
Parent/Guardian 1:			
Last Name:		First Name:	
Relationship to Child(ren):			
Phone Home:		Cell:	Work:
Home Address:		City:	State: Zip:
Email Address:			
Parent/Guardian 2:			
Last Name:		First Name:	
Relationship to Child(ren):			
Phone Numbers	Home:	Cell:	Work:
Home Address:		City:	State: Zip:
Email Address:			
PAYMENT INFORMATION			
Checks payable to Community Education.		Check #:	Total:
MCVISA DISCOVER	Credit Card #:		Exp Date:
Signature:			

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 / / _____