

Early childhood education & training for parents, caregivers, and teachers

Partnering with community-based preschools to support children's foundational learning.



Choose from the following FREE programs brought to you by SoWashCo Early Childhood Family Education (ECFE)

Parent and Child (PAC) Nights (for families)

PAC Nights are designed to provide an opportunity for parents to:

- Experience the preschool classroom while interacting with their child in parent/child learning activities.
- Meet their child's classmates and their families.
- Connect with other parents during a brief breakout topic session related specifically to 3- and 4-year-old development and support their child's school success.
- Gain practical strategies that support their child's growth and development – connecting school and home.

PAC Night Activities

Please choose one of the following options.

Finding Calm with Kids

Parents and children will explore mindfulness and self-regulation and practice techniques that can help children learn self-regulation skills during a fun circle time. Families will make several mindfulness tools:

- Calm Down Bottles
- Worry Monster
- Breathing Cards
- Rainbow Meditation Bracelets

Messy Art-Why Process Matters More Than Product

Parents join with other parents for a brief presentation about the importance of art in child development and the difference between product vs. process art. Following the presentation parents and children will have an opportunity to explore several different Messy Art activities. Some possible activities include:

- Spray painting with liquid watercolors
- Printmaking using different tools
- Finger painting
- Spin art
- Cardboards sculptures
- Collage art

Parent Presentations (for families)

Parent presentations are designed to provide an opportunity for parents to:

- Meet parents of other children in the preschool program.
- Learn about what typical development is for 3- and 4-year-olds and ways they can support their child's development.
- Ask a licensed parent educator questions about their child's development.
- Access resources provided by the school district to help support their child's development.

Parent Presentation Topic

This year we are offering the following topic.

Child Development 101 and More (for parents of preschoolers)

Our licensed parent educator will share information on what is typical development for children ages 3-5 and strategies parents can use to support their child's development. Parents will also learn about several resources available through the school district that can help them support their child's development.



Professional Development (for staff)

Staff trainings are designed to provide an opportunity for your staff to:

- Receive continuing education credits.
- Learn more about strategies they can use in the classroom to support children's development.
- Collaborate with other early childhood teachers.
- Create make-and-take activities to use in their classrooms.
- Gain additional resources to support lesson planning of implementation.

Professional Development Topics

Please choose one of the following options.

Emotion Coaching: Helping Children Learn About Emotions

Your staff has probably been left wondering "why do they act like that?" This training will explore how children communicate their emotions through their behavior. Staff will learn about what emotion coaching is and how to utilize it to support children's growing ability to regulate their emotions. Staff will create materials to use in their classroom to support emotion coaching.

Supporting Executive Function Development in Young Children

Your staff will learn what executive function is and why it is an important school readiness skill. Staff will explore ways to support the development of executive function in children and collaborate to plan activities to use in their classrooms.

For more information contact:

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