

IUSD School Readiness Program



Empowering Children and Families
for School Success

IUSD School Readiness Program 1 Smoketree, Irvine, CA 92604

<http://schoolreadiness.iusd.org>
http://brownbears.com/srp_coi

Fall 2009

Program Registration Policies

- Pre-registration required for all classes.
- **Call 949-936-5870 after Sept. 1, 2009 (Monday-Thursday from 8:00am-3:30pm)**
- Please make checks payable to **IUSD - School Readiness Program** and send to: IUSD School Readiness Program, 1 Smoketree, Irvine, CA 92604.
- Due to the low cost of programs, refund requests require at least 2 weeks prior notice of start date. Additional fee of \$5.00 for non-Irvine residents.
- **1-Time Referral Bonus:** Refer a friend who registers, pays, and attends a class & receive a \$5 credit towards your next class within the 2009-2010 school year.

PARENT EDUCATION



Problem Solved!

We'll come to you...preschools, child care groups, playgroups, mom's clubs, MOPS, workplace or just a group of friends getting together...or, if you prefer, you can come to us! Join a Pediatric Nurse Practitioner, an Early Childhood Education Specialist

and a Parent Educator for a casual conversation answering your questions and discussing challenges in raising young children. Topics could include (but are not limited to) parenting, child development, kindergarten readiness, health & development or just about anything concerning your young children!

Fee/1 day
\$5 per person

Call to set up a date and time for your group.

Healthy Habits for School Success

In order to be successful at school, children need to get enough sleep, eat their breakfast and a score of other things. It's still the beginning of the school year and you can still make some changes if you need to. We'll also talk about the areas of safety, media and hygiene in addition to other topics, and how to make those changes without total meltdowns! **Free childcare is available for children 2 years and older.**

Instructor: School Readiness Nurse

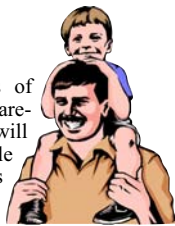
Session	Time	Day	Date	Fee/1 day
1	6:30 - 7:30 p.m.	Thurs.	9/17	\$15
2	6:30 - 7:30 p.m.	Wed.	9/23	\$15

Parenting Magic for Early Childhood

This class will focus on the building block basics of parenting. Information provided in this class will teach caregivers how to parent their children in a manner that will allow them the opportunity to grow up to be responsible teens and successful adults. The class will address practical parenting concepts, practical discipline, behavior management and creative solutions to every-day problems. With these tools you'll be able to enjoy every stage of your child's development and enjoy a life time of joy from them. **Free childcare is available for the evening session only for children 2 years and older.**

Instructor: Parent Educator

Session	Time	Day	Date	Fee/1 day
1	6:30 - 8:00 p.m.	Wed.	9/23	\$20
2	9:30 - 11:00 a.m.	Wed.	9/30	\$20



Solving Dinner Dilemmas

AGH! Are you over trying to please your children when it comes to dinner? They're picky, they're fussy & you're tired. Not a good combination! In this class you'll learn about children's eating patterns, why they refuse certain foods and how you can get them to try new ones. We'll also talk about the power struggles inherent in feeding children, and best of all, you'll leave with some great meal ideas and recipes. **Free childcare is available for children 2 years and older.**



Instructor: School Readiness Nurse

Session	Time	Day	Date	Fee/1 day
1	6:30 - 8:00 p.m.	Tues.	9/29	\$20
2	6:30 - 8:00 p.m.	Thurs.	10/15	\$20
3	6:30 - 8:00 p.m.	Thurs.	11/19	\$20
4	6:30 - 8:00 p.m.	Tues.	12/8	\$20



Fighting the Flu!!

We had quite a scare in the Spring with Swine Flu. But really, we have Flu season every year, and it starts in the Fall. Wouldn't you like to know how to avoid that...or at least keep it to a minimum? We all heard how important good hand washing is to reduce the spread of the Flu. And did you know that coughing & sneezing are the least effective methods of transmitting germs that cause colds? Come to class & you'll learn even more! **Free childcare is available for children 2 years and older.**

Instructor: School Readiness Nurse

Session	Time	Day	Date	Fee/1 day
1	6:30 - 7:30 p.m.	Wed.	9/30	\$15
2	6:30 - 7:30 p.m.	Tues.	10/20	\$15
3	6:30 - 7:30 p.m.	Tues.	11/10	\$15
4	6:30 - 7:30 p.m.	Thurs.	12/10	\$15

Effective Parenting of Young Children

Join us for an interactive fun-filled **seven week parenting series**. Learn new skills that will increase your enjoyment and effectiveness as a parent. The principles and methods taught in this class apply to the special challenges of parenting infants, toddlers and preschoolers. A course book will be provided at the first class. **Free childcare is available for children 2 years and older.**

Instructor: Parent Educator

Session	Time	Day	Date	Fee/7 wks. couple
1	6:30 - 8:00 p.m.	Wed.	9/30 - 11/18*	\$65/\$75

*No class on Nov. 11



PARENT EDUCATION



The Big Power Struggles of Young Childhood: Toilet Training & Bedtime

Through the ages, parents have struggled with their children, trying to get them to do things that the parents have **no** control over...such as toilet training and getting children to go to sleep. In this workshop you will come to understand why one way of defusing a tug-of-war is to let go of the rope! We'll explore other strategies as well. **Free childcare is available for children 2 years and older.**

Instructor: School Readiness Nurse

Session	Time	Day	Date	Fee / 1 day
1	6:30 - 8:00 p.m.	Tues.	10/6	\$20
2	6:30 - 8:00 p.m.	Tues.	11/3	\$20

Introduction to Infant Massage

Research shows that touch is essential in creating loving bonds between infants and their caregivers (parents, grandparents, siblings, childcare providers, etc.). Infant massage can be done to facilitate the bonding process with baby. Together the caregiver and infant will participate in activities to promote relaxation, attachment and communication, and will understand why this technique is so important to learn. This introductory class is meant for infants **no older than 6 months** of age. **Free childcare is available for children 2 years and older.**



Instructor: School Readiness Nurse

Session	Time	Day	Date	Fee / 1 day
1	6:30 - 7:30 p.m.	Tues.	10/13	\$15
2	6:30 - 7:30 p.m.	Wed.	12/2	\$15

Child Development

This class will examine typical child development based on the stages of development set forth by Eric Erickson. Discover the milestones in each developmental stage. Attention will be given to a child's healthy physiological, social, emotional, cognitive and conscience development. Parenting strategies to enhance development in each of these areas will be discussed.

Instructor: Parent Educator

Session	Time	Day	Date	Fee / 1 day
1	9:30 - 11:00 a.m.	Tues.	10/20	\$20



Dealing With Challenging Behaviors in Children

Join us for an informative evening learning about children and their behaviors. Topics to be addressed will include: temperament; behavior as communication; effective parenting strategies to bring about positive changes; sorting out challenging behaviors from other factors. **Free childcare is available for the evening class for children 2 years and older.**

available for the evening class for children 2 years and older.

Instructor: Parent Educator

Session	Time	Day	Date	Fee / 1 day
1	9:30 - 11:00 a.m.	Tues.	11/10	\$20
2	6:30 - 8:00 p.m.	Wed.	12/9	\$20

CUIDAR – A Special Parenting Series

UCI & CHOC are collaborating on a series of parenting education classes entitled "CUIDAR for Attention and Learning" that targets preschool children who have problems in the areas of attention and behavior. This 10-week series has a component for both the parents and the preschool child. **Call (949) 824-2462 to register. Space is limited – Call Today!**

Time	Day	Date	Fee / 10 weeks
6:30 - 8:30 p.m.	Thurs.	10/1 - 12/10*	Free

*No class 11/26

Siblings are not permitted in class.

KINDERGARTEN READINESS CLASSES

Get Ready for Kindergarten

Get Ready for Kindergarten is an enrichment program for children designed to support the development of school readiness skills. This is an opportunity for children to be part of a small group and provides a bridge to the transition into kindergarten. Materials, resources and a free 20 minute consultation with our Parent Educator will be provided to enable parents to continue to support learning at home. This class is for children under the age of 6 who will be enrolled in a **kindergarten program in either July or September 2010**. This class **meets two times a week for 5 weeks**. Class size is limited. **A mandatory parent meeting will be held on the first day of each session. Parents must stay for the first 2 hour class.**



Instructor: Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 5 wks.	Room
1	9:00 - 11:00 a.m.	Mon./Wed.	9/21 - 10/26*	\$200	2
2	1:00 - 3:00 p.m.	Mon./Wed.	9/21 - 10/26*	\$200	2
3	9:00 - 11:00 a.m.	Tues./Thurs.	9/22 - 10/22	\$200	2
4	1:00 - 3:00 p.m.	Tues./Thurs.	9/22 - 10/22	\$200	2
5	9:00 - 11:00 a.m.	Mon./Wed.	11/2 - 12/7*	\$200	2
6	1:00 - 3:00 p.m.	Mon./Wed.	11/2 - 12/7*	\$200	2
7	9:00 - 11:00 a.m.	Tues./Thurs.	11/3 - 12/8*	\$200	2
8	1:00 - 3:00 p.m.	Tues./Thurs.	11/3 - 12/8*	\$200	2

*No class 10/19, 11/11, 11/26

Siblings are not permitted in class.



Connecting With Others

Do you have a child that struggles with socialization skills? Does your child lack eye contact with others, fail to develop peer relationships in an appropriate manner, or lack spontaneous make-believe play? If so, your child will benefit from this small, interactive socialization group. This class includes a parent support component led by our Parent Educator, run concurrently with the socialization class, taught by our Early Childhood Education Specialist. The class size is **limited to 6 children** and is for **children under the age of 6 who will be enrolled in a kindergarten program in either July or September 2010**. Please call (949) 936-5863 for pre-screening.

Instructors: Early Childhood Education Specialist & Parent Educator

Session	Time	Day	Date	Fee / 8 wks.
1	9:30 - 10:30 a.m.	Fri.	10/2 - 11/20	\$95

Siblings are not permitted in class.

Soaring to Success / Kindergarten Transition Series

Will your child be attending kindergarten in the fall of 2010? Avoid the spring panic! Sign up now for these workshops to obtain essential information regarding school readiness. Pre-registration is required. **Free childcare is available for children 2 years and older.**

Fee: \$20 per session OR \$50 for all three.



Session 1: Healthy Habits for School Success

Instructor: School Readiness Nurse

Time	Day	Date	Fee / 1 day
6:30-8:00 p.m.	Mon.	11/2	\$20 OR \$50 for all 3 sessions

Session 2: Positive Behavioral Management and Social/Emotional Development

Instructor: Parent Educator

Time	Day	Date	Fee / 1 day
6:30-8:00 p.m.	Mon.	11/9	\$20 OR \$50 for all 3 sessions

Session 3: Kindergarten Readiness and Kindergarten Skills

Instructor: School Readiness Coordinator and Early Childhood Education Specialist

Time	Day	Date	Fee / 1 day
6:30 - 8:00 p.m.	Mon.	11/16	\$20 OR \$50 for all 3 sessions



PARENTS & CHILDREN LEARNING TOGETHER

Kindergarten Support at Home

Is your child struggling with the kindergarten curriculum? Do you know how to support your child? Come work with a credentialed kindergarten teacher to learn how to best support your child at home. Children and parents will work together **twice a week for four weeks**. No siblings allowed – just your **kindergarten child and you!** Enrollment is based on teacher recommendation. Please talk with your child's teacher before registering. Space is limited to six children. **Children must be currently enrolled in kindergarten.**

Instructor: Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 4 wks.
1	3:00 - 4:00 p.m.	Tues./Thurs.	9/29 - 10/22	\$80
2	3:00 - 4:00 p.m.	Tues./Thurs.	10/27 - 11/19	\$80

Siblings are not permitted in classroom.



Jumping for Joy!

Come jump for joy with your child. This **parent and child** interactive class enhances physical skill development through the exploration of music, rhythm, and balance in creative movement activities. This class is designed for children **2 ½ - 4 ½ years** of age.

Instructor: Early Childhood Education Specialist

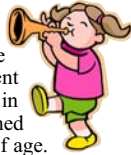
Session	Time	Day	Date	Fee / 4 wks.	Room
1	9:15 - 10:15 a.m.	Fri.	9/18 - 10/9	\$40	MPR
2	9:15 - 10:15 a.m.	Fri.	10/16 - 11/6	\$40	MPR
3	9:15 - 10:15 a.m.	Fri.	11/13 - 12/11*	\$40	MPR

*No class 11/27

Siblings are not permitted in class.

Toddler Tales and Tunes

Have fun with your toddler! This **parent and child** interactive class enhances physical, language and concept development through the exploration of music, rhythm, balance and stories in creative movement exercise and activities. This class is designed specifically for parents with toddlers who are **1 ½ - 2 ½ years** of age.



Instructor: Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 4 wks.	Room
1	10:30 - 11:30 a.m.	Fri.	9/18 - 10/9	\$40	MPR
2	10:30 - 11:30 a.m.	Fri.	10/16 - 11/6	\$40	MPR
3	10:30 - 11:30 a.m.	Fri.	11/13 - 12/11*	\$40	MPR

*No class on 11/27

Siblings are not permitted in class.



Building Blocks to Learning

Language serves as the foundation for all literacy development. Discover with your child the building blocks to later school success. Together, the **parent and child** will learn ways to enhance and support language development through everyday play. Program components include hands-on activities in art, drama, language, math, music and movement, science and social studies. Includes resources for parents to enhance language learning at home. For children ages **3-4 years** of age.

Instructor: Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 5 wks.	Room
1	9:15 - 10:15 a.m.	Mon./Wed.	9/21 - 10/26*	\$55	1
2	10:30 - 11:30 a.m.	Mon./Wed.	9/21 - 10/26*	\$55	1
3	9:15 - 10:15 a.m.	Mon./Wed.	11/2 - 12/7*	\$55	1
4	10:30 - 11:30 a.m.	Mon./Wed.	11/2 - 12/7*	\$55	1

*No class 10/19, 11/11

Siblings are not permitted in classroom.

Time For Toddlers

The key to comprehending toddlers lies in understanding their development. Bring your toddler (**24-36 months**) and "kid-watch" to observe how children learn through play. Discover the importance of developing language, emotional well-being, quiet behaviors and social competence as the foundation for future learning; and learn how gross and fine motor skill development paves the path for school readiness.

Instructor: School Readiness Nurse

Session	Time	Day	Date	Fee / 4 wks.
1	10:45 - 11:30 a.m.	Fri.	10/2 - 10/23	\$60

Siblings are not permitted in classroom.



THREE SERIES SESSION \$20 per class/\$50 for all 3!!

Kids Can Cook!

This **parent and child (3-5 years)** interactive workshop focuses on different ways to encourage your child to be a helping cook in the kitchen. Allowing your child opportunities to "cook" can improve math skills, language development, fine motor skills, gross motor skills, self-esteem and healthy eating habits. This class will focus on kid friendly recipes and ideas, and will send you home with lots of recipe resources! The fee for the class covers all of the supplies and ingredients! Don't forget your appetite!

Instructors: Early Childhood Education Specialist & School Readiness Nurse

Session	Time	Day	Date	Fee / 1 day
1	9:30 - 11:00 a.m.	Tues.	10/27	\$20
2	1:00 - 2:30 p.m.	Tues.	10/27	\$20
3	9:30 - 11:00 a.m.	Mon.	12/14	\$20
4	1:00 - 2:30 p.m.	Mon.	12/14	\$20

Fee: \$20 – 1 child/1 parent; additional child \$5.00

\$50 for all 3 series: Kid's Can Cook, Fine Motor Fun, Pint Size Picassos

Siblings are not permitted in classroom if not registered.

Fine Motor Fun!

Does your child avoid doing activities that require hand strength or finger dexterity? Does your child struggle with manipulating or using small tools/objects to draw, cut or button? Come to this workshop to learn practical, fun ways to support your child's fine motor development, an important kindergarten readiness and prewriting skill. This **parent and child** interactive workshop class is designed for children **ages 3-5 years**.

Instructors: Program Coordinator & Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 1 day
1	9:30 - 11:00 a.m.	Wed.	10/28	\$20
2	1:00 - 2:30 p.m.	Wed.	10/28	\$20
3	9:30 - 11:00 a.m.	Wed.	12/16	\$20
4	1:00 - 2:30 p.m.	Wed.	12/16	\$20

Fee: \$20 – 1 child/1 parent; additional child \$5.00

\$50 for all 3 series: Kid's Can Cook, Fine Motor Fun, Pint Size Picassos

Siblings are not permitted in classroom if not registered.

Pint-Size Picassos

This **parent and child (3-5 years)** interactive workshop will focus on using art as a means of expressing ourselves and to enhance concept knowledge such as shapes, colors and patterns. We will paint, draw, cut, collage and create using different mediums and materials. The fee for the class covers all art materials and supplies. We will get messy, so don't be too dressy!

Instructors: Early Childhood Education Specialist

Session	Time	Day	Date	Fee / 1 day
1	9:30 - 11:00 a.m.	Thurs.	10/29	\$20
2	1:00 - 2:30 p.m.	Thurs.	10/29	\$20
3	9:30 - 11:00 a.m.	Thurs.	12/17	\$20
4	1:00 - 2:30 p.m.	Thurs.	12/17	\$20

***Fee: \$20.00 – 1 parent/1 child, each additional child \$5.00**

\$50 for all 3 series: Kid's Can Cook, Fine Motor Fun, Pint Size Picassos

Siblings are not permitted in classroom if not registered.

Fall Fun Festival!

Please come with your family for a fun morning. We will have activities for young children including face painting, pumpkin decorating, story time, arts and crafts and more.



Pre-registration at (949) 936-5870

Time	Day	Date	Fee
9:30 - 11:30 a.m.	Sat.	10/17	\$5 per child PAID by Oct. 16 \$7 per child at the event





Irvine Unified School District
 School Readiness Program
 5050 Barranca Parkway
 Irvine, CA 92604-4652

Non-Profit Organization
 U.S. Postage
PAID
 Santa Ana, CA 92711
 Permit No. 827

SUPPORT SERVICES

These services are offered to give parents with young children a variety of ways to access critical information needed to provide a healthy environment in which their children can grow and flourish.



Consultations and Referrals— from an educator, nurse practitioner and/or parent educator and counselor

We offer individual consultations on site or in the home on such topics as: normal newborn behavior, toilet training, nutrition, sleep, discipline, dealing with stress, parenting, school readiness and child development.

Call for an appointment (949) 936-5870 **Fee: \$20**

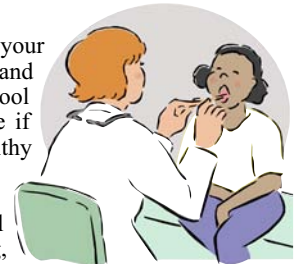
Video and Book Lending Library

Looking for information on a particular topic? You can borrow a book from our lending library or watch a 30 minute video here on-site. We have 17 tapes recorded from KOCE's Help Me Grow series with topics like: Positive Parenting, Selecting Quality Childcare and Preventing Illness. A \$10 refundable deposit is required for each item checked out.



Physical Exams

If you have no health insurance for your child, you may be wondering what to do and where to go. You can come to the School Readiness Program. We can determine if your child can enroll in MediCal or Healthy Families and then our Pediatric Nurse Practitioner can do a physical that includes nutritional and developmental assessments, vision & hearing screening, a finger-stick blood test for anemia, a urinalysis, TB test and any required immunizations. Call (949) 936-5861 now for your appointment.



VOLUNTEER OPPORTUNITIES

IUSD School Readiness Program is looking for quality volunteers to assist with clerical support, help in the classroom, event planning, marketing, etc. If you are interested in being a regular volunteer for our program, please **contact Sandy Avzaradel at 949-936-5865.**

