Thank You Inventors

Ellyn Saunders & Family

I would like to acknowledge the fabulous parents in our Inventors class and to thank you all for the unlimited support everyone has provided my family during my mother’s illness and unfortunate death in January. This has been a very exhausting and difficult time for me, my husband and children, but because of the help we received from our preschool family, the pain was significantly lessened. We have been unbelievably fortunate with the level of support we received; help with taking our children to and from school or just for the day, working for me, trading school cleaning weeks, comfort meals, desserts, numerous flowers, cards and prayers, e-mails, hugs, and shoulders to cry on.

Send your reasons for coming to SCP to scpsmalltalk@hotmail.com to be included in May’s Newsletter.
Patty’s Page

Dear Parents,

Here’s an excerpt from the most current US New and World Report that I find helpful:

**Good Parents, Bad Results**

7 ways science shows that Mom and Dad go wrong when disciplining their kids

By Nancy Shute

Researchers have spent decades studying what motivates children to behave and can now say exactly what discipline methods work and what don’t: Call it "evidence-based parenting." Alas, many of parents’ favorite strategies are scientifically proven to fail. What else can parents learn from the science? Researchers say these are the biggest common boo-boos:

1. **Parents fail at setting limits**

   It would be hard to find a parent who doesn’t agree that setting and enforcing rules are an essential part of the job description. Yet faced with whining, pouting, and tantrums, many parents cave. "The limited time you have with your kids, you want to make it ideal for them," says Forehand, a professor of psychology at the University of Vermont whose evidence-based program is outlined in his book. "As a result, we end up overindulging our kids." But, paradoxically, not having limits has been proven to make children more defiant and rebellious, because they feel unsafe and push to see if parents will respond. Research since the 1960s on parenting styles has found that a child whose mom and dad are permissive is more likely to have problems in school and abuse drugs and alcohol as teenagers.

2. **They’re overprotective**

   Teachers, coaches, and psychotherapists alike have noticed that parents today can’t stand to see their children struggle or suffer a setback. So they’re stepping in to micromanage everything from playground quarrels to baseball team positions to grades. Even bosses aren’t immune. One owner of a New York public relations firm says he has gotten E-mails from parents telling him that’s he’s making their child work too much. The child in question is in his 20s. "Many well-meaning parents jump in too quickly," says Robert Brooks, a clinical psychologist in Needham, Mass., and coauthor of Raising Resilient Children. "Resilient children realize that sometimes they will fail, make mistakes, have setbacks. They will attempt to learn from them.” When parents intercede, Brooks says, "it communicates to the kid that 'I don’t think you’re capable of dealing with it.' We have to let kids experience the consequences of their behavior.”

3. **They nag. Lecture. Repeat. Then yell**

   If one verbal nudge won’t get a kid to come to dinner, 20 surely will. Right? In fact, there’s abundant evidence that humans tune out repeated commands. "So many parents think they have to get very emotionally upset, yell, threaten, use sarcasm,” says Lynn Clark, a professor emeritus of psychology at Western Kentucky University and author of SOS Help for Parents. "The child imitates that behavior, and you get sassy talk.” Nagging also gives children "negative reinforcement,” or an incentive—parental attention—to keep misbehaving.
4. They praise too much—and badly
It seems like a truism that praising children would make them feel good about themselves and motivate them to do better. But parents don’t give children attaboys as often as they think, Alan Kazdin, a Yale psychologist, says. And when they do, it’s all too often either generic (“good job!”) or centered on the person, not the task (“you’re so smart!”). This kind of praise actually makes children less motivated and self-confident. In one experiment by Carol Dweck, a psychologist now at Stanford University, fifth graders who were praised for being intelligent, rather than making a good effort, actually made less of an effort on tests and had a harder time dealing with failure.

5. They punish too harshly
Although spanking has been deplored by child-development experts since the days of Dr. Spock in the 1940s, as many as 90 percent of parents think it’s ok to spank young children, according to research by Murray Straus, a professor of sociology at the University of New Hampshire. Kazdin and other behavioral researchers say parents commonly punish far more harshly than they need to. After all, it’s not supposed to be about payback, though that’s often what’s going on, says Jamila Reid, codirector of the Parenting Clinic at the University of Washington. The clinic’s "The Incredible Years" program has been found in seven studies to improve children’s behavior. "Often parents come looking for bigger sticks. We tell parents the word discipline means ‘teach.’ It’s something to teach a child that there’s a better way to respond." The key finding: Discipline works best when it’s immediate, mild, and brief, because it’s then associated with the transgression and doesn’t breed more anger and resentment. A timeout should last for just a few minutes, usually one minute for each year of age of the child.

6. They tell their child how to feel
Most parenting books focus on eradicating bad behavior. But in study after study, empathy for other people leads the list of qualities that people need to successfully handle relationships at school, at work, and in the family. Children need to think about how their own feelings will be affected by what they do, as well as the feelings of others, says Myrna Shure, a developmental psychologist at Drexel University and author of Raising a Thinking Child. "That is what will inhibit a child from hurting others, either physically or emotionally." And parents, by telling children "you’re fine" or "don’t cry," deny children the chance to learn those lessons. "The child learns empathy through being empathized with," says Stanley Greenspan, a child psychiatrist in Chevy Chase, Md., whose most recent book, Great Kids, tells parents how to help their child develop 10 essential qualities for a happy life. Empathy, creativity, and logical thinking top the list. A simple "We’re so sorry, we know how it feels" is enough. "Modeling empathic behavior is really very important," says James Windell, a counselor with the juvenile court system in Oakland County, Mich., and author of 8 Weeks to a Well-Behaved Child. "How you respond to your children’s needs sets the stage. It’s really easy to be a supportive parent when they bring home a straight-A report card. When they get a bad grade, that’s when they really need our support."

7. They forget to have fun
"When I talk to families that aren’t functioning so well, and I ask, how often do you laugh together, they say: We haven’t laughed together for a long time," says Hendren. Those little signs of love and connection—a laugh, a song shared in the car—are, he says, signs of health.

What one item do you want to work on?
Cooking Corner

Mrs. Wacky Zachey (aka Erin Zackey)

Well I am certainly no Martha Stewart or Jessica Seinfeld, but in our home we like to cook kid-style, that’s for sure! Quin and I have been doing a lot of baking this winter and I thought I’d share just a few tips for those of you who would like some inspiration.

Our tools of the trade:

- Stepladder, aka “my ladder.” This helps Q get right where he needs to be at the counter, though he also uses a kitchen chair turned around backward, too.
- Mini ladle: great for distributing dough into muffin tins (muffins, cupcakes, cookies, etc.)
- His own knife (a heavy plastic one): works just fine for cutting softened veggies or soft fruits, etc.
- Those handy flexible cutting boards: can easily be whipped out of the way if spills happen.
- And all the basics: metal mixing bowls, big spoons, immersion mixer, etc.

Though Quin likes to help whip up just about everything I let him, he is particularly good at the baked goods. Our favorites are muffins. They look like a cupcake, smell like a cupcake, but are way better, right? We make them from scratch, but just as often from a mix. In either case, we always add a few heaping tablespoons of flaxseed, a cube or two of veggie puree (which I have stocked in the freezer), and wheat or oat germ. That always makes me a little feel better if I am using a mix.

The best part is that Q is getting better and better at using that handy mini ladle to ladle them into the muffin tin. The recipe we’ve shared most often with our preschool buds was banana bread from The Farm Chicks blog: http://thefarmchicks.typepad.com/farmchicks/2009/01/banana-bread.html. Yum!

So, there you have it, a few little ideas. Happy Home Baking!

Healthy Never Tasted So Good

Courtesy of “The New Mayo-Clinic Cookbook”. Submitted by Mellissa Davis

Pumpkin-hazelnut tea cake

Ingredients

- 3 tablespoons canola oil
- 3/4 cup homemade or canned pumpkin puree
- 1/2 cup honey
- 3 tablespoons firmly packed brown sugar
- 2 eggs, lightly beaten
- 1 cup whole-wheat (whole-meal) flour
- 1/2 cup all-purpose (plain) flour
- 2 tablespoons flaxseed
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 2 tablespoons chopped hazelnuts (filberts)

Directions: Preheat the oven to 350 F. Lightly coat an 8-by-4-inch loaf pan with cooking spray.

In a large bowl, using an electric mixer on low speed, beat together the canola oil, pumpkin puree, honey, brown sugar and eggs until well blended.

In a small bowl, whisk together the flours, flaxseed, baking powder, allspice, cinnamon, nutmeg, cloves and salt. Add the flour mixture to the pumpkin mixture and, using the electric mixer on medium speed, beat until well blended.

Pour the batter into the prepared pan. Sprinkle the hazelnuts evenly over the top and press down gently to lodge the nuts into the batter. Bake until a toothpick inserted into the center of the loaf comes out clean, about 50 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Turn the loaf out of the pan onto the rack and let cool completely. Cut into 12 slices to serve.
Healthy Never Tasted So Good
Continued from page 4

Broccoli cheddar bake

SERVES 6

Ingredients

4 cups chopped fresh broccoli
1/2 cup finely chopped onion
2 tablespoons water
1 1/2 cups egg substitute
1 cup fat-free milk
1 cup shredded cheddar cheese
1/2 teaspoon ground black pepper

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

TOP TEN reasons to join the SCP board…….

Jenny Dunn

10. Our school will be better if a variety of people participate.

9. It will be a gentle introduction to the PTA.

8. You get to know other class members better.

7. You’ll understand more about how the preschool is run.

6. You’ll have more input in preschool decisions.

5. It looks good on your resume.

4. Uninterrupted grown-up conversations.

3. Dinner with Patty once a month.

2. You don’t have to clean the preschool.

1. We need you!
Slow Cooker Chili

- 1 yellow onion, diced
- 1 lb. ground meat (lean ground beef, turkey, or chicken, or 1 package frozen meatless grounds by Boca, Morningstar Farms, or Quorn
- 2 (or more) garlic cloves, finely minced
- 1 red, yellow, or green bell pepper, coarsely chopped (or 1 bag frozen, pre-chopped mixed bell peppers if peppers are out of season)
- 1 16-oz. jar salsa
- 1 15-oz. can kidney beans
- 1 15-oz. can pinto beans
- 1 15-oz. can black beans
- 1 8-oz. can tomato sauce
- 1 tsp. ground cumin
- 1/2 tsp. black pepper
- 1 tsp. taco seasoning mix
- 1 TBSP. chili powder
- 1 tsp. dried basil
- 1 TBSP. brown sugar
1) If using meat, brown and drain fat. (Vegetarian fake meat can go in frozen.)
2) Empty beans into a colander and rinse.
3) Combine all ingredients in slow cooker.
4) Cover, cook on Low 8-12 hours, or High 5-6 hours.

Makes 6-8 servings (and freezes nicely). Garnish with cheese and/or sour cream. Serve with cornbread, or ladle over rice or noodles. Full of protein, iron, and other good stuff manual dexterity, memory skills and even logic and strategic thinking. Besides, they are a lot of fun!

You may be wondering if I am nuts...board games with a 3-year-old! If you are thinking that endless rounds of Candyland and Hi Ho Cherry-O sounds about as fun as a stick in the eye, I’d have to agree with you. Luckily there are a LOT more choices these days for families that love to play board games. I’d like to share a few of our favorite games with you. These games are play-able with most 3- to 4-year-olds ...depending on the child’s ability to take turns and handle disappointment.

Where can you get these games?
* Top 10 Toys in Greenwood has a great selection,
* Snapdoodle Toys in Kenmore.
* Gary’s Games (also in Greenwood) had a HUGE selection of board games – though most are for older kids and adults.
* Math & Stuff on Roosevelt is your best bet for HABA and Ravensburger titles.
You can find reviews on these and loads of other board games at www.boardgamegeek.com.

Cranium Cariboo – I cannot say enough good things about this game! This is the first game both my kids loved. Players take turns drawing a card and opening one of the treasure hunt doors that corresponds to the card (color, number of objects, etc.). Once the door is opened, players look for a ball. If they find one, they drop it in the “tide pool.” Once all six balls are found, the treasure chest opens and everyone wins. Kids learn letters, number and shapes. This game will keep them entertained for a long time! It was out of print for quite some time, but I see that Cranium has released this again!

Gulo Gulo (Rio Grande Games) - Each player is a Gulo, or wolverine, trying to rescue a baby Gulo who got caught by the swamp vulture whose eggs it was trying to steal. This is a dexterity game - the essential mechanic of the game is to try to pull an egg of a particular color from a small bowl. If you set off the alarm, or knock any eggs out of the bowl, your Gulo is sent back to the previous tile of the attempted color. Younger kids may need some direction with what to do on their turn, but their little fingers have a definite advantage over adults … I frequently lose this one to the kids. It’s a pricey game, but the beautiful wooden pieces are very well-made and this will last … and my 3rd grader still loves to play this.

Amazing Flea Circus (Reiner Knizia) – Cute card game with a circus theme. Players collect victory points in the form of little cats and dogs. This is basically a card game. The points
scored are represented by the blue dogs (two points each) and the white cats (one point each). The dogs and cats are the lure that will hook your average 4-year-old. While the game is recommended for players age 6 and older, the game is most definitely teachable to a 4-year-old. This is another one my kids want to play with on their own after we play the game. One recommendation for games with cards – buy a card-holder for your preschoolers. It allows them to handle their own hand of cards. They just don’t have the dexterity at this age otherwise.

**Obstgärten (HABA)** – A cooperative game for children. The players have to pick up all the cherries before the crow can steal them from the tree. With good memory and a little bit of deduction, the game can be won. But if you forget which tiles have the crow on the other side, watch out! He’ll eat all your cherries! This is a good one for the younger set. Since it’s cooperative, there’s less chance of tears at the end. You really can’t go wrong with any games by HABA. They are beautifully made and the themes are clever.

**Tottering Towers (HABA)** – Another HABA game with beautiful wooden pieces. This one is a short memory game that involves trying to build the tallest tower. Fun and quick. Players can steal from each other, so more sensitive kids might not like this aspect.

**Bendomino/Bendomino Jr. (Blue Orange Games)** – Bendomino is like dominos, only the tiles are curved. My 3-year-old loves this game because she’s just as likely to win as anyone else. Great for teaching counting, matching and spatial thinking (because the dominos are curved, they won’t always fit even if they match). The Jr. version matches cute little pictures rather than dots. Other than the cuteness factor, I don’t see a reason not to just get the regular Bendomino.

**Chicken Cha Cha Cha (Rio Grande Games)** – This is another pricey game, but also very well-made with wonderful wooden pieces. Definitely one to hand down. Another memory game where you try to match egg-shaped tiles with chicken images on them in order to move your chicken around the track. If you pass another player, you steal his tail feathers! We play with the Duckling Dancin’ expansion, which allows more players and adds chicken poop (duck poop?) obstacles. Yes, you get nice wooden piles of poop! What preschooler wouldn’t love this?? Also, kids have amazing memories … middle-aged parents, not so much.

**Rivers, Roads and Rails (Ravensburger)** – A tile-matching game where you lay tiles to match rivers, roads and rails (betcha didn’t see that coming). First to run out of tiles wins. This is a fun game, but it is a LONG game. But rather addicting. It can be played competitively or cooperatively.

These are a few that we played a lot over the break. (And we played CANDYLAND too.) I had to hand it to my daughter - when she was ONE SPACE away from winning and got sent back to the gumdrop tree, she managed not to throw a fit (though she did shed a quiet tear or two)! Hopefully all this game playing will teach her something about sportsmanship.

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**Give the Gift of Life this Valentines**

**Learn Basic Life Support (BLS)**

*Janet Regan-Baggs*

Even before I was a nurse I learned CPR/BLS. I have been certified now for about 17 years. I have performed a lot of chest compressions throughout my career, luckily only at work in a controlled environment with colleagues to help. What would I do if my husband collapsed at home, or my child choked on a hot dog and I was the only one there? I would FREAK OUT. And honestly that is exactly what most people do. But I can take heart knowing that my instincts would kick in and I could DO something. There is a way to feel less intimidated, less helpless. LEARN CPR.

I thought about writing this article after a snack time during the Discoverers class. A child “choked” on a snack item but was coughing and able to clear it himself. As parents we want to rush in and tap them on the back to help them clear the object. As I explained why that should not be done I realized not many of the parents knew what to do. The American Heart Association states that more than 90% of deaths from choking occur in children under 5 years of age. In children balloons, small objects and foods are most often the culprit. How many times have you caught your kid with something in their mouths? I am still saying “spit that out” a few times a day.

As a Cardiothoracic Intensive Care nurse, I know how important bystander CPR is. I have seen the benefits and awesome survival stories when it is done right and I have seen the devastation when it is not done at all. If it was my husband or child in the middle of a crowd at the beach, waiting for the ambulance I would hope someone knew CPR and would try to help. But that hope depends on a community that values its citizens. Cooperative Preschool is that community and I encourage everyone to learn CPR/BLS. See page 12 for CPR classes offered throughout our community. I would be willing to try and find an instructor to come and certify a group of parents at our school or someone’s home if anyone was interested. **Happy Valentine’s Day**
Discoverers

Sara Lorimer – Class Coordinator

We've been joined by some new Discoverers: Quin, Sean and Emiliana, (plus baby Hazel, observing all from her backpack).

Our field trips have been great fun, as we bring all the chaos of a classroom of 2-year-olds into the big world. At Soundbridge, the violin was especially popular, while trips to the Seattle Gymnastics Academy and the Creative Dance Center let them run off some of that crazy energy. It's been great watching the kids bloom as they get used to being in school.

They're talking, they're waving bye-bye to their parents and not freaking out. And they're learning each other's names.

Imagineers

Kelly Szabo – Class Coordinator

There have been lots of exciting things happening in the Imagineers Class this year. We've had some fun field trips to places like Imagine Children's Museum in Everett, the Kirkland Performing Arts Center, the old Richmond Beach fire station, and Spin Alley Bowling, to name a few.

We've also welcomed some new baby brothers. Isaiah is now a big brother to little Zimrey, and Elizabeth is a big sister to little Jackson. It is always so nice to see potential future students being born; they will (hopefully) be the SCP alumni of tomorrow.

And speaking of students, I'd like to welcome Samu to the Imagineers Class, along with his mother, Frewyen. Samu is enjoying all the fun things SCP has to offer, and we are so pleased to have them join us.

This year seems to be speeding by so quickly. I will be registering online, which I'm very excited about. Thank you to David Schwartz for all his hard work on this project, and also to Jennifer Dunn for being the registrar that brings us into the 21st century!
Hello Everyone! The Inventors have experienced many adventures in the last few months. Before the holidays, many of us ventured downtown to see the beautiful gingerbread houses at the Sheraton hotel. We then visited the NW Puppet Theater and saw the “Italian Cinderella.” Winter break came and went. We got way too much snow and many parents were anxious for school to start up again. At the end of January, we celebrated Chinese New Year by eating lunch at Sun Ya’s and visiting the Wing Luke Asian Museum. Next month (March), we will be visiting a local nursing home where the kids will be singing songs that they have been practicing. A big thank you to Ingrid for organizing our wonderful trips and adventures.

Many of us parents are trying to figure out schooling for next year. Our little ones will be entering the world of kindergarten. I can’t believe how fast time flies and how much they have grown up. A couple of weeks ago, the school district had a Kinderfest that many of us attended. We received information about the schools in the area and how to proceed with registration.

Ting Ting and I are having a great time being coordinators and are glad that we decided to take on this commitment. Ting Ting has been a joy to work with and I’m glad I decided to take this on with her.

**A Few of the Inventors’ Favorite Things…**

*Patty Chen*

1. Trains
2. Petting Kitties
3. Balloons
4. Mommy
5. Nutcracker Show
6. Mommy baking
7. Lamb Toy
8. Playing hyenas with Truman
9. Mommy playing with me
10. Extra computer time
11. My Baby Brother
12. Heart Cookies
13. Ruby, my Kitty
14. My Birthday
15. Firetrucks
16. Ice Cream
17. Cars
18. Popsicles
Auction Alert

Rona Sass

rona@sasstrumpetstudio.com

The Silent Auction and Carnival seems so far away right now, but we are just now getting ready to send out (over 500!) donation requests for the silent auction next fall.

Do you have any suggestions of companies (or perhaps the one you own or work for) that you would like to have added to the auction company request list?


Please send suggestions to me (and contact info if you know it) and I will include them in our mailing.

Thank you so much

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Chair

Tina Adams

I am so excited that spring is on its way because the flowers will be in bloom and hopefully the weather will allow more outside activities to enjoy with our children.

Here are the upcoming events for Shoreline Coop Preschool:

- February 28th – Open House 10 am to 12 pm
- March 4th – Board Meeting 6:30 pm to 9:00 pm
- March 11th - Parent Mtg –(Cynthia Lair)6:30 pm to 9:00 pm
- March 30 – April 3rd – SPRING BREAK
- April 8th – Board Meeting 6:30 pm to 9:00 pm
- April 15th- Parent Meeting – Tickle TuneTyphoon 6 pm
- April 24th – Spring Fling

Please be thinking about a board position that you would enjoy or one that someone else would enjoy.

We will be sending out board job duty descriptions and nomination forms for our NEW board for 2009-2010 in the month of March.

If you have any questions about being on the board please let me know or anybody else on the board.

Vice Chair

Staci Cetina

Hello!

The kids and I loved playing in the snow/winter wonderland during the holidays. But now my mind says it is time for spring, sprouting bulbs, sunshine and the occasional crocus or two. I'm not picky - they can be any color :)”

The good news is that our Spring Fling – Ice Cream Social is just around the corner! It will be on Friday, April 24 from 6-8pm. Bring your dessert stomachs for this event! For those who are not able to eat dairy, we will provide lactose-free alternatives too. Come and chat and watch your kids get crazy in the bouncer!

Also, dare I say it, we are only a few months away from graduation. We will be having a graduation celebration for the Inventors class and a progression of the Imagineers class up to Pre-K on Friday, May 29 from 6-8pm. All are welcome to come to the party. More details will follow as we get closer. If you have suggestions for entertainment for the graduation party – last year we had the band Coco Loco play for us – please let me know ASAP as I am in the process of searching for entertainment.
Registrar

Jenny Dunn

Registration season is upon us! In-house registration began Feb. 9th and classes for Fall 2009 are starting to take shape. I’m excited to see so many of our friends returning to the preschool for next year. We create a wonderful preschool with all of our collective talents and efforts. If you want to guarantee a spot in a class for next year, enroll before February 28th. That’s when we host an open house at the preschool and people outside the preschool can begin to register. There has been a lot of interest in our preschool from new members, and lots of visits are already scheduled.

We’ve begun to register online, and I’d love to hear what you think of the system (really). It is a work in process and our volunteer developer, David Schwartz, has been very responsive and open to input. Our hope is that an online system will make registration easier because we won’t have to fill out a form with the same information every year, and we’ll be able to share information more quickly. We hope to roll out online class calendars by the end of March.

This year’s classes continue to change with new students and a few drops. The Discoverers class is now up to 12 students, and it’s likely to grow more before the end of the year. Welcome Erin and Quin and Colin and Emi! The Imagineers class recently filled their last open slot and is now full. Welcome Freweyeni and Samu! And the Inventors are still full with 21 students, although we are sorry to see Monica and Chad go.

If you want to give feedback about the online registration experience or need the online registration instructions, please e-mail me at jendunn1@comcast.net.

Don’t Break the Bank

Patty Cheng

* For grocery shopping – couponcabin.com, coupons.com, coolsavings.com, cybermonday.com, extrabux.com and freeshipping.org

* Have an unused gift card? Go to swapagift.com to sell or exchange it

* If you want to continue with charitable giving, visit thehungersite.com Click (for free) the yellow “donate” button on the home page daily.

* handmedowns.com is a one-stop destination for buying, selling or donating gently used items.

* Want something sweet? Mark your calendars:
  April 29 - Baskin-Robbins - A scoop for 31 cents!
  September 24 - Coldstone Creamery - A free ice cream treat (A donation to Make-A-Wish Foundation is encouraged)

* If you usually sip a $3 Starbucks latte, switch it for a misto, which is brewed coffee with steamed milk, as opposed to espresso with steamed milk and costs $1 less per tall cup. If you prefer a stronger brew, order a short latte (save 50 cents), which has less milk but the same amount of espresso as a tall. If you want something warm and sweet (but not caffeinated), try a tall steamed milk with a shot of flavored syrup, which is 50 cents less than a flavored espresso drink.

The Troll Question

Serious Questions To Ask When One Is Three Years Old

Rebecca Rossman

One of the (many) unexpected joys of parenting young kids is being asked the creative and innocent questions that seem to come out of nowhere. Sometimes the questions can be quite deep and abstract. Other times their questions can be very scientific. However, my favorite questions are the ones that completely take me by surprise. My son and fellow Imagineer, Levi, has been asking excellent questions lately. I have given best-guess answers to questions such as, “Which tastes better to an owl: bats or mice?” and “Do bats have lips? Do ducks have lips? Why don’t frogs have teeth?” Then one day, Levi really had me stumped when he asked...

“Mom.”
“Yes?”
“Is Daddy older than a troll?”
“Well, let me think about that for a
minute. Hmmm...
No, I think that trolls are definitely older than your dad.”
“Oh. What about Han?”
“Han? Who is Han?”
“Han Solo! Is Han Solo older than a troll?”

Several weeks later, the troll question was revisited. As it turns out, Daddy IS indeed older than the troll whom Levi was asking about. Levi was talking about the Fremont Troll, a huge concrete troll that looks like it’s climbing out from under a local bridge. We had been talking about this troll sometime earlier with Piper. Levi really wanted to see it. One day we were in the neighborhood, so we drove past it very slowly. Oddly enough, Levi was not interested in getting out of the car! I guess when one is three years old and still discovering the world, it’s very important to gauge how things fit together, starting with Dad’s age! Troll Mystery Solved.

Seattle Red Cross
www.seattleredcross.org
Classes offered twice monthly, weekend and weekday. For about 6hrs, variable times. Class held downtown location $51.00
CPR Seattle
www.cprseattle.com
Classes are a streamlined 2 hours. Variable times and days. $39.00

Seattle Children’s Hospital
http://www.seattlechildrens.org/child_health_safety/classes_events/infant_and_child_cpr.asp
Classes are at Children’s Hospital. Weekdays 6-9pm or Saturday 930am-1230pm $40.00 Register online.

Local Training Opportunities
Janet Regan-Baggs
Shoreline Fire Department Headquarter
www.shorelinefire.com
CPR classes held on the 1st Saturday of each month. 830am-1230pm $15.00

Will schedule a group of 10-20 and come to us. $15.00/person

Small Talk Newsletter is a quarterly Publication of Shoreline Cooperative Preschool. SCP is a non-profit organization and supportive community where parents and children grow together. Comments, questions and contributions should be sent by email to scpsmalltalk@hotmail.com

To learn more about shoreline Co-op Preschool, call 206.362.3257 or visit our website at http://www.shorelinecooperativepreschool.org

February 2009

Important Dates

February 28th Saturday: SCP Open House 10-12pm – Bring a friend or neighbor and enjoy playing @ pre-school. We will answer any questions you may have about SCP

♣ March 4th: Board Meeting 630-930pm
♣ March 11th: Parent Meeting with Cynthia Lair
♣ March 21st Saturday: 70th Birthday Party Celebration 10am-2pm @ our school Building Celebrating 70 years of Parent Education in Washington State

NO SCHOOL
March 30th-April 3rd

♣ April 24th Friday: Spring Fling 6-8pm In our gym. Come with the whole family and enjoy an ice cream social.

Mark your Calendars.
Graduation Ceremonies
Set for May 29th Friday 6-8pm
Imagineers Bowling. Photo Courtesy of Melissa Davis

Inventor Ethan & his Mom Ting Ting on the Metro Bus

**Future Publication Dates/Deadlines**

May 11, 2009 Deadline: May 4th, 2009

*Keep those submissions coming.*
*We thank you*
*Melissa Davis & Janet Regan-Baggs*

Discoverers Allison and Devon get down to business

Inventor Madison and Mom Adiel look out from the Space Needle