



Handprints



Another Great Year at the Coop!

Another year of playing and learning, starting new friendships, strengthening old ones, watching children grow and showing what a family the Coop is.

This past summer brought on so many new changes, but we overcame the challenges together. We moved out of the CCA building and into the new, relocated a digger and a shed, painted and cleaned. We are settled into our new rooms, with the storage room being complete by this summer. The WSEC was a great location for our musical this year. The children were so excited that family members who had never been to the school were able to see it. Whenever help was needed this year, emails were sent and members would show up. I have always felt wonderful being at the Coop and this only proved to me again what an amazing group of families we have.

As some of the children move on from the preschool, these relationships you have started during preschool will follow. I love that any school function (class parties, PTO events, etc.), I always know someone there and feel more comfortable. It is usually a reunion of Coop families at elementary events.

We will end the year with our Ice Cream Social at Timbertown on May 27. We will also continue our Playdates at Pierce Park on Tuesdays at 10:00 AM over the summer. I hope to see you there!

Thank You,
Shasta Grifka
President

March 2015

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I was happy to see so many familiar faces at the Parent Education Series presentation featuring Chick Moorman. He provided so many useful ideas for us to use at preschool and with our own children. I'd like to share with you an article of Chick's highlighting some of the topics he covered and elaborating on a few others. Enjoy! -Claire

Responding to WHY: The Do's and Don'ts

By Chick Moorman and Thomas Haller

"Why can't I have another cookie?"

"Why do I have to go to bed?"

"Why can't Roberto come over?"

Toddlers learn the "why" question early and repeat it often. Teenagers use it regularly. No matter what ages your children are, you will hear this question frequently.

If you have children, you have heard WHY used in a variety of situations covering a plethora of circumstances. Sometimes it is a stalling tactic. Other times it is a way to get attention. It can be used as a protest. More than occasionally it is used to activate a power struggle. Still other times children are honestly looking to gather information. They want an answer.

So what is a parent to do? What is an emotionally healthy way to respond when your child asks, "Why?" Following are eleven do's and don'ts to help you navigate the often rough waters of responding to a persistent WHY.

Do answer their question. The human brain searches for answers. It wants to know why. Ask, "Would you really like to hear some answers?" If they say yes, tell them the reasons why staying up past their routine bedtime is not healthy. Remind them of the negative outcomes that occurred (grouchiness and irritability) when they stayed up later on their birthday. Let them know that the last time Roberto came over the mess was not cleaned up and several arguments ensued.

If you do give a reason, wrap it in healthy limits. Bedtimes, eating snacks, TV time, computer access, car keys, and other issues are best framed in healthy limits. A 7:30 bedtime is not the rule. It is a healthy limit. One hour of screen time is not the rule. It, too, is a healthy limit. Children love to break rules and argue about them. They are more likely to accept healthy limits and the reasons for them.

If your child has a history of arguing after you give a reason, ask, "Do you want to know the reason so you will know the reason, or do you want to know the reason so you can argue with me?" If they say they only want to know the reason and accept the reason as the reason, fine. If they hear the reason and begin to argue with you, say, "You are using the reason to argue. That doesn't work with me and encourages me to be less forthcoming with reasons in the future because I'm less likely to trust your words. What works here is to hear the reason and realize this one is a parental decision."

Do grant in fantasy what you won't grant in reality. When your toddler asks why he can't stay up longer, grant his wish in fantasy. Say, "You wish you could stay up a lot later. Oh, that would be

fun." (Granting the wish in fantasy.) "When you are a few years older, that might happen. And right now seven-thirty is bedtime." (Reality) When your teen says, "Everyone else gets to go. Why can't I?" say, "Going to the concert and staying out until past midnight sounds like a lot of fun. You wish you could do everything all your friends do without any limits. Wouldn't that be nice?" (Grants the wish in fantasy.) "There will come a day. This weekend is not that time yet." (Reality)

Do not say, "Because I said so, that's why." We have a name for that type of response. It's called being a bully. It's a big me/little you stance. It tells your children, "I have power and you don't. I'm big and you're not."

Do be the adult in the room. Whether responding to a teen or a toddler, it is imperative that you act and speak like a mature adult. That means using a serious and moderate tone and volume. Park anger and loud or intimidating responses in a vacant field. Leave them there. Adult responses are what is required now.

Do respond to your children's feelings rather than their words. When your teen yells, "You're not fair. Why can't Alysha come over?" respond to the feeling behind the words. Say, "You must really be angry to sound so loud." When your toddler says, "I don't want to go. Why do I have to?" let your words speak to the feeling behind his words. "You're feeling angry about our trip to Grandpa's."

If you hear yourself saying, "This is the last time I'm going to tell you the reason," you have already given the reason too many times. When you catch yourself saying that, let it be the last time. Stick to it.

Do not cave. If you cave, you have just informed your child, "If you ask me why a gazillion times, I might change my mind." If this occurs, your child is not the problem. You are. Do not get drawn into a debate contest. Your children are probably smarter than you are. They will win. Often they win by outlasting you.

When you say, "OK, just this one time," pat your child on the back. She just won. Reasoning doesn't work. "You'll be too full for dinner." "You'll be too tired in the morning." "You'll get behind in your schoolwork." "You'll break it the first day." You know the response your child will make. You've heard it many times before. Haven't we all? "No, I won't."

Maybe you think you can convince your child to see it your way. Maybe you believe he or she will come around to believing you're right. Maybe your incredible gift of logic will cut down on complaints, arguing, and a barrage of excuses. Probably not.

If you're wondering why, reread the material above.

*Chick Moorman and Thomas Haller are the authors of *The Abracadabra Effect: The 13 Verbally Transmitted Diseases and How to Cure Them*. They are two of the world's foremost authorities on raising responsible, caring, confident children. They publish free Parent and Educator Newsletters. To subscribe to the newsletters or obtain information about how they can help you or your group meet your parenting needs, visit their websites today: www.thomashaller.com or www.chickmoorman.com.*



Fundraising Update

We had a fantastic turnout at this year's silent auction, raising over \$3,450! Thank you to each of you who donated and/or bid on items.

We have now replenished our scholarship fund and are edging even closer to our yearly fundraising goal.

There will be one last fundraiser before the end of school, likely at the very end of April. I will have more details in the next couple of weeks.

Our kids benefit so much from our collective efforts and I and am so impressed with what we've manage to accomplish this year!

Many thanks!

Tess Eastment
Chair, Ways and Means



Enrollment is Open

Applications will be available at the Co-op and on the website. You will need to provide a \$35.00 non-refundable registration fee (add \$5.00 non-refundable registration fee for each additional child) with your application. Please complete your application *completely* to avoid questions and delays.

We accept members on a first come/first serve basis. If a session is full, your child can be placed on a waiting list for the first available opening; available slots in the sessions do fill up quickly. If you do not register at early enrollment, mailing or delivering the completed application and registration fee as soon as possible will help in securing a spot for your child. Mailed applications will be considered "received" based on the postage-date.

PICTURE DAY is MARCH 26!



Picture Day will be this Thursday, March 26th. There will be no school held as we will need to utilize both preschool rooms. Each class has their own designated time and we ask you to be on time so we can keep on schedule and to minimize wait time. Individual pictures will be taken on a first come first serve basis. Once every child has arrived for their class, we will take the class picture. This company is willing to do sibling portraits as well. Once the class photo has been taken and your child has had their picture taken, you are free to leave. The plan is to have pictures taken in the young 5's room, and the 3/4's classroom will be the waiting area where parents and children can play while waiting.

SCHEDULE:

Young 5's 8:30-9:15
AM 3's 9:15-10:15
AM 4's 10:15-11:30
MIXED 11:30-12:15

This is the co-ops first time using this company called Inter-State. Picture proofs will be sent back to us approximately 2-3 weeks after picture day. We will then have 10 days to collect orders and money and return it to the company. The company will then send out pictures 2-3 weeks after the order is sent in.

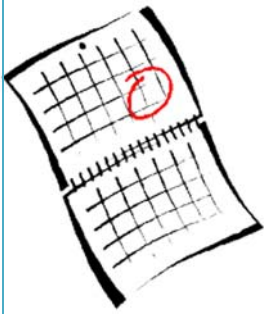


VOTE

2015-2016 Board Elections

You should have now received ballots for next year's Executive Board. Please circle the candidate you choose. You will notice we are still looking for a chairperson for the Ways and Means Committee and a Room Manager. Please put your name down if you might be interested in filling one of these open positions. The ballot box will be on top of the 3/4s mailboxes.

Ballots are due Friday, March 27th.



Don't miss...

What: Bunny Evening Story Time

Where: Chelsea District Library

Date: Wednesday, April 1st

Time: 6pm (Ages 3-6)

What: Spring Break Community Center Days

Where: WSEC

Date: Thursday, April 9th and Friday, April 10th

Time: Thursday 1pm-6pm and Friday 3pm-9pm

What: Kindergarten Orientation (*for those entering KG in the Fall*)

Where: North Creek Elementary

Date: Tuesday, May 5th

Time: (By Last Name) 8:15 - 9:30am [A – F] -- 9:45 - 11:00am [G – P] -- 1:20 - 2:30pm [Q – Z]

What: Chelsea Co-Op Ice Cream Social

Where: Timbertown

Date: Wednesday, May 27th



The following classroom donations are always appreciated!

Paper Towel
 Facial Tissue
 Lysol or Clorox Wipes
 Baby Wipes
 Swiffer Wetmop Refills
 Dixie Cups (9 oz.)
 Napkins

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PLAY. LEARN. GROW.

At Chelsea Children's Cooperative Preschool, we believe it our responsibility to provide multifaceted opportunities for preschoolers to explore, experiment, and grow in a safe, nurturing, and age appropriate arena. Valuing the family as a unit as well as the individuality and worth of each of its members is our philosophy and practical approach to preschool education.