

# Community Colleges' Parent Education & Cooperative Preschools: Where Parents Learn Side-by-Side with their Babies and Children

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Are you looking for:

- A fun place filled with fascinating objects for your baby to explore as she develops new skills?
- A social time where you can learn songs to sing and games to play with your baby?
- Opportunities to meet other families, build community, and get emotional support?
- Research-based education about parenting skills and child development?
- Personalized advice from an expert on ways to manage your unique parenting challenges?

You can find all these great opportunities in one place! And, even better, the programs offer parent-child classes for families of children up to age 3, and cooperative preschools for age 3 to 5, so they could serve your needs for many years to come.

## **What are Parent Education programs?**

Each of our local community colleges sponsors a parent education program, where parents attend with their infants and toddlers. The children have the opportunity for play-based learning: free exploration of developmentally appropriate toys, sensory activities (like water tables), and art activities in a safe, familiar environment – the best conditions for learning. Meanwhile, parents attend parent education sessions, with topics tailored to the age of the child: nutrition, early learning, emotional development, daily routines, discipline / setting limits, potty training, and more. Class also includes circle time, a chance for parents and children to learn songs and rhymes that children love.

Programs meet for a full school year, September through May. (Some infant programs may start in January.) This gives you and your child a chance to develop long-term connections. You can often join mid-year if there is space available. Learn more, and register now, with your local college:

<b>Program Name / Website</b>	<b>Location of Infant Programs **</b>	<b>Programs for Babies *</b>
Bellevue College <a href="http://www.bellevuecollege.edu/parented/">www.bellevuecollege.edu/parented/</a>	BC Campus Online	Infant 0 – 9 months, wobblers 9 – 15 months
Edmonds CC <a href="http://www.edmonds.edu/programs/pared/default.html">www.edmonds.edu/programs/pared/default.html</a>	Edmonds CC Campus	Baby Class 7 – 15 months
Lake WA Institute of Technology <a href="http://www.lwtech.edu/parented">www.lwtech.edu/parented</a>	3 sites: Redmond, Kirkland, Woodinville	Infant (0 to 6, 6 – 12) Wobblers 8 – 14 months
North Seattle Community College <a href="http://northseattlecoops.org/">http://northseattlecoops.org/</a>	Capital Hill, Northleaf, Queen Anne	Infant Co-Op 2 – 12 months
Shoreline Community College <a href="http://www.shoreline.edu/parenting-education/">www.shoreline.edu/parenting-education/</a>	Shorenorth 816 NE 190 St Woodinville Family – in Bothell	Baby N Me birth to 1 yr Prenatal to 12 mo
South Seattle Community College <a href="https://westseattlepreschools.org/">https://westseattlepreschools.org/</a>	South Seattle College campus	Infants 0 – 6 months, movers 6 – 12 months
Green River CC sponsors coop preschools. <a href="#">Benson Hill Coop</a> offers classes starting at 18 months		

\* All programs serve children up to age 5. 1 – 3 year olds attend parent-child classes. 3 – 5 years attend coop preschools.

\*\*Preschools are held at additional locations. For example, Bellevue College has 7 coops, located in 6 different cities.