

King Street Cooperative



Newsletter - October 9, 2013

The King Street Cooperative Preschool 2013-14 Year is off to a great start!

In this October Newsletter you will find words of wisdom from Teacher Lisa, yummy fall recipes, and upcoming community and Halloween events. All gorgeous photos by Tito Fuentes (and can be found on King Street Yahoo site).



Experiencing Recovery

By Teacher Lisa

Welcome to October! September was a whirlwind of a month - for children, parents, and teachers alike – full of new people, new routines, and new expectations. For our new families especially, there has been a lot to learn and get used to. For returning families, we've needed your support and direction to help acclimate parents to their new roles. Ami, Jana, and I would like to extend our gratitude for all of your hard work, and for tackling it with such grace and enthusiasm. Thank you!

It has been exciting to watch, and support, as your children navigate friendships, both new and existing, take risks, and overcome challenges. Preschool is a fast-paced, exciting place filled with imagination, discovery, and hard work. At times it

feels fun, light, and happy. At other times it may feel scary, frustrating, disappointing, or even painful. These are the times that are most challenging for us as adults. We feel our children's hurts, see their tears, and want to take it all away – to save them. We are hard-wired as parents to protect our young, but, in protecting our children from hard feelings and difficult situations, we actually rob them of learning important life skills and realizing their own capabilities.

Now, I want to be clear that I am not advocating that we leave our children to tough it out when times get rough. They need our support.



These are teachable moments. Children need experience feeling hurt - both physically and emotionally, frustrated, disappointed, and even furious. But

what they need even more, is experience recovering from these difficult feelings. They need to know that they can get through it, that intense and painful feelings pass, that friendships can be repaired, and that they are powerful and capable people. And they need our help to get there.

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Upcoming Field Trip **DR. MAZE'S FARM**

Learn how pumpkins grow and delve for worms and worm eggs. Visit the farm animals. Explore our mazes. Choose your very own small and sweet Sugar Pumpkin from the field and take it home.

Our One Hour Tour(s) is set for: Wednesday, October 23rd at 11:00 a.m. Rain or Shine!

Who: Open to all King Street families/children.

Cost: The fee is **\$8 per child** (including siblings 1 yr and older). There is no charge for instructors or chaperones.

Meeting Place: Meet your tour leader at the small pavilion tent outside of the large hoop-style greenhouse near the main farm entrance and farm stand.

What to Bring: Your Camera & Plastic Shopping Bags (recycled) for pumpkins

What to Wear: Old Clothes, Rain Gear and Boots - if necessary. Be prepared for mud and/or dirt

Extra Pumpkins: Purchase more sugar pumpkins for \$3 each. Please have correct change.

Carpool Parking: At the main entrance to the farm.

Directions: Use your favorite on-line map program or GPS. We are at 15410 NE 124th St, Redmond, WA 98052

The field trip sign-up sheet is hanging to the left near the family resource area entrance to the snack room. Please sign-up soon so we have an idea of how many people will be coming. Depending on our size, they may break us up into two groups. A reminder that Wednesday long day enrolled children are free, due to the higher cost of Wednesdays. Payments can be placed in the tuition box (mark checks or cash envelopes: "field trip").

Community Events

Halloween: October 26th, noon-3:30 at Cal Anderson Park: "A Modern Halloween Carnival for Capitol Hill". Free.

Dog-O-Ween 2013: October 26, 10:30 a.m. – 2:30 p.m. Free. All Ages, Genesee Park

Seattle Financial Planning Day
Oct 12, 10-2pm at Garfield Community Center. Free financial planning advice.

Pumpkin Decorating Party
Oct 26th, 10-2pm
Cafe Flora, Madison Valley
Pumpkin decorating and free treats!

Yummy Fall Recipes

COCONUT CURRIED SQUASH SOUP

Fall is here! Soup's on!! This is my year round go to recipe, changing squash with the seasons*

- 1 butternut squash
- 2 Tbs coconut oil (or butter or olive oil)
- 4 cloves minced garlic
- 1 jalapeno pepper, less or more (optional)
- 1 inch ginger, peel and shred
- 1 Tbs curry powder
- 1 1/2 C chicken broth (or veg)
- 14 oz coconut milk
- juice of 1 lime
- s&p
- cilantro

Cook squash at 400' for about 1 hr. Cool slightly.

Heat fat. Saute garlic, 'peno, ginger and curry powder for 5 minutes. ! Do Not scorch !

Add broth. Add squash. Puree, if desired.

** Add milk, lime, s&p. Heat medium low. Remove from heat and mix in cilantro.

Yum!!

**This soup loves variety! Veggies (like bell peppers) or chicken or fish. Add after pureeing*

CANDIED APPLES

Using nature's candy- honey and apples! Feel like going nutty? Add them too !

- 2 medium large apples
- 1/2 c honey
- 3Tbs butter
- 1/2 tsp vanilla

Put apples on a plate and stick popsicle sticks in.

In a saucepan, stir honey and butter over medium heat. Bubble 4-6 minutes, don't burn it!

Sauce will darken as it cooks. When it is dark and sticks to the back of a spoon, remove from heat & add vanilla. Carefully pour caramel on apples. Will harden quickly. Om!Om!Om!

(recipes by Amanda, mom to Azarus)

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Friends in Conflict:

A common scenario is that your child and another child both want the same toy. The children struggle over the toy and the other child lashes out physically (hits/bites/scratches/pushes your child). Your child is hurt and, understandably, very upset. Your instinct may be to rescue and protect, to remove your child from the situation and avoid interactions with the other child. Although there may be times later in life when it is best to walk away from a physical situation, in cases like this, involving young



children and their peers, it is far more important to teach your child to stand up for her/himself, label and communicate his/her feelings, and to repair the relationship with the other child.

For example, you might say, 'Ouch! That looked like it really hurt. I bet that was surprising. What do you want _____ to know about that? Do you want to say, "Don't (hit/bite/scratch/push) me. I don't like that."?'

The other child needs an opportunity to experience recovery as well. You can help this child name her/his emotions ("Were you feeling frustrated because you wanted that toy?"), replace the inappropriate behavior with an appropriate one ("I can't let you hit when you're frustrated. That hurts bodies and everyone needs to be safe here. You could say, "I really need that toy!"), then help the child

repair the relationship by easing the hurt ("What would help _____ feel better? Does he/she need a glass of water? An ice pack? A gentle hug?").



Finally, and the most important step, is to help the children realize that they have recovered. This may seem obvious to us as adults, or perhaps we are worried about stirring the pot once things have settled down, but children aren't necessarily aware of the resolution. Intense emotions are easily remembered, but the resolution process is not. In order for children to learn what worked, repeat it in the future, and feel capable and empowered, they need our help summarizing it and acknowledging their hard work ("That

hurt when ____ hit you. You told her/him not to hit you and he/she got you an ice pack to help you feel better. It can be hard to tell friends what you need, but now she/he knows how you feel."). Additionally,

help both children notice the positive interactions they have together later on.



Separation:

For many new King Street children, this is their first experience separating from a parent in a group setting. Saying goodbye can be really hard, but it is essential that our children learn that they can separate from us, trust the teachers and parent-teachers in the classroom, and thrive without us by their sides.

Every child is different, and the best approach to supporting separation depends greatly on your child's temperament. For some children it is the transition itself that is challenging, but they settle

Teacher Lisa: Experiencing Recovery (continued)



fairly easily afterward and are able to get started on an activity. In this case, it may work best to have a clear plan before school about how the transition will go (perhaps you will tour the school, choose an area, play together for 5 minutes, and then leave a kiss on his/her hand), acknowledge his/her feelings of discomfort but exude complete confidence in her/his ability to say goodbye (“It’s hard to say goodbye and I will miss you, too, but I know you can do it and it will get easier with practice.”), stick to your plan, remind them of when you will return (“I’ll be back when you come in from outside time so that we can snuggle in circle together.”), and then go (with the help of a teacher or parent teacher) – lingering will only prolong the transition and put added stress on your child.

For other children it is the actual separation from their parent that is challenging. They feel safest when you are near and get very worried if you are out of sight. In this case, a quick “band-aid approach” to goodbye could be very stressful and it could take much longer for the child to experience recovery. Instead, easing your child into the separation may be best. This child first needs to experience success in playing without the parent involved and in accepting help from other adults in the classroom. I often recommend that a parent chooses a “home base” to sit with a book. That way the child knows the parent is close by and can be visited if needed. As the child moves farther away and for longer periods of time, you can rejoice in their accomplishments (“I saw you racing those cars down the ramp so fast and you let Teacher Ami help you when Lori wanted the car you were using! I can’t wait to see what you choose to do next!”).*

In any case, make sure to help your child notice that he/she recovered (“It was hard to say goodbye. You were very sad when I left, but when I came back I saw you were digging for worms with your friends! It was hard, but you worked through it.”). Preschool is hard work. Young children experience intense feelings and challenges like disappointment, separation, rejection, and frustration, but lack the life experience and perspective to know that they can work through it and come out stronger on the other end. Acknowledge their feelings, support the process and rejoice in their accomplishments! These are the moments from which our children gain the confidence and resiliency that will help them to face life’s challenges now and in the future.



Fall traditions : a KSCP family’s example

Every year we (try to!) host an apple cider making party for our friends and neighbors. We get a bunch of apples and have people over to press them using my great-grandmother's hand cranked cider press. I remember doing this as a kid in Minnesota, so it is very special to me to bring a piece of my home/childhood here to share with everyone! The kids love to make the cider and the adults love to drink it - especially when its hot with a splash of rum! We will send an invite to

any King Street families that are interested in joining us this year! Stay tuned...

Sara - mom to Sam(2) and Theo(5)

HAPPY FALL EVERYONE!