

# BABY YOGA

Rau cov tsev neeg uas muaj menyuam thaum yug txog thaum menyuam txawj nkag lawm.

Paub koj tus menyuam siab los ntawm kev sib kov, suab lus, suab nkauj, menyuam kev nti hauv chav yoga no.

Qhov no yog tsim rau cov niamtsev uas tabtom xeebtub tas (postpartum), chav no muaj 60 feeb rau kev ua yoga pab tus menyuam xyaum nyob twj ywm (poses), 30 feeb rau niamtxiv kev sibtham thiab kev zaws menyuam. Nqa dej, ib daim phuum, thiab ib daim ntaub pua ua yoga. Yog huabcua zoo, tej thaum peb yuav ua rau nraum zoov.

**Tus ID:** SMR-BY1

**Cov Hnub:** Wednesdays, July 9, 16, 23 and 30

**Sijhawm:** 9-10:30 a.m.

**Qhov Chaw:** Willow Lane Early Childhood Center

**Tus Nqe:** Sliding fee scale (\$7-\$48)

**Tus ID:** SMR-BY2

**Cov Hnub:** Wednesdays, July 9, 16, 23 and 30

**Sijhawm:** 11 a.m.-12:30 p.m.

**Qhov Chaw:** Willow Lane Early Childhood Center

**Tus Nqe:** Sliding fee scale (\$7-\$48)



## SAU NPE TAMSIM NO!

Hnub rho npe yog:  
**4 Hlis tim 9**



# LEARNING IN NATURE

Rau cov tsev neeg uas muaj menyuam mos ab txog rau 8 xyoo thaum lub sijhawm pib kawm chav no.

Chav no muaj ntau yam kev uasi nraum zoov, muaj kev xyaum ua ntau yam thiab muaj ntau yam kev kawm thooob plaws hauv zejzog. Chav no tsim muaj ntau yam kev txhawb thiab kev pab rau txoj kev loj hlob. Menyuaam kawm los ntawm kev uasi nraum zoov nrog lwm tus, nrog tsev neeg thiab peb pab neeg uas saib txoj kev kawm early childhood. Sau npe kawm txhua hnub Tuesday lossis txhua hnub Thursday.

**Tus ID:** SMR-NAT-TU OR SMR-NAT-TH

**Cov Hnub:** Tuesdays, July 8, 15, 22 and 29 OR Thursdays, July 10, 17, 24 and 31

**Sijhawm:** 9:30-11 a.m.

**Qhov Chaw:** Tuesdays: Arbor View Early Childhood Center, Nature Play Area

Thursdays: Various community parks. View [bit.ly/SMR-NAT-TH](http://bit.ly/SMR-NAT-TH) for each week's location.

**Tus Nqe:** Sliding fee scale (\$7-\$48)



# THAUM YUG TXOG 5 XYOOS KAWM ECFE

Rau cov tsev neeg uas muaj menyuam thaum yug txog thaum muaj 5 xyoos lub sijhawm pib kawm chav no.

Kev sibkoom, cov chav uas niamtxiv thiab menyuam kawm, uasi, thiab nrhiav kev xyaum uake! Siv sijhawm muaj nqes sib cog kawm uake los ua ntau yam nrog txhais tes. Cov menyuam yuav koom rau txoj kev uasi nrog cov xibfwb qhia early childhood, thiab cov niamtxiv yuav sibtham los tawm tswvyim cob ntawm ib tug xibfwb rau cov niamtxiv (Parent Educator).



| <b>Tuesdays</b>   | <b>Wednesdays</b>   | <b>Thursdays</b>  |
|---|---|---|
| 7 Hli, tim 8, 15, 22 thiab 29                                 | 7 Hli, tim 9, 16, 23 thiab 30                                     | 7 Hli, tim 10, 17, 24 thiab 31                                    |
| <b>Birth to Five</b><br>8:30-10 a.m.<br>Course ID: SMR-B51    | <b>Birth to Five</b><br>9-10:30 a.m.<br>Course ID: SMR-B53        | <b>Birth to Five</b><br>9-10:30 a.m.<br>Course ID: SMR-B55        |
| <b>Birth to Five</b><br>10:30 a.m.-noon<br>Course ID: SMR-B52 | <b>Birth to Five*</b><br>11 a.m.-12:30 p.m.<br>Course ID: SMR-B54 | <b>Birth to Five*</b><br>11 a.m.-12:30 p.m.<br>Course ID: SMR-B56 |

*\*Chav kawm no tsis muaj sib faib li. Cov niamtxiv thiab cov menyuam nyob uake thaum pib txog thaum xaus.*

**Qhov Chaw:** Willow Lane Early Childhood Center

**Tus Nqe:** Sliding fee scale (\$7-\$48)

# COMMUNITY CONNECTIONS

Rau cov tsev neeg uas muaj menyuam thaum yug txog 8 xyoo thaum lub sijhawm pib kawm chav no.

Tshawb nrhiav ntau yam kev pabcuam thiab sib txuas nrog peb lub zejzog! Chav kawm no muaj cov neeg ua haujlwm hauv zejzog tuaj qhia txog tej kev pabcuam txhua lub limtiam, muaj ntau yam kev kawm thiab kev uasi rau tsev neeg thiab cov menyuam. Koom nrog peb uasi, tshawb nrhiav kev pab thiab cog kev phoojywg nrog zejzog!



- Tus ID:** SMR-CV1
- Cov Hnub:** Tuesdays, July 8, 15, 22 and 29
- Sijhawm:** 1-2:30 p.m.
- Qhov Chaw:** Willow Lane Early Childhood Center Sliding fee scale (\$7-\$48)
- Tus Nqe:**

Nonprofit Org.  
US Postage  
PAID  
Permit #3  
Osseo, MN

OSSEO AREA SCHOOLS  
ISD 279  
11200 93rd Avenue North  
Maple Grove, MN 55369  
763-391-7000  
www.district279.org

# EARLY CHILDHOOD SCREENING



**Koj tus menyuam puas tau muaj 3 xyoos? Txog caij kuaj nws lawm.**

**Kuaj menyuam rau Early Childhood yog dawb thiab nws yoojyim ntsuas txog koj tus menyuam txoj kev loj hlob, kev paub tab, thiab kev kawm!**

Xav teem sijhawm mus ntauwm [bit.ly/EC\\_Screening](https://bit.ly/EC_Screening) lossis scan tus code nyob ntauwm sab xis no.



## COV CHAW KAWM

- Willow Lane Early Childhood Center**  
7020 Perry Ave. N., Brooklyn Center
  - Arbor View Early Childhood Center, Nature Play Area**  
9401 Fernbrook Ln. N., Maple Grove
- Muaj txhais lus rau txhua chav kawm.  
Sau yam lus koj xav tau rau daim ntau ntauwm thaum sau npe kawm.



763-391-8777  
ecfe@district279.org  
En Español, Lus Hmoob, Bằng Tiếng Việt, Русский: 855-938-0586

Kej Kawm Thaum Ciaj Ntuj Sov:  
Lub 7 Hli Ntuj tim 8 txog 31

# Early Childhood Family Education

Cov chav kawm rau cov tsev neeg uas muaj menyuam thaum yug txog 8 xyoo.



SAU NPE ONLINE NTAWM  
[bit.ly/ECFEOsseo](https://bit.ly/ECFEOsseo)  
lossis hu rau 763-391-8777

En Español, Lus Hmoob, Bằng Tiếng Việt,  
Русский: 855-938-0586

Hnub qhib rau kev sau npe yog lub 3 hlis tim 19; Hnub rho npe yog lub 4 hlis tim 19




OSSEO AREA SCHOOLS  
**Community Ed**  
Early Childhood & Family Education