



California Council of Parent
Participation Nursery
Schools, Inc.

**Special points of
interest:**

CCPPNS Convention
2010

PCPI Celebration

Eating Your Veggies

Encouragement

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Message from the President *By Jane Walker*

To all of our new families, and returning co-op families, I welcome you to a new school year. Fall brings with it chillier days and nights, colorful leaves and the anticipation and wonderment of the beginning of a new school year. It also, for many new co-op parents means confusion and a feeling of being overwhelmed by all of

the things to remember and learn. Let me assure you, it will all be OK. Very soon it will all start to make sense, and you and your kids will be at ease with the new routines. At some point, you may hear the abbreviation CCPPNS, and you may wonder, "What is CCPPNS?" Allow me to introduce our organization.

CCPPNS is a

community of parents and educators committed to teaching and inspiring families through parent involvement and mutual support. We are volunteers, working together to make a difference in the lives of our children, our families, our communities and our schools. Member schools receive many benefits such as

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PCPI Report – 50th Anniversary! *By Kathy Ems*

PCPI – Parent Cooperative Preschools International – will celebrate its 50th Anniversary in the year 2010. We hope California will be represented at the celebration, and annual meetings, in Indianapolis the weekend of April 24th.

I find it amazing that an organization with no local constituency can survive for this long, but PCPI has endured through the dedication of many

people who value co-ops.

One of our founding members is Jean Stevenson, who recently sent me the following email:

"Planning for the 50th Anniversary in 2010 will be interesting and April 24 will be a day for happy celebrations. I have vivid 1960 recollections of taking the night train (alone) from Montreal to New York City. After an early am arrival I found my way to the

United Nations Bldg. for a visit I had deemed 'once in a lifetime' then a cab ride to Columbia U. residence for what became the first ever international co-op preschools meeting. After much discussion the plans were laid for an organization that would support the efforts of parent cooperative preschools throughout the North American continent. My return trip home was full of excitement for this new organization's future and my new role as

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CCPPNS Website Stats

Here are some CCPPNS website statistics from Patty Miller, Electronic Media Chair and owner of Affordable Web Design and Graphics Solutions Design, Development and Maintenance.

www.awdgs.com

In the past 12 months, Jan 2009 to Aug 2009:

16,512 unique visitors
22,984 number of total visits
70,739 pages viewed
326,234 hits

Wed. is the most popular day for viewing the website.
Most popular hours for viewing is 1pm, 4pm and 5pm

Visit durations
0s-30s = 71.4%
30s-2mn = 10.2%
2mn-5mn = 6.9%
5mn-15mn = 6%

Top pages visited:

home page
find_preschool
find_school
employment_listing
resources
convention

Top key phrases:

CCPPNS
Parent participation preschool
Tustin community preschool
Manhattan beach nursery school
Sunshine cooperative preschool

Number of people who added the website to their favorites on their browser: 81.9%

Message From the President By Joyce Woodruff

Cont. from page 1.

reduced insurance rates, access to our loans and grants, and our annual Convention. Working with the co-ops, on the local councils, and at the state level on the California Councils, we are given the opportunity to hone much needed skills, like leadership, project management, and fundraising. We provide a safe environment in which to practice these talents that transfer directly into our work lives, our communities, and the elementary, middle and high schools that our children will someday attend. We are setting an example for our children that teamwork, community and school matter.

Your school needs you, your local council and the statewide council needs you. Each of us has something to offer, our own special talents and skills that make our communities great. I encourage you to take a board or committee position where you can share your own aptitudes, and strengthen skills

you may not know you have.

We on the CCPPNS board are busy these days planning our annual Joint Area Board Meeting where our Northern and Southern Area Boards come together in Selma, California to set our goals for the New Year, to learn about the progress of our Annual Convention, and to receive training about our new positions. Our Convention planning is well underway. Last March, we enjoyed a fun reminder that it is important to **Play for Life** as the Sacramento Valley Council hosted this annual event. This year, we move south as the Los Angeles Council hosts the convention at the Sheraton Four Points LAX where our keynote speaker will be Dr. Wendy Mogel, author of the book **The Blessing of a Skinned Knee**. We hope you will join us and take advantage of the wonderful opportunity to hear a nationally renowned parenting educator, and participate in the many wonderful breakout seminars. The date of Convention 2010 will be March 12th and 13th. Keep an eye out for

more information.

I encourage all parents to peruse our website when you have a chance. Be sure to check out the articles by James Humes located under the Resources tab: **National Association for the Education of Young Children (NAEYC)**, and the author of **Behavior and Misbehavior, The Child Under Six, Understanding Your Child, Teaching the Child Under Six**, and other publications for parents and teachers.

I look forward to another terrific year with CCPPNS. We have another fabulous board of dedicated and seasoned volunteers. I hope that you and your family are able to take advantage of the many benefits your school provides, and wish you the best in this new school year! Feel free to contact me with any questions or comments at janiewalker@earthlink.net

Co-operatively,

Jane Walker
CCPPNS President

CCPPNS Officers and Committee Chairs 2009-10

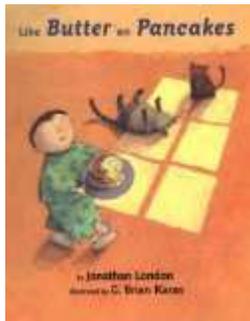
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Like Butter on Pancakes By Mindy Kajikami



By Jonathan London
Illustrated by G. Brian Karas

Just the title makes me think of cozy, slow, moving weekend mornings. It reads like a wonderful poem about a boy's morning on the farm. My favorite line: "First light melts like butter on pancakes, spreads warm and yellow across your pillow." It never fails to get my boys and myself hungry for pancakes no matter what time of day.

Here's a fun pancake recipe to make with your kids. My boys love measuring and mixing.

Buttermilk Pancakes

1-1/2 cups all-purpose flour
Tbsp. granulated sugar
1-1/2 tsp. baking powder
1-1/2 tsp. baking soda
1/2 tsp. salt
1-1/2 cups buttermilk
1 large egg
3 Tbsp. vegetable oil

Preheat a griddle to 375 degrees F. or heat a skillet over medium-high heat. In a large bowl, whisk together flour, sugar, baking powder, baking soda and salt. In a small bowl, whisk buttermilk, egg and oil together. Melt 1 teaspoon of butter on the griddle or skillet. Pour about 1/3 cup of batter for each pancake onto the skillet. Cook until bubbles form on the surface of the pancakes. Flip, and cook until golden brown on the other side. Serve warm with syrup.

Mindy Kajikami

PCPI Report – Cont. by Kathy Ems

Membership Committee chair. Little did I realize the potential for growth and service in the years ahead. Now we can review it with pride and new aspirations for PCPI members.

Thank you to everyone in California whose councils have been members of PCPI, so that schools throughout the world, both those in a council and those with no other support, can benefit from working together.

*Kathy Ems
PCPI President*

*Parent Cooperative Preschools, International (PCPI) is the larger umbrella under which CCPPNS resides. To be included in the directory for 2010, membership fee is due by November 1, 2009. Your school should decide whether to join individually (\$50) to have your school address and email listed in the directory, or to join with your Regional Council (\$200) to have your Council address and school name only listed in the directory. Members receive **Cooperatively Speaking** and email access to ECE professionals who volunteer to answer questions. Individuals may be members for \$40. Notify your treasurer so your council/ school fees can be paid in time.*

Learning To Eat Vegetables — Sanna Delmonico

I think about vegetables, and how and why children learn to like them, constantly. Parents ask me all the time. The first thing I tell them is that young children have a natural aversion to bitter flavors, so most vegetables (like Brussels sprouts and kale) naturally don't top their list of favorite foods. Because parents want kids to eat them, they tend to push vegetables on kids, which actually makes kids *less* likely to eat them.

In all my years working with families I've only had one parent tell me she was worried that her child ate too many vegetables, but parents worried that their kids eat too much bread or drink too much milk are everywhere. The other parents in the group looked at the vegetable-eater's mother with amazement and envy as she described how much spinach her son could consume.

Some kids do like vegetables better than fruit. But most children get along just fine with fruit, beans, an occasional carrot stick, and after a while really do learn to like vegetables. I love to tell the story about my 10-year-old daughter who recently came to the table, looked at what was for dinner, and declared "Yum!! Chard!!" And

meant it. It took 10 years, I tell parents, but it actually happened.

You can tell a child hand-washing is good but that doesn't stop him from coming to the table with dirt under his nails night after night. Tell him carrots are good for him and he mutters "Whatever". Tell him carrots are delicious, on the other hand, and he just may try them. Children eat food, including vegetables, because it tastes good. It is that simple. Adults are the same way, but when they face aging or diabetes or a heart attack, convincing them to eat vegetables gets a bit easier.

So serve your family the vegetables you like and make them taste good. Maybe I just remember it this way, but the vegetables of my childhood were bleak. Steamed, limp, plain, bitter. No salt. No cheese. No oil and vinegar. No onions or garlic. Once in a while melted butter with artichokes. I hated them. It seems to me that vegetables are not served so austere in other countries. I've visited Mexico and Italy and France and the Netherlands (okay, let's leave out England) and eaten vegetables marinated, shredded, stewed,

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Encouragement by Lynn Lott

How do people learn? Picture a baby learning to walk. He falls down and tries to stand up again and again. Often he has an audience cheering him on, but even if he's on his own, he is working at mastering a skill until he can take those first shaky steps *by himself*. This is encouragement, and babies thrive on it.

Picture that same baby being sent to a time out spot or spanked or yelled at or scolded every time he falls. Absurd, right, but that seems to be the conventional wisdom about how to help children succeed and learn other life skills once they've mastered walking. We live in a world where adults punish or reward children to "help" them grow up right. Worse yet, adults are advised to keep children from falling by carrying them around in safety until they're ready to succeed, metaphorically, of course. This is a form of micro-management or co-dependence, and once again, it's absurd and debilitating.

The best learning takes place by allowing children to make mistakes and try again. As a parent or teacher, if you choose an encouragement model instead of a punishment/reward model or a micro-management model, it means you help children get up when they fall. You lend them a hand when they need it and you remind them over and over, "It's just a mistake. Try again. It's how you'll learn and grow."

What are kids learning when adults use punishment? Punishment almost ensures that kids will DO the very things adults are teaching them to avoid, because they miss the opportunity to learn from mistakes and receive encouragement to try again to gain experience.

The word *encouragement* means to put courage "in." When I let my almost 2 year old grandson feed himself at the Mexican restaurant watching rice and beans fall to the floor, his lap, and into my purse, that's encouragement. He's building skills and self-confidence. When he says, "I need dat knife to cut chips," I hand it to him so he can cut chips with abandon, practicing his skills. When he asks to go for a ride on the train and then gets scared and changes his mind, I pick him up, climb into the train and say, "We'll try it once and if we don't like it, we won't go again," that's

encouragement. By the time we hit the first tunnel, he's laughing and saying, "Hello, tunnel. Bye, bye, tunnel." With a little help from me, he's facing his fears.

With his older brother I created a character named George when he was around two and three. George was afraid to drive through a tunnel, drive over the "Olden Gate Bridge, aka Golden Gate Bridge" and didn't want to go to the "Ploratorium, aka Exploratorium in San Francisco." The make believe character George had a make believe grandmother who said, "Let's try it once and if we don't like it, we won't do it again." George reluctantly said, "Okay, Grandma." In the story, George tried all activities and when he finished them, he'd say to his Grandma, "THAT WAS FUN! LET'S DO IT AGAIN!!" This was enough to encourage the then two and three year old grandson to do the same.

I'd forgotten about George until recently when my now six year old grandson asked, "Grandma, what would George say about what to do when someone at school picks on him?" Not only did "George" help build courage when he was a toddler, he also made enough of an impression that he's been revived to help figure out current dilemmas.

Our mentor Rudolf Dreikurs once said, "A bruised knee will mend, but bruised courage lasts a lifetime." You can be an encouraging adult by helping children learn from mistakes without over-controlling them or using punishment or rewards and by giving them enough room to make mistakes and then *try again*. Think of the last time someone gave you a hand when you were down and how great that felt. Think about what they said and what they did that gave you confidence to try again. Now pass that on to the children around you.

Lynn Lott is a nationally-known speaker, author, and licensed family therapist who holds a Masters Degree in Marriage & Family Counseling. She is an author of 18 books including 4 books on Positive Discipline. She also led a Positive Discipline session at the 2009 CCPPNS Convention. Visit her BlogSpot: <http://www.lynnlott.com/blogwordpress/>

Learning to Eat, and Like Vegetables by Sanna Delmonico, MS, RD

Continued from page 4.

sauced up and celebrated. Do we serve vegetables plain in this country because we think anything good for us should be uncomfortable, like church or flossing?

Perhaps my mom and dad struggled, as so many parents I work with do, with nutrition versus flavor, thinking they are mutually exclusive. Parents ask me, “Isn’t plain steamed cauliflower better for kids than cauliflower with cheese sauce?” And I say “Maybe, but not if they don’t eat plain cauliflower.” I tell parents to think of seasonings and sauces on vegetables are like training wheels on bicycles. They give us a taste for the real thing, but make it so much easier to take.

Chefs know that bitterness in vegetables is softened by salty, sour and sweet flavors. No wonder cauliflower tastes better with cheese and Brussels sprouts are improved by a tangy-sweet orange sauce. When my daughter was younger, she wouldn’t touch broccoli most of the ways I cooked it. But when it was stir-fried in a garlicky, salty sauce, she always devoured it. Plain carrots no, glazed carrots yes. Plain turnips, thumbs down. Turnips in minestrone soup, thumbs up. When I asked the mother whose son ate so much spinach how she prepared it, wouldn’t you know it was an incredibly delicious recipe that didn’t skimp on sesame oil and soy sauce.

Fat not only adds flavor to vegetables, it actually enhances the absorption of some vitamins. So butter your carrots unapologetically. Roast potatoes with olive oil (and garlic and rosemary!). Plus, if your salad includes avocados or nuts or the dressing contains olive or canola or walnut oil, you are eating some of the healthiest fats around.

Liking vegetables can take time. My favorite way to cook chard is to sauté it with garlic, olive oil, salt, pepper and red pepper flakes. Once in a while I throw in olives, or pine nuts and raisins. I have cooked it that way since my daughter was a baby. Through the years she has tried bites so small they were almost invisible to the naked eye.

Then one day the planets aligned and she said “Yum!”

Liking vegetables depends on who else in your child’s life likes them. Watching their parents enjoy vegetables makes a lasting impression, and sets kids up with the expectation that, while they may not like them now, they will eventually grow up and eat them. They want to grow up and do the things you do. They expect to do all kinds of things in the future, like work, and cut the lawn, and fall in love, even though the thought of kissing someone on the lips is totally revolting right now.

As a child I used to watch my mother smile as she boiled beets. She loves them. I cringed at the murky, smelly water and the grotesque stains on her hands when she peeled them. She said they tasted like the dirt they were grown in. I agreed. She never made me eat those beets, she just let me watch and learn. Now I can’t get enough of them. Blood red, steamed, roasted, grated, or tossed with vinaigrette and cheese. Their flavor is genuine and earthy, like my mother, and I am reminded of her each time I eat them.

Helping children learn to like vegetables takes patience, like most things parents do. You say, “Get your finger out of your nose” a few thousand times and one day you wake up and realize you don’t have to say it anymore. It also takes resisting the urge to force your children to eat vegetables, which only backfires and creates power struggles. It takes cooking vegetables the way you like to eat them so your kids can catch you eating and enjoying them. It takes cooking vegetables to taste really good, with fat and seasonings and all the “training wheels” you want. It isn’t difficult, and it will be delicious.

Sanna Delmonico, M.S., R.D., is a pediatric nutritionist, a mother, an avid cook and vegetable gardener. She is the owner of Tiny Tum mies, a children’s nutrition consulting company, and teaches classes about feeding families to parent and professional groups. She also led a session at the CCPPNS Convention in 2007. Her website is: www.tinytum mies.com

Convention 2010 Save the Date!

CCPPNS 2010 Convention - March 12th and 13th 2010

Hosted by the Los Angeles Council at the Four Points Sheraton, LAX

Featuring:

Friday's Keynote: Dr. Wendy Mogel
Saturday's Keynote: Dr. Peter Levine

Dr Wendy Mogel is a nationally known clinical psychologist and author of the New York Times bestselling parenting book, *The Blessing of a Skinned Knee*. Her website is www.wendymogel.com

Peter A. Levine, Ph.D. is the originator and developer of Somatic Experiencing® and the

Director of the Foundation for Human Enrichment. He holds doctorate degrees in Medical Biophysics and in Psychology. During his thirty five-year study of stress and trauma, Dr. Levine has contributed to a variety of scientific and popular publications. Peter is the author of the best selling book *Waking the Tiger - Healing Trauma*. His website is www.traumahealing.com.

Convention has been a long-standing tradition for CCPPNS since 1961 when CCPPNS first became incorporated. Originally, members gathered for business and the election of officers. Eventually, the CCPPNS convention evolved into a Friday/Saturday parent/teacher educational event, including keynote speakers, workshops, silent auction, exhibitors, progressive dinner, and awards luncheon. On Sunday, CCPPNS board members and council reps finish the weekend of Convention with a Joint Board Meeting.

The Los Angeles Council of Cooperative
Nursery Schools Proudly Presents...

**BUILDING
A BETTER
TOMORROW**



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An electronic version of The Preschooler is available at our website at www.ccppns.org. Please feel free to download and make more copies.

Parent Participation Nursery Schools: Where Parents and Children Grow Together...



We're on the Web!
See us at:
www.ccppns.org

New ideas For Packing Lunch by Teacher Chantal

I encourage everyone who has ever had to deal with packing lunch(es) for yourself, child(ren), or spouse, to do yourself a favor and check out the following website:

www.PlanetBox.com

A creative solution for packing Eco-friendly, waste-free lunches, designed by a former Co-Op

Nursery School family in San Anselmo. "Lunch Transportation for our Green Generation."

Tell them that Teacher Chantal sent you!

Here is a YouTube video about Planet Box. <http://www.youtube.com/user/planetboxvideo>



Chantal Micheline is from San Anselmo Co-Operative Nursery School in San Anselmo, CA

Editorial by Mindy Kajikami

My six year old saved some seeds from his pumpkin and planted them in our yard. He created a cozy little patch next to the climbing roses.

Every day after school, he runs out to the backyard to water his little garden. Hopefully, with a lots of love and care, we'll have some pumpkins next year.

With the fall season in full swing, I invite you to explore The Preschooler.

Jane Walker, CCPPNS president

welcomes in the new school year.

Kathy Ems has exciting news about PCPI.

Sanna Delmonico has tips on getting kids to eat their veggies.

Lynn Lott gives great advice on encouragement.

Teacher Chantal knows where to get some cool ideas for lunch.

Save the date for the 2010 Convention. **Building a Better Tomorrow, March 12th and 13th 2010.**

Discover a great book to

read while you snuggle with you kids.

Have fun in the kitchen with your kids making yummy pancakes.

Welcome back and have a great school year!

*Mindy Kajikami
CCPPNS In-House
North and The
Preschooler Editor*

