



California Council of Parent  
Participation Nursery  
Schools, Inc.

**Special points of interest:**

CCPPNS Convention 2007

Parenting Articles

Favorite book reviews

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## Message from the President By Joyce Woodruff

As amazing as it seems right now, the 2007-2008 school year is already halfway over. It has been an incredible year so far, with much more to look forward to. Some of the things the CCPPNS Board has been working on this year are:

- Obtaining a medical insurance policy that will cover Teachers who work in the CCPPNS member schools.
- Obtaining a Department of Justice fingerprinting number for

CCPPNS that our member schools could use if needed. This would help to cut down on the cost of fingerprinting for staff members and possibly parents when needed.

- Consolidating all of our records – job descriptions, council by-laws, resource materials – onto CDs so they can be centrally located and easily accessed when needed, particularly when Boards are in transition. And of course, much more.

As you read this edition of the Preschooler, the main event of our statewide organization has come to fruition: Convention 2007, **The Healthy Child: Body, Mind, Spirit and Family.** Convention Chair Sue L. Kelly and the San Mateo Council and its member schools did an amazing job putting together and hosting this top notch event. Our hats are off to you!!!

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## Funds for NAEYC Accreditation By Linda Bille

You know you have a great program and that you meet the National Association for the Education of Young Children (NAEYC) standards for accreditation. You know you should be accredited to demonstrate to the community that your parent participation school meets the highest standards. But how do you pay for it? This was problematic for many programs before

the recent fee increases, but now the cost is simply out of reach for most non-profits. However, with some research and luck, you can find the financial support you need.

A good place to start is your local Resource and Referral Agency. Our school had been looking at accreditation but the cost was not in our budget. Part of our agreement with the church that sponsors our

program is that tuition is kept low, so raising it wasn't an option. The profits from our fundraisers go into the program. We had to look outside for the money. About that time, I received a notice about a "Brown Bag" meeting organized by Connections for Children, our local Resource and Referral Agency. The topic was funding NAEYC accreditation! I attended that meeting and we were on our way! The agency had received a grant

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"The main event of our statewide organization has come to fruition:

Convention 2007, **The**

**Healthy Child: Body, Mind,**

**Spirit and Family."**

## Message from the President By Joyce Woodruff

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The CCPNS convention proudly maintains the reputation as one of the top early childhood education conferences in the state, filled with many gifted and well-known speakers. The conference is attended not only by the communities of the Member schools, but also by college students, child development professionals of all kinds, and parents from innumerable walks of life.

March 17th marks the General Meeting of the California Council of Parent Participation Nursery Schools – time to usher in the new CCPNS Board to guide us through the next year. Allow me to introduce our newest – and some not so new! – Board Members: Patti Brohard, East Bay (Northern Vice President); Jane Walker, San Gabriel (Southern

Vice President); former Council Rep Karen Plasencia, Santa Clara (Northern Secretary); former Council Rep Linda Keefer, East Bay (Resource North); Aurora Prowell, Orange County (Secretary South); and Connie Brown, San Gabriel (Finance South). The rest of the Board Members will stay on in their current roles: Joyce Woodruff, Beverly Slocum, Mindy Kajikami, Heidi Steiner, Michelle Williams, Marguerite Baldwin, Marjorie Bohn, and Susie Stone.

As the school year winds down, we must say "goodbye" to several Board Members who have put a lot of their time, passion and energy into our organization – all on a volunteer basis. To Leandra Kemmer (North VP) and Josh Dorese (Secretary North): we give you many thanks for the support, guidance,

input, and laughter you have shared with us all.

Next year the annual conference moves to the South where the Orange County Council is already making plans to host Convention 2008. Together, Orange County & CCPNS will work cooperatively to maintain the tradition and provide another fantastic event for our schools and councils.

This year has been a learning experience for me. I have learned so much more about what it means to be a part of the Co-Op experience and how CCPNS supports, maintains and guides each of our schools.

Peace and Co-Operation,  
Joyce A. Woodruff

CCPPNS Board President

## New Leaves on our Tree

CCPPNS would like to welcome our newest member schools.

### Independent Member (IM) North

Amador Cooperative Preschool in Jackson, CA  
Catheys Valley Preschool in Catheys Valley, CA  
Playdaze Preschool in Los Banos, CA

### South Bay Council

Bay Shore Coop Preschool in Long Beach, CA

## Funds for NAEYC Accreditation By Linda Bille

*Continued from page 1.*

using Prop.10 funds to establish a support group to help early childhood programs improve by working towards and, hopefully, attaining NAEYC Accreditation. Not only were the application fees paid for with the grant money, but I also met monthly with 14 other Directors and a NAEYC validator to discuss the process, the areas we needed to improve on, and how to present the documentation for the validation visit. The support was invaluable for our successful visit as well as "fine-tuning" our program. (By the way, that validator was not permitted to do the visitation for any of the programs in the support group.)

It was a year-long process to make sure everything was ready, to complete the self-evaluation, and to get it reviewed and accepted. It was another year before the visit took place. It "only" took five months to

receive the news that we had been awarded NAEYC Accreditation (delayed gratification is highly over-rated!) The feelings of accomplishment and the confirmation that your program meets the "gold standard" in early childhood education made everything worthwhile. The extra effort to find the funding made it possible. The children and their families will benefit most of all through their participation in a program that has demonstrated a commitment to offering a high-quality preschool experience. If you're interested in NAEYC Accreditation, be sure to look around for help - it's out there!

Linda Bille, Director

Riviera United Methodist Preschool

Redondo Beach, CA

## Playlistening By Patty Wipfler

Children function best when they feel connected to someone who cares about them. Play, laughter, roughhousing, cuddling, and warm, enthusiastic attention all build a child's sense of connection with us.

Stresses of all kinds, loneliness, isolation, and criticism erase a child's sense of connection, and make it harder for the child to love and learn.

Play full of laughter can quickly restore an affectionate connection between adult and child. This kind of play, which I like to call Playlistening, eases tensions and helps parent and child dissolve power struggles and daily upsets. Here's how you can problem-solve, using Playlistening:

- Rather than tell the child what to do or what not to do in a serious, adult-like tone, find a way to playfully take the less powerful role. As your child begins to laugh, continue to play that role, doing precisely what makes her laugh over and over again.
- 'Listen' to how she wants to continue the game,

and follow her lead. If she runs away, follow her, but still as the less competent, befuddled one. If she pushes you, fall over with sounds of defeat. If she chases you, run and yelp until she catches you. Children benefit greatly from the laughter they do while they play that they are smarter, bigger, stronger, and swifter than adults.

- If you are being challenged on a limits issue, such as a finger in the sugar bowl, you can playfully and lightly say no: "Ooh, there goes that finger--no, no, no, little finger! No sneaking into the sugar bowl! Now, I'll wipe you off, and I know you won't go in there again!!" Much laughter will ensue, with that persistent little finger sneaking back into the bowl for you to playfully catch and "scold" again and again, so more laughter can be had.
- Another example: if your child refuses to put her jacket on, you playfully get down on hands and knees, pull at her shirttail, and say, "Oh, PLEEEASE! Just TOUCH your jacket before we go outside!" Your child will

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## Book Corner By Sharon Levin

Sometimes I'll catch sight of a book sitting on a table, chair, the floor, a child's lap - okay, you get the picture, our house is overrun with books - and I'll just grin at the cover because just the thought of that particular book makes me want to giggle. Such is the case with **Not a Box** by Antoinette Portis (2006, HarperCollins Publishers). Before we even reach the title page, we see a small rabbit spying a cardboard box, pulling it, then pushing it past the next two pages, until, on the first page of the book, she's sitting in it. (No, we don't actually know the rabbit's gender, but I'm calling it 'she' for simplicity's sake, plus she reminds me of my daughters.)

She is asked by an 'off-screen' voice (obviously a grownup), "Why are you sitting in a box?" We turn the page and see that as she says, "It's not a box." what she's sitting in is a race car. While the outline of the race car is shown in red, the box is shown in black, this is used in each illustration, where the box is clearly delineated and the red lines show what the magic of her imagination has created out of a simple box. She climbs Rabbit Peak (standing on the box), becomes a robot (wearing the box), etc. and get more and more frustrated with the clueless adult (is that redundant?) who only sees a box where she sees an adventure. You can almost hear her foot stamping as she says, "It's NOT NOT NOT NOT a box!" Antoinette Portis truly captures a child's voice and world in this deceptively simple, imaginative wonder.

In keeping with the 'giggle theme' let's look at Jack Prelutsky's **My Parents Think I'm Sleeping**, illustrated by Yossi Abolafia (2007, HarperCollins Publishers). Prelutsky, the Children's Poet Laureate, is always a fabulous read. It is impossible to read his books quietly, his poems beg to be read aloud, performed, and exclaimed.

This collection of poems is in the Harper I CAN READ collection and I will admit a certain prejudice when I see that banner across the top of a book. I'm not expecting a fun or well-written book, just a book that markets itself as 'leveled reading'. I debated about confessing this, since it probably just underlines my ignorance, but then I figure a prejudice identified is a

prejudice overcome, and I believe I'm not alone in looking at these books in this way, so it's best to just put it right out there.

So, obviously, **My Parents Think I'm Sleeping** blows away my preconceptions. A collection of poems about bedtime and nighttime, it's a great read-aloud to share with your kidlets as you're tucking them in. From the opening poem "My parents think I'm sleeping, but I'm positively not, for beneath my pile of covers I am doing quite a lot. I am reading poems and stories (I have got my flashlight lit), I am playing with the pieces of my model rocket kit. ....So my parents think I'm sleeping, but that's simply their mistake, I have got them fooled completely, I am really wide-awake." To the closing "I'm awake! I'm awake! I cannot shut my eyes, I'm unable to sleep, though I've made many tries.....I wiggle, I fidget, I tumble, I twist, I pound my poor pillow with fist after fist, I stopped counting sheep when I reached ninety-three. I'm awake, I'm awake! I cannot fall asleep....." asleeeeeeeeeeeeeeeeeep."

Jack Prelutsky is doing a book tour right now, so check with your local bookstores (I know he has some Bay Area stops) and see if you might be lucky enough to see him. I went to his website, [www.jackprelutsky.com](http://www.jackprelutsky.com) and couldn't find a tour schedule but ended up roaring at some of the letters written to him by children, check it out.

**The Secret Science Project That Ate The School** by Judy Sierra (2006, Simon and Schuster) really could not have been illustrated by anyone other than Stephen Gammell (of *Monster Mama* fame) - well, obviously it could have, but I can't imagine anyone else doing it so perfectly. Judy Sierra's rollicking rhyme about a student trying to find a perfect, winning science project while facing stiff competition rolls off the tongue. "Miranda bragged her rocket ship could travel to the moon. Alexander taught his hamster how to sing a tune. The ants on Mary's ant farm were growing corn and peas, and Kevin Fink was on the brink of curing a disease." She sends away for "A science project fully guaranteed to win first prize. A substance

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## Book Corner By Sharon Levin

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so amazing judges won't believe their eyes. A mutant yeast with just a piece of dragon DNA. Professor Swami's Super Slime order yours today!"

Naturally, instead of keeping the box sealed (as per the instructions) she opens the lid and gives the slime "a teeny-tiny poke." and all the troubles begin. The slime starts to gobble up everything in the household: cat, little sister and dad. It continues to school where its voracious appetite has it swallowing everything in sight, until our heroine figures out how to defeat it and it explodes in a big, KABLOOEY mess.

This is not a book for parents who want their children's books to be pretty. This is a book for children who want books to be fun, loud and messy.

Googles o' giggles to you and yours!

*Sharon Levin started writing Book Corner while at Carlmont Parents' Nursery School and Little Hands in Belmont. Continuing with co-op public elementary school, Sharon (and her daughters) now have been 'co-op-ing' since 1996. Sharon gives booktalks to parent and professional groups and shares Book Corner freely with individuals and schools. Please contact her at [sharonlevin@mindspring.com](mailto:sharonlevin@mindspring.com). Sharon Levin is also leading a workshop Friday, March 16, 2007 at the CCPPNS 2007 Convention.*

## Playlistening By Patty Wipfler

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probably giggle, crow "No! Not even a touch!" and run away. You can lumber after her, begging pitifully, while she laughs away the stresses that created the power struggle with you. After a few minutes of allowing her the upper hand, she is more likely to be able to choose to put on her jacket.

- Be sure not to tickle. Tickling can easily victimize a child. Nuzzling and other vigorous physical contact is much better.

Children hunger for this kind of laughter, wrestling and active fun with you. It will bring you closer to each other. The more laughter you can obtain with your child through listening in this playful way, the safer she will feel to let you know about other upsets in her life. Hence, this advisory:

- Often, after much laughter and physical play, children's sadness and frustrations rise to the surface easily. A child will find an excuse--a bumped knee, a broken cookie, a favorite toy lost--to begin crying or storming. This is an effort to heal the collected hurts of the day, or to relieve ongoing tensions, such as fears of separation.

- This crying and storming will restore your child's good judgment and ability to be sunny and easygoing. All you need to do is listen and be close. The irrational feelings are melting. Your child will soon be reasonable again. If you stay close, holding her or keeping your hand on hers, your child will feel deeply supported, even if she's upset with you. When she's finished, she'll have a strong sense of your love and a renewed sense of well-being.

- To gather the patience to play and listen, we parents need help. We want to be patient, but we too have a load of stress to cope with. Ask a partner or a friend to listen to you while you talk about how things are for you as a mother or a father. Parenting is difficult and complex: every parent can use time to talk and think.

*Patty Wipfler is executive director and founder of Hand in Hand, a non-profit organization providing classes, talks and training classes to build healthy, connected families. .*

*There will be a Hand in Hand workshop held on Saturday, March 17, 2007 at the CCPPNS Convention. The workshop will be led by Julianne Idleman, who co-writes articles with Patty Wipfler. For more articles using the Hand in Hand approach, please go to [www.handinhandparenting.com](http://www.handinhandparenting.com)*

## Our Kid's Favorites Compiled by Mindy Kajikami

Since Sharon Levin reviewed some books for us, I decided to ask some parents of our schools what their kids' favorite bedtime books are. Here are a few...

**Bunny Cakes** and **Bunny Money** by Rosemary Wells.  
(We HAVE to read about red hot marshmallow squirters and glowing vampire teeth every night.)

- Zachary, age 4

**A Toad for Tuesday** by Russell E. Erickson.  
(This is a long time favorite. My son loves how the toad uses good deeds and good food to transform the owl from an enemy to a friend!)

- Alex, age 9

Submitted by Mindy Kajikami from Mulberry School

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My oldest prefers that my husband make up a story...they add to it every night. I think it is about a pirate and a knight, but I am not sure. It's a father/son thing!

- Connor, age 6

**Something Good** and **Mortimer** by Robert Munsch (Both are hilarious and fun, about kids with minds of their own!)

- Charlie, age 3

**Silly Sally** by Audrey Wood and **How I Became a Pirate** by David Shannon

(One lyrical and predictable and the other full of adventure for a little boy.)

- Ryan, age 2

Submitted by Jane Walker (SMCNS)

###

From the creators of Miss Spider **Little Mouse, Biddle**

**Mouse** by David Kirk and **Little Pig, Biddle Pig** by David Kirk

(It's a whole package thing. The book is hard bound but thin and easy for small hands and has bright beautiful illustrations. The pig story is about being your true self. The mouse story is about sharing and family.)

- Catalina Rose, age 4

**Tawny Scrawny Lion** by Kathryn Jackson

(This is actually a second generation favorite book. It was my husband's favorite book as a kid. Golden books are now remaking this "Classic" story. I think it is about looking outside the box for unconventional solutions. Very cool story! I like to read it.)

-For Michael age 6

Submitted by Leandra Kemmer Fremont Parent Nursery School

###

My child Quinten who is going to be 8 soon, yikes, really enjoys and has for a while the following books:

**A Quiet Place** by Douglas Wood.

**The Jester Has Lost His Jingle** by David Saltzman

**Artic Song** by Miriam Moss

**I Wish I Were a Butterfly** by Jame Howe

...and every night we have to read at least 4 chapters in one of the Magic Tree House Books. We read every night for at least an hour.

For little ones- I have always liked,

**Little Quack's Bedtime** by Lauren Thompson. Read in a soft Texan accent for some reason.

Submitted by Joyce Woodruff CCPNS President

###

**The Movable Mother Goose** by Robert Sabuda

**Green Eggs and Ham** by Dr. Seuss

He loves these for the words and rhymes.

**Officer Buckle and Gloria** by Peggy Rathman

**My Daddy and Me** by Seymour Chwast

He has these both memorized; they are his favorite daddy books.

**Cars and Trucks and Things that Go** by Richard Scarry

His longest standing favorite book since age 2. He is fascinated with all the vehicles, their names and functions.

- Mason, age 3 ½

Submitted by Kiley Hoyt from Mulberry School

###

**Spot Goes to the Park** by Eric Hill.

Nathalie likes the pictures in the book and she loves to go to the park. I used to take her to the park 3 to 4 times a week, when she was younger.

**Mr. Brown Can Moo Can you?** by Dr. Seuss's

We got this book when she was around 10 months and she likes all the sounds we make while reading the book.

**First Day** by Joan Rankin

This is Nathalie's favorite book, she loves the pictures in the book and that everyone in the class has a very creative first name. We still read it every night.

- Natalie, age 4

Submitted by Flor Gider (Mulberry School)

## The Know-Nothing Parent By Karen Maezen Miller

*Excerpted from "Momma Zen: Walking the Crooked Path of Motherhood"*

There comes a point when you stop reading the books and resign yourself to what you don't know. This is precisely how you come to know it all.

The power of intuition moves through a parent like a silent and gathering storm, amassing such potency, such precision, that when you stop searching elsewhere for the answers, they begin to appear in certitude before you. These are not always the answers that you want – and to that degree you might overlook them in hopeful confusion. But they are sufficient to correct your direction if you trust your eyes, ears and gut.

When I first began to explore the matter of a nursery school, research led me to a sturdy bungalow on a tidy street where a gaggle of two- to four-year-olds spent the day immersed in the Montessori method. After a solo visit, I was dizzy with ambition to see my daughter enrolled. The children seemed so smart, so quiet, so

disciplined and so very clean. This is how I want my daughter to turn out! I filled out the paperwork and scheduled a cursory follow-up visit with the applicant in tow. We arrived for the morning playtime and my daughter raced onto the cramped, concrete yard at the rear of the school. She struggled up the too-high ladder to the too-steep slide, flew down too fast and crashed onto the too-hard pavement, tearing ugly scuffs on her hands and knees. I carried her crying to the car. My idea of a good place for her was not a good place for her. I didn't have to know it to know it. This kind of knowing isn't based on the considerable body of knowledge we spend scrupulous days and nights assembling. Of course, it's nice to console ourselves with our carefully drawn conclusions about how to arrive at the ideal pregnancy, the best birthing method, the preeminent pediatrician, the top sensory stimulating toys, the correct foods, the fantastic nanny, the most excellent nursery school leading to the ultimate kindergarten and all the right decisions before and after.

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## It's More Poisonous Than Second-hand Smoke

By Beth Proudfoot, M

You knew that your own stress level could make you sick, but did you know...

A recent article in Woman's Day outlined the "Toxic Effects of Second-Hand Stress." In some ways, the negative feelings of those around us can be even worse for our health than our own problems, since we're helpless to solve other people's issues for them.

So, what can you do when you can't save your co-worker's marriage, or help your neighbor move, or set a curfew for your sister's teenagers, or get up in the middle of the night with your client's baby—but their complaining about their problems is driving you crazy?

1. Really listen to the person's problems. Don't tell your own stories, and absolutely don't offer any advice or even ask about what solutions they're trying. You can respond with supportive comments with some real emotion behind them like, "How terrible for you!" or "What a rotten, rotten

situation!"

What you'll find, if you really listen, is that eventually the person will run out of steam and express either some kind of acceptance that this is something they can't change or some kind of plan for what they're going to do in the future. This is how you'll know that your simple listening and trying to understand how they either out loud or in writing. "I'm so grateful that I was able to help feel has helped to reduce their stress.

2. If you find that you're hanging onto their sadness, frustration, or anxiety long after they're feeling better, try expressing your gratitude my spouse in a small way today," might work. If it doesn't, then make a list of all of the blessings, big and small, in your life right now. Gratitude and negativity can't exist in the same space.

*To download this and other free articles, go to [www.bethproudfoot.com](http://www.bethproudfoot.com). Or, to sign up for Beth's free e-zine, email [hibeth@bethproudfoot.com](mailto:hibeth@bethproudfoot.com). Beth Proudfoot is also leading a workshop at the CCPNS Convention on Friday, March 16, 2007.*

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An electronic version of *The Preschooler* is available at our website at [www.ccppns.org](http://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](http://www.ccppns.org)

## The Know-nothing Parent by Karen Maezen Miller

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Most of the time we approach life not facing forward from where we are, but working backward from the ideal outcome we have in mind. We bring to this endeavor all of our intellectual powers and our colossal force of will. Still, how difficult; indeed, how impossible. We do not pilot our cars through the rear-view mirror, mightily wishing that we could figure out how to maneuver forward to an imagined destination. But we live this way a lot of the time, and when we do, it is called driving an agenda.

All the knowledge we

seek, every question we ask is the same: "How do I get *there*?" The honest answer to all of them is also the same: "Nobody knows." But do not be afraid. You will always know what you need to know when you need to know it. The truth always reveals itself. The truth reveals itself in a stray cough or a scuffed knee, in an unexpected phone call or a conversation overheard. The truth reveals itself in the knock at the door or the accident in the parking lot. It comes in its own costume. The truth reveals itself in an instant of recognition or in a long span of silence. It comes in its own time. We think the truth is found and kept in our heads when the truth is appearing in front of us

all the while. Mothers and fathers know best when they learn to see how things go and respond accordingly. Living this way is going beyond knowing.

Look, listen, wait and trust. Then, just in time and right on schedule, you'll know for yourself.

*Karen Maezen Miller is a wife, mother and Zen Buddhist priest. She is presenting a workshop entitled "Preschool Zen: Finding Peace and Patience with Your Child Right Now" at the CCPPNS Convention on Friday, March 16, 2007.*

For more information, go to [www.mommazen.com](http://www.mommazen.com).

## Editorial By Mindy Kajikami

I wish I could have put in all the wonderful articles that were submitted. Thank you everyone for taking time to send them to me. So much information to share, but too little space! Fortunately, we have the internet; therefore, I would encourage you to check out the websites indicated in the articles above to find more articles and information.

For articles that did not appear in this issue, please visit the following websites:

Sanna Delmonico, MS, RD at [www.tinytummies.com](http://www.tinytummies.com) for some great recipes and tips on feeding children. She is leading a workshop at the 2007 Convention.

Randall Neustaedter OMD at [www.cure-guide.com](http://www.cure-guide.com) for information on holistic management of childhood illness. He is a speaker for the 2007 Convention.

Pam Leo at [www.connectionparenting.com](http://www.connectionparenting.com) for articles on "connection parenting and optimal child development.

Many thanks to the following contributors: Joyce Woodruff, Linda Bille, Patty Wipler, Sharon Levin, Karen Maezen Miller, Beth Proudfoot, Linda Keefer for revamping the logo, and all the parents who wrote about their kids favorite books.

Finally, I want to thank my husband, Bob Kajikami, who spent many hours helping me with the format of this newsletter. You are the best!

Take care everyone,  
-Mindy