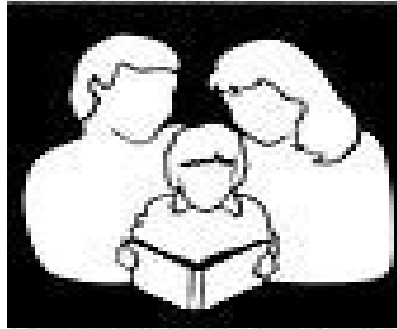


GCPEA SPRING PAPER 2022

G L E N D A L E
C O L L E G E



P A R E N T
E D U C A T I O N
A S S O C I A T I O N



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Mrs. Valerie's Multi-Age Wednesday 9am-12pm class at Maple Park By Arsineh Vartanian

This is one of the classes my 2 years old daughter loves to go to, especially because it's at the park. Before the circle-time starts, the kids enjoy playing with the play dough which Mrs. Valerie provides every time. Some kids explore the playground while parents engage in the discussion. After that everyone gathers for circle time. It's exciting to see what every child brings for show and tell. Then it's time to sing and dance. She brings a different book to read for us and we get to know interesting information about a different type of dinosaur each week. She always finishes circle time with 5 little ducks and the announcement for activity time. Every week one parent brings a craft or an art activity. Mrs. Valerie always has lots of supplies on hand to add to our crafts. When we are done with the activity, it's time for bubbles and then parachute.



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Online Art & Craft Class with SEA Horse By Sevana Davidian

On November 4, 2021 we had the pleasure of getting to know talented artist Talin Hacopian, @seahorsedvin.

We organized a virtual event designed for 2-5-year-old children. Together we decorated a beautiful picture frame. We also learned how to use paint brushes as well as how to turn primary colors into new colors. She did such a wonderful job teaching the children how to decorate with buttons and was very patient. Everyone really enjoyed the event.

Thank you
Sevana Davidian



GCPEA SPRING PAPER 2022

Make snacking fun!

By Savannah Meckailian



One thing we can all agree on, is that kids love to snack. In order for children to have access to healthy food, consider creating a designated area just for their snacks. You can have it in the refrigerator drawer or/and in another drawer somewhere in the kitchen. Be mindful of the location. They should have easy access to the snacks, to avoid unnecessary accidents. Another thing to be cautious of is portion control. Use snack-size bags, small bowls, or containers. Here are some ideas to what kind of snacks you can use in the refrigerator:

- Baby carrots/cut carrots
- Cut Cucumbers or any veggies they like
- fruits (apples, clementine's, strawberries, grapes, blueberries, etc.)
- Yogurt
- cheese sticks
- individual mini hummus packs
- bite size pita bread
- rolled up ham, turkey, salami

Snacks to store in a dry-drawer area such as the pantry:

- trail mix
- granola bars
- homemade cookies
- crackers
- dry fruit rolls
- gummies
- baked chips



There are many kinds of snacks you can use, depending on your family's wants and needs. BUT make it fun so they want to eat the snacks. Be careful not to completely remove all the "good" stuff children like. This is also a good way to give them control over something they would consider important. Hopefully, it will teach them how to make better food choices depending on what is offered to them.

GCPEA SPRING PAPER 2022

Growing Kindness for the New Generation

Positive Parenting Remote class – with Amith Grimes

By Anita

As we slowly come out of the pandemic and start to regain our social circles and relearn our social behaviors which were tested for a good two years, it's easy to forget that the most basic of all manners, KINDNESS, should be first on the list. Knowing that others have gone through difficult and challenging times and retraining ourselves to understand that a little bit of kindness can heal our surrounding friends, family, and society as a whole. In Jane E. Brody's article for the NY Times, *How to Nurture Kindness in a New Generation*, she discusses a few ways to develop compassion and empathy by teaching our children to slow down, understand and reevaluate our values. Here are some of her suggestions.

Listen and be attentive.

Instead of trying to find solutions for your children's concerns, she wrote, "listen with the intent to hear and understand their feelings. Don't jump in and try to fix the issue or attempt to have the 'right' answers to their questions."

It's not just what you say; it's how you say it.

You won't always know the right things to say, but it's important to acknowledge the child's feelings, avoid being critical, say what you think without judgment and invite feedback. For example, if your young child asks why a homeless person is so dirty, explain that the person has no home and no bathroom and perhaps even suggest making a donation of clothing or food to a homeless shelter.

Take action when possible.

When dealing with major events and social justice issues, like an environmental catastrophe, the death of a loved one, police killing of Black people, or protests against injustice, strive to clarify misinformation. Perhaps read a book together that helps children deal with painful events and discuss what action they might consider to mitigate the circumstances.

Link to full article:

<https://www.nytimes.com/2021/11/08/well/social-justice-parenting-traci-baxley.html>

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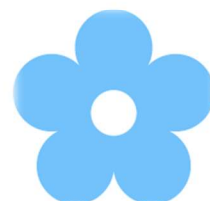
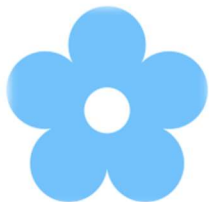
Monday afternoon with Teacher Barbara By Shannon Freyer Moya-Smith

Monday afternoon is always filled with fun & learning when we have class with Teacher Barbara. The kids continue to work on learning their letters and numbers, as well as even writing them! After Skill Builders Time, sometimes they shake their sillies out by having a relay race, or dancing to music. Lately they've been working on their songs for graduation that will take place on June 13th. The newest addition to class is our fantastic new playground! The train, slide, climbing rock and bike track are all big hits! While the kids play, the moms ask Barbara endless questions about our growing littles. We've discussed many topics like nutrition, discipline, independent play, and continuing education. Everyone has certainly learned a lot this year, and we love going to class on Mondays.



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Easter Craft & Egg hunting - Monday afternoon with Teacher Barbara



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Monday afternoon with Teacher Barbara Freedom day for raised butterflies & Symmetrical Butterfly craft



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Monday afternoon with Teacher Barbara Sand Box opening day



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Monday Morning class with Mrs. Barbara By Vehik Nazaryan

A Mom doesn't need anything fancy from her kids. All it takes to warm her heart is a handmade card. On Monday class, the kids had a fun time making Mother's Day cards with coffee filters, and food coloring!

Mothers help the kids in their creation of beautiful and colorful flowers by pouring small amounts of food coloring over coffee filters. Coffee filters were cut into shapes of different flowers! Then they were laid flat to dry! The final art was glued on a paper that said grown with love! It was so much fun to do this activity with the kids and to be gifted a handmade card at the end was so special!



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We are so excited to announce you that we remodeled our previews playground structure during pandemic time and have new Playground structure with lots of new play stations:

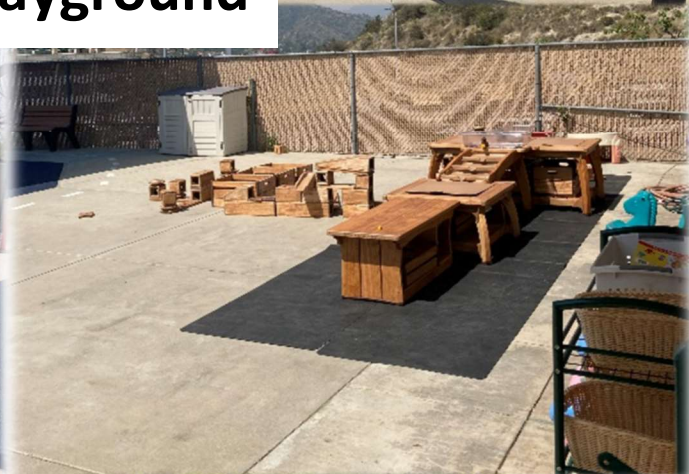
Construction on old playground



GCPEA SPRING PAPER 2022



NEW Playground



GCPEA SPRING PAPER 2022



NEW Playground



GCPEA SPRING PAPER 2022



NEW Playground



GCPEA SPRING PAPER 2022



NEW Playground



GCPEA SPRING PAPER 2022

CONGRATULATIONS TO THE CHILDREN COMPLETING OUR PROGRAM
AND STARTING KINDERGARTEN



Barbara Flynn, M.A., LMFT
Parent Education Program
Glendale Community College
bflynn@glendale.edu

Thank you for your commitment to the
Glendale Community College
Parent Education Program

You are now part of seventy years of alumni.
Keep in touch through GCPEA.ORG
Follow GCPEA on Instagram and Facebook

GCPEA SPRING PAPER 2022

CONGRATULATIONS TO THE CHILDREN COMPLETING OUR PROGRAM

AND STARTING KINDERGARTEN

Graduation day rehearsal



GLENDALE COMMUNITY COLLEGE
PARENT EDUCATION PROGRAM
ANNOUNCES

Graduation Exercises

Monday, June 13th, 2022
1:00 pm



CLASS OF
2022

Graduating Class of 2022

Alexander Aghajani

Adelin Begian

Conner Boghouzian

Daron Mirzaian

Glen Dietrich

Naya M. Eyvazian

Dareh Davit Haghvirdi

Aiden Hayk Hagopyan

Emily Najari

Bairt Navasartian

Daniel Shahjanian

Angel Yu

(and presenting the high school graduating class of 2035)



GCPEA SPRING PAPER 2022

Board Members of the School Year 2021-2022

Sevana Davidian,
President

Savannah Meckailian
Vice President

Lisa Hairapetian Aghajani
Purchaser

Lineli Hairapetian
Treasurer

Tsolair Mirzaian
Historian

Arsineh Vartanian
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Arineh Ebrahimi Begian
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Rina Begian
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Open Position
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Prepared by:

Arineh Ebrahimi Begian (PAPER EDITOR)