



Fall PEPOR

2019



Message from the Director



Hello everyone.

I hope that you are enjoying this opportunity to share time with your child, make new friends, and strengthen the friendships already made in prior years. I cannot believe that we are coming to the last few weeks of the fall semester. I am thoroughly enjoying meeting new students and continuing relationships with returning students. We will continue together in January after the winter college break. Several events are being planned for winter and spring.



I want to thank everyone who contributed to the fall campaign. This program is a wonderful opportunity for families, and it needs your support. The funds raised are used to buy napkins, kids' cups, toys, crayons, markers, scissors and other art supplies, tables, chairs, kids' furniture, all playground equipment, put on events for students and families, maintain our website, marketing expenses, printing etc. For those who did not yet get an opportunity to contribute, it is never too late. Additionally, I do not think that most students are aware that we must raise funds to have in reserve for larger items that have a life span, such as the refrigerator, microwave, classroom carpet, etc. If we want them in the classroom, then we need to pay for them. So, part of the donated funds is used for these types of larger purchases. For example, if you donated \$20, at least two of those dollars are needed to save to replace the carpet in a few years; and one or two dollars will go towards a new refrigerator when needed. I hope this helps you understand how the money is used. We greatly appreciate all the donations received. I hope you are enjoying your classes. All the instructors work hard to bring your families a quality parenting and early childhood program.



With the Holiday season upon us, I want to send you thoughts of peace, happiness, safe travels, and special time with your families to make wonderful memories. More important than any toy, gift, or family dispute; the memories and traditions shared will last more than a lifetime. They are part of the roots we give our children so that they will have wings to soar.

~ From roots to wings ~

~ Parenting today for a brighter future ~

All the best ~

Barbara Flynn, M.A., LMFT
Parent Education
Glendale Community College





Fall Family Picnic (By Sarah Kang)



On Saturday, October 5th, 2019, about 250 people from the program gathered together at Two Strike Park in La Crescenta to kick off the school year with the Fall Family Picnic!



The children were excited to meet and take photos with Paw Patrol's Skye and Marshall and join them in a time of playing freeze dance! Children and their parents also enjoyed making and personalizing kites together, having their faces painted, playing "Red Light, Green Light," and racing each other while balancing a cotton ball on a spoon.



Ms. Barbara and Ms. Caryn ended the time with parachute time. Lots of families enjoyed getting together out in the community, and children were excited to play with their friends at the park. Thank you to everyone who came and everyone who helped!

From NB to 3 Years old

(By Arineh Ebrahimi)



It was our first-time becoming parents and we were so nervous and so worried about the kind of parent we would be, I was especially worried being a brand-new mom. What is it all about to become a mom? My husband and I are from foreign country. We were born and grew up in a totally different place, which had a totally different cultural and social environment from where we are living now. Knowing this and that we don't have up to date information and education about positive parenting was making us much more worried.



But after joining to the GCC parenting classes our all negative thinking and hopelessness went away, plus we met a lot of new parents and made a lot of new friendship which continue today. We are so blessed to have this program in our community. When we started attending the classes, my daughter was only 2 months old. We met parents who had the same age babies as ours. We all started our classes from the early beginning of our children's lives and our babies have grown together in a very healthy and happy community. We have studied healthy ways to parent our kids in a very enjoyable and professional ways with the teachers. And even though the



children are now almost 3 years old, our friendships continue, and our kids are best friends. Even as they begin attending preschool now, we never lost our first beginning friendships, and we still have our group and have a playdate once a week to meet each other and to help our kids friendships grow stronger.

We can't express how thankful we are for this program's help in develop these friendships and become the best parents we could be.

In and Out of the class (By Ani Vartani)

Teacher Barbara Flynn's class, Monday 3-4 year old

Having 2 children and being a working parent, it can be a challenge to find quality time with each child. You want to make sure your kids are getting the attention they need! Glendale Community College Parent Education classes provide the opportunity to spend time with your kids, learn about parenting, socialize with other parents, and find a play date match for your munchkin. As you spend time in the program, you will see the improvement in your child's skills, either physical, emotional, social, or cognitive. You will see how independent they I started attending a multiage class when my first son, Aren turned 15 months. I was pregnant with my little son, Dvin at that time. It was a new experience for me as a new mother in the program. One of my main reasons for joining the Parenting program was to learn how to raise good kids using the best parenting style.

**Making line shaking
hand with Teacher
Barbara and ready to go**



My husband attended the positive parenting and anger management classes in the evenings and they were very beneficial too. Those steps had very positive effects on our parenting methods and on our life. I remember the teacher and parents were very friendly and welcomed me to the group. I was a little anxious about how the class was to be and how my child would fit in. I was also worried about older kids

hurting little kids! After a few sessions I was confident enough to rely on my child's ability to adjust to the new environment. I was amazed with the children's curriculum which was, and is, rich in science based topics related to children. The parent discussion time is educational and is taught by experienced teachers during each class session while kids

are playing outside. It is a kind of support group which I really like. I often hear positive feedback from other parents about the teachers and the discussion sessions. Barbara Flynn is the instructor of the 3-4-yearold class. When your child is 3-4 years old this is a good time to start this class. This class is similar to preschool and it also prepares kids for kindergarten.



First, the kids line up and shake Mrs. Barbara's hand in greeting. Then they enter the classroom. After entering the classroom children will meet their parents who are waiting at the activity tables. The 3-4 class curriculum is different from other classes. The kids have a special activity called "skill building". Each child has her/his own set of supplies which are stored in

the classroom. The types of activities are based on age, and are divided in two groups. The first group are children ages 4 and above who are ready to attend kindergarten the next year. The second group are 3-4 years old children who will attend kindergarten in 2 years! There are different skill building activity every week; for example, learning about patterns, connecting numbers to make a shape or a picture, cutting and sorting pieces of a story and glue them and put in order, writing practice and other Kindergarten readiness activities. The expectation for the 4 year old and above is higher and the type of activity could be different. Teacher Barbara pays attention to each child's ability which I really like it. After completing the skill building activity it's time for children to read books with parents. Kids love to read and they like to share the stories with their parents and friends. Then it's rug time! The rug time in this class is also different from other classes due to the age group. There are games at rug time which build kids' ability to make decision, to practice team work, and feel comfortable if they lose in a game. After rug time it is time to eat a healthy snack. The snack for this class is often like a mini lunch as the children are older and they use a lot of energy. Snacks consist of water, a protein such as cheese, a vegetable and a fruit and a carbohydrates such as crackers, cereal or bread. A cheese sandwich with fruit and vegetables could be an ideal snack for this class. Then it is time for children to start outdoor play and parents will attend the discussion session while enjoying their snacks. The discussion session is one of my favorites. Parents can share their thoughts and ask questions related to the topic. Parent can learn different parenting strategies, discuss concerns and also have a private free consultation with the instructor! Time goes quickly, but when the discussion session is over the children come back to the class, happily hugging their parents, saying goodbye to the teacher and teacher assistant and their friends. Children learn how to play, how to share, how to make friends, how to win and lose in a game, and how to listen and learn in a group setting. In my opinion, there are many benefits to be gained from attending this class for parents and children.



Making craft for Halloween 3-4 yrs old class Mrs. Barbara



THURSDAY EVENING WORKING PARENTS CLASS

Teacher Patti (by Patricia Sternau)



Thursday evenings are very busy in the Life Skills Building. Our class is filled with parents and their children who come to class weekly with enough leftover energy to connect with friends, sing, and participate in the weekly discussions.



Our Halloween celebration was wonderful with Adults and children all decked out in costumes. We had Elsa, Batman, Power Rangers, Buzz Lightyear, Princesses, Minnie Mouse, Dinosaurs, Policemen, Firemen, Pumpkins, a Fancy Dancer, Lady Doctors, and many more.



Delicious food was on display at our Halloween Potluck. We had Miss Patti's Egg Casserole, beautiful salads and side dishes and lots of yummy desserts. A good time was had by all. The best part of Parent Ed is all the precious memories made by parents and their children. Memories that will last a lifetime.

Tips to Choose and Prepare Healthy Snacks for Children

(By AniVartani - Clinical Registered Dietitian and Nutritionist)

Teacher Barbara Flynn's class, Monday 3-4 year old

Healthy snacks have a major role in children's diet. They provide good nutrition, which supports lifelong healthy eating habits, and prevent diseases such as, diabetes, obesity, high blood pressure, heart disease, and cancer. According to the Dairy Council of California, "children have small stomachs that may fill up quickly at mealtime." That is why snacks, or "mini-meals," are so important. Healthy snacks can be fresh or dried fruits, vegetables, yogurt, whole wheat pretzels, cheese with whole wheat bread, and nuts. All those should be included in the daily family meal plan.

Parents should pay attention to snack preparation that includes variety. They can also act as a role model for their children, which is an important learning tool. In addition, a child can help the parents to choose different healthy snacks: Dark green, red, and yellow colors have more nutrients. In these way children will be more familiar with colors of fruits and vegetables, and, they will be able to differentiate among the varieties.

Good parental strategies for promoting healthy snacks are as follows:

- Serving healthy snacks
- Setting the snacks in a visible place
- Decorating them attractively
- Preparing desserts
- Mini-meals with children
- Acting as a role model by eating and drinking with children at the table.
- Minimizing less healthy eating habits like junk foods is another strategy. For example, restrict buying chips, sodas, candies, burgers and fries to only once in a week. The goal of dietary changes is reducing the consumption of fat, simple sugar, salt and carbonated beverages. In addition, keeping those food items in a hidden place, in order to limit access, will prevent children from unnecessary intake of energy and from becoming overweight.



These are some tips to choose and prepare healthy snacks for children:

1. Shop and buy fruits and vegetables with your child.
Let your child choose her/his own selected vegetables and fruits and put them in a special basket.
2. Choose more colorful fruits and veggies for more variety of nutrients.
3. Try fresh, frozen, and canned vegetables for snack time, but watch out for fatty sauces or extra sugar.
4. Reduce the amount of sugar; for example, grab a banana instead of a cookie. Limit juice intake.
5. Quench children's thirst with water instead of soda or juice.
6. Help children prepare their own snacks by letting them set out the ingredients, squeeze fresh juice, cook etc.
7. Allow children to share their own decision with you about the serving style of the snack.
Choose less chips, sodas, candy bars, and donuts.

Now that you are more familiar with healthy snacks for children, you can make smarter decision in choosing and preparing snacks. Try it with your child. It's healthy!

Making craft for Halloween 3-4 yrs old class Mrs. Barbara



Age related game at 3-4 years old classroom with teacher Barbara



Eating healthy snack



Saturday Morning Multi-Age Class

Teacher Araseli

(by AL Durstenfeld)

Saturday morning's multi -age parenting education class is great fun and a great resource for improving parenting skills! Topics covered by teacher Araseli Beltran -Perez include the following:

- ☐ Parenting styles
- ☐ Child vs. parent temperament traits and understanding a child's behavior
- ☐ Discipline tools (and how to manage/modify behavior when needed: consistency, routines, communicating goals, etc.)
- ☐ Eating and nutrition
- ☐ School readiness (for Kindergarten)

The broader task, says Araseli, is to create an inclusive support forum for parents. This is definitely achieved through the many great handouts and through having open discussion group time, with parents sharing and comparing strategies. But it's not all serious; we also have our holiday potlucks!

The class is supported by our excellent aids, Marine and Celine, who greet parents and children as they arrive, set up adult and children's snacks, keep things orderly inside and out, and, most importantly, support parents with supervising children.

Thank you Araseli, Marine, and Celine for a great place to be Saturday mornings!





STUDY FINDS:

No Screen Time (for children under 8) + More Sleep Time = Less Impulsivity

Thursday morning Multi-Age, Teacher Barbara – (By Talin Singer)

I am guilty, I admit it. Sometimes I need a break. Don't we all? I used to feel good about letting my toddler watch a little bit of "educational" TV while I took care of things around the house. I thought I was doing a great thing by exposing her to something educational while I couldn't at that moment be her teacher. Boy, was I wrong? According to a recent study from Medscape Education Clinical Briefs, children under the age of 8 should only be exposed to limited screen time. Children over age 2 should only watch up to 2 hours a day any not within 2 hours of bedtime.

"Impulsivity, or a tendency to act without forethought or to make decisions that reflect an inability to delay gratification, has been shown to play a role in the development and maintenance of psychiatric conditions and is a core characteristic in attention deficit/hyperactivity disorder (ADHD)." They studied 4524 children from the ages 8-11 years old and discovered that with adequate sleep and less screen time children had better control of impulse. As this information was shared with us in class, teacher Barbara pointed out that children under the age of 18 months shouldn't be exposed to screen time.

My husband and I upon learning of this stopped all screen time for our daughter and here is what we learned in a very short period with this experiment.

1. She is more willing to play on her own for longer periods of time and doesn't need us to keep her entertained as much. I think the passive consumption of TV has taught her that she needs to be entertained, and that the part of her brain that helps her be creative is hindered when TV is doing all the entertaining.
2. She has become more patient. Sometimes she will have to be "boring" (as she calls it) while she waits for me to play with her. The first few days were difficult as she continually asked for me to entertain her and asked for her favorite cartoon but I am finally seeing her wheels turning and her being creative in play while I do the work I need to do around the house and she calmly waits for me.
3. It takes her less time to fall asleep at night and during nap time.

I can't say it has been easy, but I see positive changes in her already and I am so glad we ran this experiment. Give it a go, I know it seems impossible when there is so much to do and when we could all personally benefit from a free babysitter, i.e. the screen, but the long-term benefits probably outweigh the short term. I am once again so happy I learned about this program and the wealth of knowledge I have gained by attending Teacher Barbara's class.

Tuesday morning Multi-Age, Teacher Barbara
(By Talin Singer)

I wake up every Tuesday morning looking forward to taking my youngest to parenting class at GCC. She always has a good time and I always learn something new. I am not a new parent. I have three children, my oldest being 14. However, I feel like a new parent. I am thankful that I am a part of this wonderful program and wish I had known about it as I was raising my older two. I have learned so much. The way the program is constructed allows us to not only learn by listening to teacher Barbara, but it is also like a lab where we can see the things taught be implemented.



Last week we learned about better strategies for disciplining our children. I have learned a wonderful tool that I have implemented, and can honestly say that it works! "Catch your child being good." We have learned that when you see your child doing something positive that you approve of, let them know! Feel free to say things like "I love how nicely you played outside today." I can't stress enough how wonderful this simple little thing is in helping to gently correct misbehavior. Our children want our attention, and they want positive attention. As long as they are getting it, they are more prone to following directions and better expressing themselves when they are "caught" being good.

Discipline = Power and Control. Teacher Barbara has shared these simple steps on how to discipline our children.

Step 1: Catch your child being good – so important!

Step 2: Teach/Alternatives - sometimes our children don't realize there are alternatives to what they want to do.

Step 3: Distraction

The above three work best with children under 3, but you can catch your child being good at any age.

Step 4: Empathy - children like to feel understood (don't we all?)

Step 5: State the Rule - sometimes they need reminding of what the rules

Step 6: Re-state the rule and the consequence.

Step 7: Back to empathy (yes, this is an important part to disciplining at any age)

Step 8: Apply the consequences. This may not be necessary as often if the above is done.

My life as a mother would have been easier if I had known about these steps with my older two during their toddlerhood but am learning that implementing them with my older kids even in their pre-teenage and teenage years is effective. This parenting class is like the gift that keeps on giving.



Scientific Experiments with Teacher Barbara (by Armine Vartan)

Tuesday Multi age class

During our Tuesday Multi Age classes Teacher Barbara offers Science experiments for 3-5 year-old kids. These experiments lead our children to the amazing discoveries. They learn about Gravity, Chemical Reactions, but these activities are less about learning a specific knowledge and more developing a way of thinking and exploring.

Here is one of those experiments you can try at home with your preschoolers

What you will need:

- Milk (whole milk works better)
- Dishwashing soap
- Food coloring
- Cotton swab (Q-Tip)
- Plate



What to do:

Pour enough milk in the plate, place some drops of food coloring to the milk. Dip the cotton swab into some dish soap and place the tip with the drop of soap directly onto the food coloring (do not mix) and watch colorful fireworks. The soap bonds with the fat in the milk. This bond is so strong the water and food coloring are pushed out.



Teacher Barbara's Tuesday Afternoon Multi-Age Class

Encouraging Scientific Curiosity: A Hands-on Approach with Teacher Barbara

(By April Oseguera)



The Tuesday Afternoon Multi-Age class has turned into a Science Discovery Laboratory helping engage students in Science and Chemistry.

Scientific inquiry has long played a role in Ms. Barbara's circle time teachings with discussions about: Spiders vs. Insects, Butterfly Metamorphosis, Seed Germination, Learning How Plants Absorb Water- the Celery Stalk demonstration, and Water in liquid and gaseous form. By incorporating science into circle time, the children are able to understand the natural world and develop a positive relationship with science.



Our Young Scientist in Action:

Ice Experiment

Ms. Barbara and Assistant Hermineh, are using a portion of this class to engage the children's curiosities about the natural world. The students have been introduced to the Scientific Method - Ask a question, Make a guess of what you think will happen, Perform the experiment, Observe what's happening, Analyze what you see, Share and Discuss your findings- and have used the method to learn about gravity, minerals, solids and liquids. They have learned to use their sense of sight, smell and touch when performing their experiments. To reinforce the concepts learned during the experiments, the students are encouraged to discuss the topic, process and observations with their parents at home.



Our Young Scientist in Action:

Magic Milk Experiment



List of the Experiments:

- A look at Gravity – Which falls faster? How will the water escape the cup?
- Magic Milk – Looking at the minerals, proteins and fats in milk and how introducing soap breaks up fat molecules.
- Solubility of Different Substances – Does Salt, Sugar, Baby Powder, Flour dissolve in water?
- A look at Ice – using salt to lower the freezing point of water causing ice to melt faster.
- Snappy Stretch



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Arineh Ebrahimi

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