



North Seattle  
Cooperative  
Preschools

## Parent Advisory Council (PAC)

Community News

March 2018



### The “Perks” and “Downsides” of Parenting—by Mary Ann Abbott

**Let’s face it! Parenting is one of the most demanding jobs in the world.** It can be an exhausting and emotionally draining responsibility. It’s easy to be so frustrated, mad, and discouraged that you wonder why you gave the nod to parenthood in the first place.

Then, the reverse is also true. It can be the most wonderful experience, one of those “other world” moments! You wonder how life could be any better as you cuddle with that “angelic being” who can do no wrong –and around whom your whole world revolves.

**Let’s also face the fact that parenting never stops.** It’s unrelenting. It’s a 24/7 responsibility. And, when the job begins, you are in for the long haul – at least 18 years or more. Probably more! Empty nest parents say parenting never ceases – one just learns to parent differently, and very, very carefully! And, sometimes, grown children return and stay and stay and stay.

**Finding the best way(s) to parent can also be a challenge!** There’s the advice from well meaning grandparents and “in-laws!” How about the concerns of “auntie” who’s an expert in child development? Or the clerk in the grocery store who commented, “Doesn’t he ever run down?” When these well-intentioned “hints” mix with the parent’s own conscientious nature, it can produce a brittle, uptight, and insecure parent who’s still wondering how to do it right.

We hear guidelines from the Positive Parenting experts, the Love and Logic folks, and even the Parent Educator at Pre-School! And, one more check from the multi-sourced internet. Lots of information out there!

So, how does a conscientious parent find “truth” about how to parent? A few tips may help:

1. Relax and enjoy your child. Being a parent is about creating a relationship with your child. The connection you have with your child is unique. Celebrate together! Focus on what draws you to each other.
2. Take care of yourself. What is it that will bring energy and balance to you? It’s okay to pamper yourself now and again. Summer is coming!
3. Select a few family values which are really important to you and let them guide you in day-to-day situations. Yes, you may do some homework on parenting ideas, but keep a simple focus, even when those “hints” come your way.

### Like us on Facebook

Stay connected with NSC and help us get the word out about co-op pre-schools, free parent lectures and more.

### Check out our website

For the most up-to-date info on all things co-op, from enrollment, to lectures to classes and more, head to our website: [www.northseattlecoops.org](http://www.northseattlecoops.org)

### IN THIS ISSUE:

The “Perks” and “Downsides” of Parenting	1
Calendar of Events	2
Unsung Hero Award	2
NSC Story Hour	2
Understanding Children class	3
PAC Lecture: Disaster Preparedness	4
Savvy Parents Safe Kids Lecture	5

## Calendar

### April

2 PAC Meeting

2 PAC Lecture—Disaster  
Preparedness Training

23 Savvy Parents, Safe Kids

### May

21 PAC Meeting

4. Give yourself some credit: parenting is a big responsibility! When you make mistakes, there's always tomorrow. Children are very forgiving and resilient. It's the relationship that's important. Children will respond to the genuine love, even an apology, of a parent.
5. Believe in yourself. You know your child. You may learn new things, but trust yourself in your quest to be a loving, responsive parent.

Parenting is a complicated experience. Being honest with yourself about your family is a simple beginning for a lifetime.

Remember these words: Parenting is one of the most demanding jobs in the world, but it can also be one of the most satisfying of life's experiences! Enjoy the ride, bumps and all!

### Unsung Hero Award—Julia Engel



Congratulations to Wedgwood Co-op parent Julia Engel for her Unsung Hero Award from *Seattle's Child* magazine last month. This award recognizes everyday heroes in our community who play an important caregiving role in children's lives. Julia was nominated by another co-op parent!

Check out the full article here:

<http://www.seattleschild.com/Unsung-Hero-Julia-Engel/>

### NSC Library Story Hour

When: 2nd Tuesday of every month

Time: 5-6pm

Ages: 1-6





## UNDERSTANDING CHILDREN

### Focus: Strengthening Families

**SPRING 2018**  
**ONLINE CLASS**

#### **Join a community of online learners**

Parents, teachers, early childhood professionals, caregivers & others with children in their lives—infant through young adult.

Join us and learn practical & useful information, discover helpful resources, plus gain new techniques for your work or at home.

#### What will we explore?

- Concerns and Tools (for parent and teachers)
- Positive Practices
- Parenting Styles
- & other emergent topics

FAM 184 instructors are Beth Goss & Mara Mulcahy

Questions? [mara.mulcahy@seattlecolleges.edu](mailto:mara.mulcahy@seattlecolleges.edu)

**North Seattle  
College  
Online class**

**Join us!**  
**Class starts April  
2, 2018**

**Tuition is \$80 for 5  
credits  
(plus a \$35 technology fee)**

**STARS hours available**

**Register Now!**

**Course title:  
Understanding  
Children  
FAM 184 Item 9350**

**North Seattle College  
9600 College Way North  
Seattle, Washington 98103  
(206) 934-3600**

<https://northseattle.edu>  
**Need enrollment help?**  
**206.934.6029**





*Parent Education Lecture hosted by NSC Cooperative Preschools*

# Disaster Preparedness: The Basics

Training by the Seattle Department of Emergency Management



*This presentation provides an overview of the hazards that can impact Seattle, and steps that individuals and families can take to become more prepared to deal with them. This includes guidance on how to develop a disaster plan, build a disaster supply kit, and organize with your neighbors to become better prepared.*

## Monday, April 2, 7-8pm

Faith Lutheran Church / downstairs / 8208 18th Ave NE / Seattle

**This event is free and open to the public! Bring cash for tasty treats: bake sale proceeds support scholarships for NSC Cooperative Preschools.**

***We are excited to partner with The Growler Guys for a PAC fundraiser/social after the lecture! The Growler Guys will donate 15% of the evening's sales to PAC. They are located about 3 blocks NE of Faith Lutheran, at 8500 Lake City Way NE. There will be a jar where you can put your donations or receipts to benefit PAC.***

→[coops.northseattle.edu](https://coops.northseattle.edu) →[facebook.com/coops.northseattle](https://facebook.com/coops.northseattle)



## **Savvy Parents Safe Kids Workshop**

When: Monday, April 23 7-8:30 p.m.

Where: Ballard Church 1460 NW 73rd St, Seattle, Washington 98117

Tickets available on Eventbrite

**Hosted by:**



We all want to keep our kids safe... by bringing this dynamic workshop to our parent community, families will learn how to use our essential tools and easy tips. We help you make safety fun; we help you get the conversation started. It's not scary and it's not hard. Together let's work to keep your kids safer, both at home and out in their world!

This workshop is about child safety topics such as:

- Talking about safety at home
- The Fab 5 questions parents need to be asking!
- Teaching children about body safety
- What safety tools work and which ones don't?
- Teaching safety when out and about
- The Super 10 Rules for Safety
- Red Flags and Warning signs
- Prevention tips to keep kids safe

For more information, visit [www.SavvyParentsSafeKids.com](http://www.SavvyParentsSafeKids.com)