

# PLAYGROUP

Parent and child classes for 18 month to 3-year-old children

## Playgroup Classes 18 months to 3 years

Mondays 11:30-1:30  
Wednesdays 9 - 11am  
Fridays 11:30-1:30

## Playgroup Schedule

Playgroup Session #1  
September 8 - December 17

Playgroup Session #2  
January 4 - April 1

Playgroup Session #3  
April 19 - June 18

## Bridge Classes

a "bridge" between Playgroup and Pre-K  
**3-years-old by Dec. 1**

Mondays 9 - 11am  
Wednesdays 11:30-1:30  
Fridays 9 - 11am

## Bridge Schedule

Bridge Class - 1 session  
September 8 - June 18

**Registration Begins**  
**June 1, 2020**

[www.waldorfschool.com/playgroup](http://www.waldorfschool.com/playgroup)

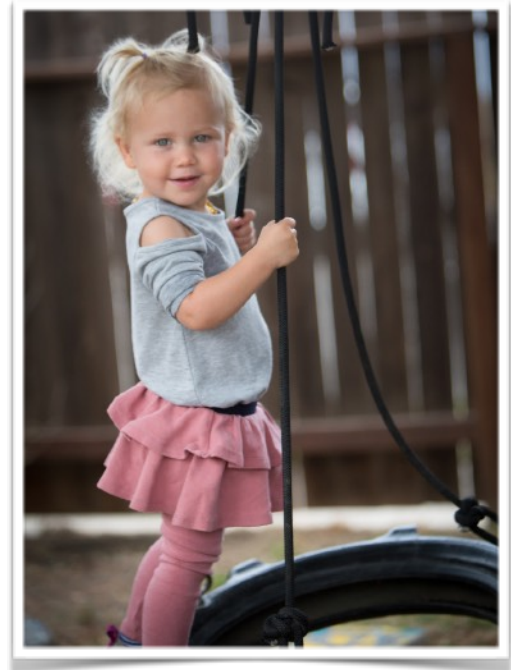
## Why Waldorf?

The early years of a child's life, full of wonder and joy, are also the most critical years of development. The Playgroup and Bridge classes at the Waldorf School of Orange County offer children a rich environment for exploration and play and offer parents support in creating a healthy

home life to create a solid foundation for learning. Through meeting together in a group with like-minded parents and an experienced Early Childhood Waldorf teacher each week, a warm and loving community is formed.

The beauty of the changing seasons will create a natural rhythm as we move through the year with songs, verses, activities and stories. Play is the heart of the young child, and children will have opportunity to explore this world of play in the beauty of a classroom and garden designed especially for them. Come prepared to splash in the puddles, dig in the mud, and dance in the sunshine.

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact with the world around them.





## Daily Rhythm

- **Free Play**

The children will enjoy free play while the caregivers work nearby in purposeful activity and enjoy discussion with one another. This is an ideal time to observe your child! If you have a handwork project from home, (eg. some sewing, knitting, mending), you're welcome to bring this along.

- **Circle Time**

During our circle and story time, we will journey from fall into spring in verse and song. This is a special time to enjoy being with your child, undistracted by your housework, phones, and other tasks.

- **Snack Time**

We begin with a blessing and enjoy warm snacks, which the parents can help to prepare, such as brown rice and peas. Snacks are homemade and use organic and local ingredients when possible. We follow this activity with dish washing together.

- **Outdoor Free Play**

Please be sure that you and your child have appropriate clothing for the changing weather. We will go outside rain or shine!

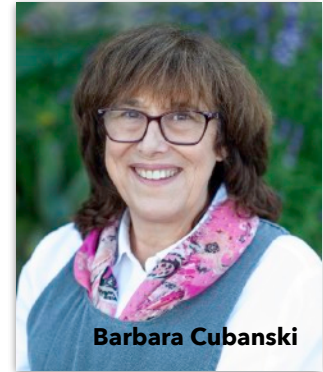
- **Closing Circle**

We finish each class with a verse and warm goodbyes.

**The daily schedule of activities is subject to change**

### Your Teacher

Barbara Cubanski grew up in Chicago, Illinois, where she taught young children in a variety of settings. The birth of her son rekindled her love and interest in working with young children and she began assisting in the kindergarten at WSOC in 2000. She completed her teacher training at Rudolf Steiner College and joined the WSOC faculty in 2003. After teaching Pre-Kindergarten for nearly 20 years at WSOC, and leading parent education classes - including the popular Support for the Parenting Journey - Barbara is excited to follow her passion in working with parents and their young children in the Playgroup Program. She holds a BA in Human Development from Pacific Oaks College. Her son attended playgroup through Grade 12 at WSOC, and is a UC Davis graduate. Barbara is passionate about the growth and development of young children and supporting their families on their Waldorf journey.



Barbara Cubanski



### Children come and...

**Explore** a child-friendly environment that is safe, challenging and emotionally nurturing with simple play materials.

**Delight** in the special attention given to support their unfolding interests, motor abilities, and problem-solving skills.

**Experience** social interaction in play that stimulates their speech and language development.

**Engage** with other children in their stage of development, while expanding social capacities.

### Parents come and...

**Experience** an environment that encourages the valuable exchange of ideas and information, and provides a framework for why Waldorf works.

**Explore** the value of observation to see and understand what their children are doing and how they are learning as they play.

**Delight** in the joy of sharing songs and games with your child that support their speech and language development.

**Meet** other parents and find a community of sharing and support.

**Discover** new tips for parenting and caregiving.



**Beyond the Rainbow Bridge** is an award-winning book that belongs on the nightstand of every parent with young children! Full of everyday wisdom for busy parents, this treasure of a book is for all caregivers who value imaginative play, the necessity of daily routine, and the benefits of creative discipline.

Co-authors Barbara J. Patterson and Pamela Bradley offer realistic suggestions for creating a healthy family life that can be incorporated into any lifestyle.

Chapters include: Raising Healthy, Happy and Capable Children  
Play, the Lifeblood of a Healthy Childhood  
Developing the Twelve Senses  
Creative Discipline

This truly practical book also includes instructions for making soft toys and creating birthday stories, as well as resources, recommended reading, and much more.

Great for expectant parents, parents with young children, grandparents, and anyone who understands the importance of a creating a warm and nurturing environment for children.

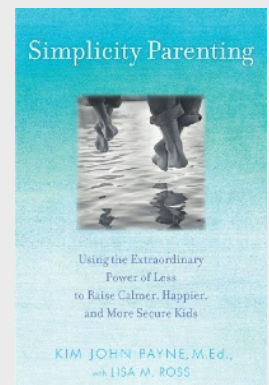
## Recommended Reading

Today's busier, faster, supersized society is waging an undeclared war . . . on childhood. As the pace of life accelerates to hyperspeed—with too much stuff, too many choices, and too little time—children feel the pressure. They can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now, in defense of the extraordinary power of less, internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need, allowing their children's attention to focus and their individuality to flourish.

Based on Payne's twenty year's experience successfully counseling busy families, **Simplicity Parenting** teaches parents how to worry and hover less—and how to enjoy more. For those who want to slow their children's lives down but don't know where to start, Payne offers both inspiration and a blueprint for change.

- Streamline your home environment. The average child has more than 150 toys. Here are tips for reducing the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload that crowd the space young imaginations need in order to grow.
- Establish rhythms and rituals. Predictability (routines) and transparency (knowing the day's plan) are soothing pressure valves for children. Here are ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Too many activities may limit children's ability to motivate and direct themselves. Learn how to establish intervals of calm in your child's daily torrent of constant doing—and familiarize yourself with the pros and cons of organized sports and other "enrichment" activities.
- Scale back on media and parental involvement. Back out of hyperparenting by managing your children's "screen time" to limit the endless and sometimes scary deluge of information and stimulation.

Parental hovering is really about anxiety; by doing less and trusting more, parents can create a sanctuary that nurtures children's identity, well-being, and resiliency as they grow—slowly—into themselves. A manifesto for protecting the grace of childhood, **Simplicity Parenting** is an eloquent guide to bringing new rhythms to bear on the lifelong art of parenting.



## Playgroup Fee

**\$400 per session (or)**

**\$1,000 for all 3 sessions  
purchased at once**

**Fees are non-refundable**

## Bridge Class Fee

**\$1,000 for the year**

**All fees are paid in one  
non-refundable payment**

## Registration Opens

**June 1, 2020**

**[www.waldorfschool.com/playgroup](http://www.waldorfschool.com/playgroup)**

# FAQs

### What is the difference between Playgroup and Bridge classes?

They differ only in that the Bridge classes provide an opportunity for the children to play independently, for a portion of the class, under the guidance of our teachers, while parents meet nearby for a study about Waldorf and parenting.

### What happens if I begin in a class and need to withdraw unexpectedly?

Refunds are available only until the end of the first week of your starting date, and will be 50% of the total fee.

### Can I purchase more than one Playgroup session at a time?

Yes. Sessions may be purchased one at a time or all together at a discount. They fill very quickly, so we encourage you to consider signing up for more than one if you are considering it. We don't want you to be disappointed if classes fill before you are registered!

### What happens if I have to miss a class?

No problem! We recognize that there are going to be days when you are not able to make it. Since our Playgroup curriculum is play-based, there are not concerns about missing a class. It is the overall rhythm of attendance that is important. There are no "make-up" days offered.

### Can another adult bring my child to class?

Certainly. We are happy for either parent, grandparent, nanny, or friend to bring your child. In fact, it is a lovely way to introduce that person to the Waldorf School curriculum.

### May I join a Bridge class mid-year?

If there is space remaining in a Bridge class, we welcome a new student at a pro-rated fee.

### Which days are you closed for holidays?

The teacher will post a calendar with holidays and school closure dates. This is available on our web site and will also be included in your class roster for your reference.

### Why is there such a specific age cut-off for Bridge classes?

Bridge classes are the "bridge" to our Pre-Kindergarten. Pre-Kindergartners are at least 3 years and 9 months old by September 1st of the year of entry to Pre-K. Therefore all students in the Bridge classes must turn 3 years by December 1st as they will be considered to transition together.

### When do we apply for Pre-Kindergarten?

It happens very quickly! The deadline for application for the fall of 2021 is January, 2021. This deadline is important to note as our Pre-Kindergartens fill each year and we want to be certain that we can welcome our Playgroup students first.

### How can I learn more about Waldorf Education?

Why not begin by joining us for an all school tour? These Walk Through the Grades tours are offered throughout the school year. To RSVP - [www.waldorfschool.com/admissions-calendar](http://www.waldorfschool.com/admissions-calendar).

### What if I have questions? Who do I ask?

Registration/fees/refund questions are directed to **Kathy Christian**, Registrar - [kchristian@waldorfschool.com](mailto:kchristian@waldorfschool.com) - (949) 574-7775 x206.

Application to Pre-K and long-term program planning questions are directed to **Linda Timmons**, Admissions Director - [ltimmons@waldorfschool.com](mailto:ltimmons@waldorfschool.com)

Your child/classroom conduct/holidays/suggestions are directed to your teacher, **Barbara Cubanski**- [bcubanski@waldorfschool.com](mailto:bcubanski@waldorfschool.com)