

EARLY CHILDHOOD PROGRAMS

Our Early Childhood programs ensure a joyous and engaging beginning to your child's life-long education.

WE SUPPORT THE WHOLE FAMILY

We believe children are naturally competent, capable learners with a built-in ability to devise their own ideas and persist in tackling them. Our approach to learning also emphasizes socialization.

At the 14Y, children begin to build relationships with peers and with adults other than parents and caregivers, acquiring a set of skills they will carry through life. Explore our many early childhood and family programs that offer options for all families. Since every family has different needs and interests, a dedicated early childhood staff member will guide you through our incredible range of possibilities here.

Education programs run from September through June, and mini sessions and drop-in classes are offered all year long.



PRESCHOOL

The 14th Street Y's Preschool, open to children 2 to 4 years of age, offers an educational environment within a vibrant 14Y community located in the heart of the East Village. Our Preschool curriculum, inspired by the Reggio approach, stimulates and supports children's natural curiosity about the world in which they live and play. Guided by the firm belief that "play is a child's work," we have filled our sunny spacious classrooms with the rich and varied materials children need to build on their interests to create and learn. The class teachings weave together Jewish values and traditions within an age-appropriate and inclusive setting. We welcome families from all backgrounds and reflect the community in which we live.

The 14th Street Y's Preschool provides a family-centered early childhood education. Beyond this philosophy, it is our incredible, nurturing staff who help build the self-confidence and foster an enthusiasm for learning that draws families to our special programs. Together, parents and staff form a learning partnership focused on the growth and development of your child.

OPEN TO CHILDREN 2 – 4 Years Old

Age 2 | 9:00 am – 1:00 pm

3 and 5 day options available

Age 3 – 4 | 9:00 am – 3:00 pm

1:00 pm early dismissal available

We're interested in your child's future and provide ongoing school placement support for continuation into the right public or independent school that meets your child's needs.



PRELUDE TO PRESCHOOL

Our signature Prelude to Preschool programs help children develop confidence, community, and independence during their first experience of school. We offer a variety of options, schedules, and age groupings to meet children's differing needs, all with the same goal of ensuring a secure, engaging and joyous beginning to your child's life-long education! Each program includes art, music, creative movement, storytelling, cooking, work time in our classroom learning centers, outdoor play on our rooftop playground, and gym time in our Indoor Playroom. Grown-ups will enjoy the camaraderie and support our discussion groups and evening parenting workshops offer.

Ages 18 – 34 months (grouped by age)

A perfect prelude to preschool, this program helps toddlers develop friendships, master the routines, materials and activities of an early childhood classroom, and discover the joys of being independent! Small class size and high teacher-to-student ratios ensure plenty of individualized attention and support as the adults are gradually phased out of the room.

WINTER SESSION

January – June

Ages 18 – 25 months by January 2019

Tuesdays | Thursdays

For children who may not be ready in fall, but as they approach their 2nd birthday will definitely need new challenges!

While these programs are not prerequisites for admission to the 14th Street Y's Preschool, families in these programs will receive priority consideration in the admissions process.

For more information, pricing, and to schedule a tour, please contact **Nili Shriber**, Preschool Director, at **646-395-4328** or **NShriber@14StreetY.org**



EARLY CHILDHOOD | FAMILY PROGRAMS

Family Programs are a great way to connect with other parents and caregivers in a warm, welcoming environment.

FIND YOUR COMMUNITY HERE

Family Programs include drop-in classes for those looking for flexible family-fun, adult and child classes offered as mini-semester so you can connect with other parents and caregivers in a supportive environment, and parenting support groups, an amazing resource for parents of young children. There's something for every member of your family, from child to caregiver to parent to grandparent.

DROP IN CLASSES

A perfect option for those who aren't ready to commit to a whole season of classes. We offer drop-in classes for new parents, and fun activities for young families including sing-a-longs, and messy play that explores art using different textures and mediums. We also offer a variety of parent and baby fitness classes!

Learn more at 14Street.org/BabyMeFitness

Get a 5-class punch card or purchase a single session at the Service Desk in our lobby to attend our drop-in classes. Please note the price of the card varies depending on the class.

NEW PARENT

BREASTFEEDING SUPPORT GROUP

This breastfeeding support group will help you troubleshoot and avoid nursing problems. Enjoy camaraderie and conversation too! Led by Leigh Anne O'Connor, IBCLC.

Thursdays | 12:45 – 2:15 pm

5/9, 5/23, 6/6, and 6/20

M \$85, NM \$100 For 5 Class Punch Card or \$25 per class

MOM'S STROLL-IN GROUP

Ages Birth- Crawling

Come meet other parents and babies in a relaxed environment. Group facilitator, Hope Baker, Psy.D., leads discussions around sleep, feeding, infant development, parenting styles, work/life balance and more to guide you through the joys and challenges of parenting.

For first and second time moms. Groups form as needed. For more information contact

Dana Federbush, Director of Family Programs at DFederbush@14StreetY.org or 646-395-4336.

MUSIC

SING ALONG | 2 months – 3 years

Join other families in a relaxed, playful, and fun environment. You and your child will sing along to a variety of musical selections while bringing out your child's natural curiosity about music.

June 18 – Aug. 9

Mondays and Thursdays

3:30 – 4:15 pm | 4:30 – 5:15 pm

M \$105, NM \$120 for 5 Class Punch Card or \$28 per class



ART, LITERACY, AND PLAY

MESSY PLAY | 18 – 36 months

A time for toddlers and adults to explore the joys of texture, color, water, bubbles, sand paint, and more. This class stimulates sensory awareness and creativity. Enjoy a variety of everyday art materials used in new and imaginative ways.

Dress messy! Snack will be provided.

June 17 – Aug. 5

Mondays | 11:30 am – 12:30 pm

June 21 – Aug. 9

Fridays | 11:00 am – 12:00 pm

M \$160, NM \$175 for 5 Class Punch Card or \$37 per class

Learn more at 14StreetY.org/DropInClasses



MINI SEMESTER

Register for a mini semester class in art, music, movement, or sports. Children learn socialization, build skills, and have fun while parents and caregivers meet new friends and become part of a community.

MUSIC

ROCK-A-BABY | 4 months – 3.5 years

Discover the “music within” from the minute you begin to move! Rock-a-Baby is an interactive, educational music experience for you and your child. Join three energetic musicians and explore rock, pop, blues, and classical music by singing songs, playing games, and dancing. Each week a different theme will be explored through rhythm, melody and harmony.

June 19 – Aug. 7

Wednesdays | 10:15 – 11:00 am

M \$330, NM \$360

ART, LITERACY, AND PLAY

SURF AND TURF | 12 – 24 Months

Enjoy a half hour of water play on the roof, followed by games, arts & crafts, music and movement in the classroom.

June 17 – August 5

Mondays | 9:15 – 10:15 am

M \$275, NM \$300

DROP OFF CLASSES

LITTLE SCIENTISTS

Ages 3 – 5 years

Children explore areas of science including biology, chemistry, physics, and earth science as it relates to their everyday world. Aspects of science covered include polymers, metamorphosis, volcanoes, and earth through hands-on and age appropriate experiments, projects, stories, and conversations.

June 19 – Aug. 7

Wednesday | 3:30 – 5:00 pm

M \$300, NM \$315



PLAYDAY | 18 – 36 months

Children adapt to a classroom setting through routines with the opportunity to socialize and become comfortable transitioning through activities. Children utilize blocks, puzzles, art materials, music and movement, while parents and caregivers meet new friends. Includes 30 minutes of gross motor activities and playtime in the Indoor Playroom. Snack will be served.

June 17 – Aug. 5

Mondays | 9:30 – 11:00 am

M \$325, NM \$350

June 21 – Aug. 9

Fridays | 9:15 – 10:45 am

M \$325, NM \$350

Learn more at

14StreetY.org/MiniSemester

SPORTS +FITNESS

TODDLER SPORTS

with Caregiver or Parent

Toddler Sports is a fun, interactive beginners multi-sport class. Through a range of developmentally appropriate activities and age-appropriate equipment, children engage in non-competitive interactive games that help develop motor coordination and promote flexibility, balance, hand-eye coordination and body awareness. Toddlers will learn the basic skills needed to play basketball, baseball, soccer, and football. Each class will start with open play, followed by a group warm-up and will end with the sport of the day.

Ages 12 – 24 months

June 21 – Aug. 9

Fridays | 9:15 – 10:00 am

M \$305, NM \$330

Ages 24 – 36 months

June 21 – Aug. 9

Fridays | 10:15 – 11:00 am

M \$305, NM \$330

PARENTING SUPPORT GROUPS

The 14th Street Y is rich with resources for parents of young children. Our discussion groups are open to all parents, regardless of where your child may be enrolled. Topics cover a range of parenting concerns, from fostering empathy and setting limits to gender identity and work-life balance.

PARENTING SUPPORT GROUPS

PARENTING YOUR PRESCHOOLER

2.9 – 5 years

This discussion group, led by Nancy Weinrib, LMSW, provides participants with an opportunity to talk together about the challenges of raising young children in today’s fast-paced world. Topics will focus on the issues most relevant to parents of 2.9 – 5 year olds, and will include helping your child adjust to the new demands of preschool or Pre-K, building peer relationships, fostering empathy and resilience, setting limits effectively, as well as gender identity, death, siblings, nutrition, sleep, cognitive and language development, school readiness, work/life balance, and other parenting concerns. Open to all parents regardless of what program or school your child/children currently attend. For more information contact

Dana Federbush, Director of Family Programs at DFederbush@14StreetY.org or 646-395-4336.

INFANT/CHILD/ADULT CPR WITH/WITHOUT AED CERTIFICATION

Learn to perform CPR on all ages. We will cover prevention, recognition, and treatment for respiratory and cardiac emergencies (CPR) and choking emergencies for infants (12 months and under) and children/adults (1 year and up). This course is designed for parents/caregivers, personal trainers, teachers, and counselors. Certification and non-certification workshops are offered. Taught by an American Heart Association and EMS Safety Service Instructor.

Monday | 6:30 – 8:30 pm

5/13, 6/3, 7/15, or 8/5

M \$90

NM \$100 per workshop (per individual)

For certification, there is an additional \$10 fee when you register.

Learn more at

14StreetY.org/ParentSupportGroup