

San Francisco Waldorf School Association

The First Three Years: Classes for Parents and their Young Children

Spring session ~ March 8 to May 28

Observation Classes

Observation classes introduce participants to concepts and practices supportive of a path towards Waldorf education. Parents and children attend together in a warm homelike atmosphere filled with song. Through the practice of quiet observation, parents deepen their own intuitive knowledge and discover new ways of being with and loving their children. Discussion topics include the importance of rhythm and repetition, care and protection of the senses and imaginative play. Over time, a supportive community is formed, and participants are encouraged to participate year-round. Classes are facilitated by a Waldorf-trained early childhood educator and are held once a week for a ten-week session at Holy Trinity Cathedral, 1520 Green Street at Van Ness.

Babies Observation

Mondays 11:30 am – 1:00 pm with Allison
For parents and babies up to 12 months

Babies lie on a soft rug where they watch what interests them or move around to reach the beautiful objects in the room. Their little bodies are busy at work following “nature’s agenda.” Parents sit in a circle and observe calmly for fifteen minutes or more. What do our children need from us? What do they not need? Insights are then shared and a variety of topics are explored. Among them are: establishing a healthy rhythm; care and protection of the senses; childhood illnesses and the path of parenthood. We sing at every class, sharing lullabies, seasonal songs and finger plays. Weekly readings support facilitated discussions and a nurturing atmosphere is created for both parents and babies. Fee: \$230.

Young Toddlers Observation

Thursdays 9:00 – 10:30 am with Allison
For parents and children ages 1 to 2

Parents of toddlers spend most of their days attempting to keep up with the almost constant motion and energy that marks this stage of development. Parents enjoy a break when they form a circle around the perimeter of our cozy playroom and bring their calm and focused attention to the children. The children bring their joyful discoveries and challenges to their parents during a period of quiet observation. We then clean-up together, play singing games and enjoy a snack ‘picnic style.’ Each class includes a facilitated conversation on a topic such as the practice of observation, singing and speaking with the young child, the importance of rhythm and repetition, healthy play and care for the developing senses. Fee: \$230.



Older Toddlers Observation

Wednesdays 9:00 – 11:00 am with Allison
For parents and children ages 23 months to 3 years

This class begins with a cooking activity in our cozy downstairs kitchen. Parents work quietly and observe the children, who work alongside us, kneading the dough or chopping soup vegetables. While our snack is cooking, we visit our spacious upstairs playroom where children explore freely and parents create a circle of quiet observation around them, watching, listening and guiding. We then tidy up together and make a circle on the floor for a happy sharing of singing games and nursery rhymes. Our morning finishes with a warm snack together and facilitated discussion, and then with the washing of our dishes together with the children. Topics supported by weekly readings include imaginative play, creative discipline, electronic media and the young child and Waldorf education. Fee: \$325.

Enrollment

Class fees are non-refundable unless class is cancelled.

No classes 3/29 – 4/9

Enrollment opens online Feb. 1 at www.sfwaldorf.org

We welcome all families, including all prospective, adoptive, foster, single parent and LGBTQ families.

Class size is limited to 10 parent-child pairs, please inquire about sibling and partner discounts.

SFWS reserves the right to cancel a class due to under enrollment.

For further information, please call 415-931-2750 x232

Go to <https://thrive.activenetwork.com/Reg/Form.aspx?IDTD=2419&IDRPH=3738> to register now!

Work & Play Classes

For parents who have completed an **Observation class**, our Work & Play classes provide an opportunity to explore the art of handwork through the creation of useful and beautiful objects from natural materials or to experience the joy that comes from the continued practice of quiet observation in nature and in a homelike setting with your child by your side. Work & Play classes are held once a week for a ten-week session at SFWS Grade School campus, 2938 Washington St. at Divisadero and at Holy Trinity Cathedral unless otherwise noted.



Rhythms in Nature and in the Home

Tuesdays 9:00 – 11 am with Allison
For parents and children ages 1 to 4 years

Guided by the seasons and the joy of gentle rhythmical activity, this class provides a living experience of the beauty and nourishment that can be found in nature and in the home. The first five classes will be spent in our cozy kitchen and upstairs play area, where a gentle awareness of our own movements and state of mind is brought to domestic and handwork activities such as rolling and grinding grains, stirring and kneading, spinning and carding wool. The second five classes will be spent out of doors, where nature and the elements will be experienced through quiet observation, the sharing of seasonal songs and a warm communal snack. Children work and explore side-by-side with their parents. Snack and all materials provided. Weekly discussion complemented by selected readings. Held in the Presidio and at HTC. Fee: \$305.

Wearables

Fridays 9:00 – 11:00 am with Marianne & Allison
For parents and children ages 1 to 4 years

We welcome springtime in our **Wearables** class as we weave a handy child-size egg carrying basket...ideal for egg hunts and gardening with mom and dad. We'll knit and felt a toddler backpack, knit a cotton hiking cap and sew a flower fairy cap from hand-dyed wool felt. We will also share seasonal songs, a healthy warm snack, outside play time and lots of time for the children to play while mother or father sews. Basic knitting and hand sewing experience helpful. All materials provided. Held at SFWS. Fee: \$365.



The Knitted-Felted Farm

Thursdays 10:00 am – noon with Marianne
For parents and children ages 1 to 3 years

Spring is a glorious time on the **Knitted and Felted Farm!** In this session we will knit, wet felt and needle felt many of our little animal friends: lambs, birds, butterflies and bunnies, and even Peter Rabbit! Parents will knit a spring landscape of fields and streams while learning a variety of new stitches. We will also knit and felt a colorful Easter basket! Parents new to knitting and felting are welcomed, all skills are taught and all materials are provided. We also play outside each class session, share songs and rhymes and enjoy a warm healthy snack. Held at SFWS. Fee: \$365.



Toy Making

Wednesdays 9:00 – 11:00 am with Marianne
For parents and children ages 1 to 3 years

Come join our happy group of parents! For our spring **Toy Making** session, we will make sweet little woolly chicks and wet-felted eggs, knit a rabbit hand puppet and hand sew a wonderful 16" tall Waldorf doll as well as create a magical mobile for your child's room! All handwork skills are taught. We sing, enjoy outside playtime, share a warm snack and allow the children to play while mom or dad knits and sews! All materials provided. Held at SFWS. Fee: \$365.

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