March 2017

Special points of interest:
- Parent Orientation is on the 1st and the 15th of March at 0900. Call the center and make an appointment.
- Dr. Seuss birthday! Green Eggs Breakfast 2 March at 0800.

Thanks to the dental clinic for visiting the preschoolers talking about taking care of our teeth.

Congratulations to Heidi Sowers for winning the Child Care Teacher of the Year.

Congratulations to Susan Johnson for 20 years of Civil Service.

Trainer’s Corner from Fran Apland and Kristin Houghton

Developing Self-Regulation:
A Foundation for Lifelong Success

Both the inappropriate behavior of the motorist and your intense response to this situation could be considered a loss of self-control and/or inability to regulate behavior. “Even as adults, we can be overwhelmed by emotions, although we probably have learned some strategies to help us regain control. Infants and toddlers who are overwhelmed depend on the outside help, or external regulation, that responsive caregivers provide.”

You may wonder “What is self-regulation?” “Why is it important?” or “How does this pertained to me?” Very often what are seen as behavioral problems are actually difficulties with self-regulation and children are simply still learning skills that we, as adults, can help teach. Self-regulation is a person’s ability to manage powerful emotions, maintain focus and attention, and gain control of bodily functions. In other words, self-regulation is a combination of several complicated processes that ultimately allow us to appropriately respond to our environments. From social situations to the ability to perform necessary life-functions (like school, or work), self-regulation affects every area of our life.

As important adults in young children’s lives, CDC professionals, parents, and guardians must work together to provide the necessary support to promote self-regulation development. It is our obligation to help children learn this vital skill; but how do we do that?

Consistent and caring routines that meet children’s needs are the start. When children’s cries for food or attention are answered, they begin to learn that the world is a safe place where people respond to them in positive, nurturing ways. Verbal cues such as “I’m on my way” or “I’ll be there in a minute” will signal to children that though they may have to wait a short time, their need will be met soon.

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Ultimately, self-regulation in early development is influenced by a child’s relationship with the important adults in his or her life and though each child is a unique individual who will respond and learn from adults differently, there are some basic strategies to provide a framework to build from:

- Observe closely: children’s behaviors are cues for their needs
- Respond: be alert to individual differences children and their needs
- Provide structure and predictability
- Arrange developmentally appropriate environments
- Define age-appropriate limits
- Show empathy and caring

Thank you for being a partner with the EAFB Child Development Center.

*Source material: Young Children Magazine (July 2006); Young Children Magazine (July 2011)*
Room 111 - Ms. Collene, Ms. Tiffany, Ms. Emily

Tummy time — placing a baby on his or her stomach while awake and supervised — can help your baby develop strong head, neck and shoulder muscles and promote certain motor skills. Tummy time can also prevent the back of your baby’s head from becoming flat (positional plagiocephaly).

A baby’s skull is soft and made up of several moveable plates. If a baby’s head is left in the same position for long periods of time, the skull plates might move in a way that creates a flat spot. While it’s recommended that you place your baby on his or her back to sleep to reduce the risk of sudden infant death syndrome (SIDS), tummy time gives a baby the chance to experience a different position. This can help reduce the risk of flat spots.

Research also suggests that babies who spend time on their tummies crawl on their bellies earlier than do babies who don’t practice tummy time. The more time babies spend on their tummies, the earlier they might begin to roll over, crawl on their stomachs, crawl on all fours and sit without support.

Start by laying your newborn on his or her tummy across your lap two or three times a day for a few minutes. As your baby grows stronger, place him or her on the floor after a diaper change or nap. Arrange age-appropriate toys within his or her reach. As your baby gets used to tummy time, place your baby on his or her stomach more frequently or for longer periods of time. For a 3- to 4-month-old baby, some research suggests aiming for at least 20 minutes of tummy time a day.

Remember, however, to never leave your baby unattended during tummy time. If your baby becomes fussy or sleepy during tummy time, change his or her activity or place your baby to sleep on his or her back in the crib. For more information on this important subject check out mayoclinic.org

Room 112 - Ms. Amy, Ms. Ann, Ms. Marie

This month we will be focusing on naming feelings and how to teach baby to self-soothe.

Naming feelings sounds kind of silly but the rewards will be great for your child. If your baby is sad, you can talk to them about it (this is especially helpful if you can’t get to them right away). By labeling emotions early and ongoing it will teach our children that emotions are normal and acceptable.

You can’t teach your baby to self soothe but you can provide them the opportunity to teach themselves. Given the right circumstances it will happen on its own. It’s like learning to crawl, if you always carry your baby they won’t have a chance to discover crawling because they aren’t on the floor enough to feel comfortable exploring and learning the technique. To set the stage you need two things, a regular bedtime and a consistent routine. If you’ve tried it and it didn’t seem to work, think about if you’re giving baby the opportunity to find ways to soothe themselves or are you coming to their rescue a little too soon. Remember the goal is to help them develop the ability to self-soothe which is an important skill that will serve your baby well not only at bedtime but in other situations as well. Please help us keep your mobile babies safe by providing shoes for them. Shoes give babies the extra traction when pulling up and cruising around furniture and learning to walk independently.

You are always welcome to visit!

Room 116 - Ms. Diane, Ms. Megan, Ms. Heidi

This month we will be focusing on personal/social skills. Here are some activities you can do at home with your baby.

Younger Infants

A Cup For Baby - Allow your baby to hold a plastic cup. Put a little water in it, and see what baby will do. They will probably enjoy trying to drink out of a cup. Let them experiment.

Faces in the Mirror - While looking in the mirror with your baby, talk about body parts such as the eyes, nose, and ears. Touch your nose and say “Daddy’s nose!” Touch baby’s nose and say, “Baby’s nose”. “Daddy’s eyes, baby’s eyes! Play this game as long as baby seems interested.

Older Infants

Bath Time - When your baby is taking a bath, give them the wash cloth. Encourage them to wash by themselves. After the bath, let your baby help get dressed by pushing their arm through their nightshirt. Be patient, these self-help skills take a lot of time and practice.

Little Helper - Give your baby a damp sponge and let them wipe the table, chairs, floor, walls, and doors. This is an activity they may enjoy doing while you are getting dinner ready or washing dishes. Tell baby “Thank you for helping Mommy”.

Sign - “more”

Book - “Ants Go Marching”

Finger Play - The More We Get Together

Join us on 2 March to celebrate Dr. Seuss’ birthday at our annual Green Eggs and Ham breakfast at 0800.
This month we will have more sensory activities focus on the colors green and yellow. We will do some activities that consist of painting, exploring colored gak/goop. Parents are invited to celebrate Dr. Seuss’ birthday with a Green Eggs and Ham breakfast on 2 March at 0800. The room will be reading many books of his to expand on literacy. Dr. Seuss books are really fun to read and introduce the children to new sounds and words. We encourage you as parents to come in and read to the children throughout “Read Across America”.

The song this month is: I’m a Little Leprechaun” sung to “I’m a Little Tea Pot”. I’m a little Leprechaun dressed in green, the tiniest man that you’ve ever seen. If you ever catch me, so it is told. I’ll give you my pot of gold.

If you have any questions or concerns, please let us know.

Have a great month!

Finger plays — clay song
Science — various art tools
Arts and crafts — frames
Sensory — make goop
Large muscle — side walk chalk, painting, foot art

At home: A fun art idea is to paint on paper using kitchen tools as applicators. Forks, potato mashers, and slotted spoons all work well for this activity.

You are invited to celebrate Dr. Seuss’ birthday with us at our annual Green Eggs and Ham breakfast on 2 March at 0800.

Art is an expressive and aesthetic activity. It is also the theme that we will be focusing on this month. The children will be exploring many different types of art tools and supplies. Throughout the month the works of art produced by the children will be saved to display in an outdoor art gallery. Some of the artistic experiences planned for the month include:

Happy March! I hope everyone had a great Valentine’s Day! We want to thank everyone who came to the cookie social. We had a lot of fun and the cookies were yummy!

We have a lot of new faces in our room recently. This month we will be talking about transitions and separation. Rita Warren (1977) states, "How we handle separations is developed very early in life, literally from our Peek-a-boo days when we first deal with disappearance and reappearance of someone we love. How we help children handle separation, then, is of the first importance and is truly life shaping.

The most important and difficult for transition is drop off and pick up. Here are a few suggestions that help during transition time:

♦ Plan ahead—Make sure your items for the day are ready to go, so you can give your child your full attention.
♦ Give your child a warning—Tell them what you’re doing ahead of time (We are going to school, I’m going to work and I will be back to get you).
♦ Saying goodbye—It’s beneficial for your child if you say “goodbye instead of leaving when your child isn’t looking.

As teachers, we help the children transition to a new classroom by using the above techniques. It's helps the children trust us and lessen their separation anxiety. If you have any further questions about transitions, separation anxiety, or the overall development of your child, please let us know.

Hello March! Welcome Spring! As it begins to warm up (hopefully) and the flowers start to bloom, we will be incorporating those changes into our weekly lesson plans. Warmer weather means spending more time outside seeing flowers bloom, baby birds and bunnies, and the trees green leaves! There will be lots to talk about and the children’s language and skills will continue to flourish. We will also incorporate Spring related books to bring the outside changes into our classroom. The Very Hungry Caterpillar, Welcome Spring and My Friend Rabbit are just a few of the books we will read. Our art activities will also incorporate aspects of nature, painting with sticks, nature collages and bright colors will be experienced this month. Don’t forget our Green Eggs and Ham breakfast 2 March at 0800 in honor of Dr. Seuss! Hope to see you there.
Welcome to March! Thank you to everyone that was able to make it to our fruit pizza social and friendship day social. It was nice to see and talk to you all.

We will be starting March with Dr. Seuss’ Birthday on 2 March at 0800. We will be having green eggs, ham and toast for breakfast. March is also "Read Across America" month. Please come in sometime and read a book with the class. The children love it when parents come in to read.

You may have noticed that we have an open ended art center. Your children may come home with paint, markers, etc. on their bodies and clothes. Please make sure your child has extra clothes in their cubbies so we can change them as they become messy/dirty.

In class activities will include: Salt painting using water colors, water and salt to paint with on paper. We will be using cookies cutters to paint with and other various activities. We will be doing sensory activities that will be focusing on smells, making smell containers.

Thank you as always for your support and trusting us with your little ones. Remember if you have any questions or concerns, please come see us.

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Room 138 - Ms. Crystal, Ms. Stacy, Ms. Cheyanne

The first week of March is "Read Across America" week in honor of Dr. Seuss. We will have a Green Eggs and Ham breakfast on 2 March at 0800. Your child can wear a Dr. Seuss shirt or hat if they have one. If you would like to volunteer to read a Dr. Seuss book to our class, please let us know. We would also like the children to bring their favorite book on Thursday and Friday (2nd and 3rd) for a show and share day.

Sharing stories and books with two year olds supports their development and learning in many ways. Books help children make sense of the world and learn new concepts. Books also help children build vocabulary and increasingly complex language skills. They enable young children to learn new words for naming animals, objects, actions, experiences, feelings and ideas. As you are reading familiar books to your two year old, they will eventually be able to name pictures and fill in repetitive words and phrases when you pause during reading.

Good books for two year olds:
- Books about animals
- Stories they can join in telling or act out
- Books with rhymes, songs, or other predictable language patterns
- Books that show human diversity
- Alphabet books with simple, familiar themes
- Books that help children understand concepts about number, size, shape and color

"You're never too old, too wacky, too wild, to pick up a book and read to a child."

~Dr. Seuss

Room 140 - Ms. Janel, Ms. Ariel and Ms. Gwyn

Spring is almost here!
This month is "Read Across America" and Dr. Seuss Birthday! Please join us for our annual Green eggs and ham breakfast on 2 March at 0800. If you have a Dr. Seuss shirt or hat for your child, please have them wear it that day! Each Friday if your child has a favorite book they would like to bring in and read, let us know, we would love to have a special visitor.

We have been working on boundaries and using our words when kids come into our space and we don’t want them to. If your child holds their hand up and says “Stop, this is my space”, these are phrases we have been using. Toddlers need consistent repetition reminders on learning how to play/socialize with others.
Room 133 - Ms. Sheridan, Ms. Isabel, Ms. Kim

Throughout the month of March we will periodically bring into sharper focus an important aspect of Early Childhood Education that is always an underlying and intentional part of our physical and social environments here at the CDC: diversity. Diversity and tolerance are crucial elements of a healthy social and emotional development but can be extremely difficult or confusing to teach. It “is not Cinco de Mayo, Black History Month, or Chinese New Year… costumes, ... headdresses, or eating tortillas. Rather, diversity or multicultural education is, a continuous approach to working with children, parents, families and colleagues every day” (www.earlychildhoodnews.com) Neither is it developmentally appropriate to push a “colorblind” approach or to refuse to acknowledge differences.

Rather, we should celebrate our differences as we learn to enjoy and appreciate them. Learning about diversity encompasses helping children learn about their own backgrounds, the backgrounds of others, see themselves, their families, and their communities represented throughout the center, and continually be exposed to activities, materials, and concrete experiences that destroy stereotypes. “Finally, a basic concept of diversity is the idea that almost everything humans do can be done in a variety of equally acceptable ways: grow crops, build shelters, create families, educate children, and make beautiful art. We need to help children see a variety of perspectives on issues and problems. We can do this by asking children if they can come up with alternative approaches, by reading books about innovative methods, by using a variety of possibilities when modeling behaviors to children, and by encouraging children to think creatively and divergently.” (www.earlychildhoodnews.com) In our classroom this month we will use graphs, charts, pictures, and group discussions to explore and examine our similarities and differences as individuals, families, and community members. We will read a variety of different books that show similarities both culturally and developmentally.

Note of interest: Please join us for March 2nd at 8:00 for our Green Eggs and Ham Social!

What are things you know, as a parent, that would be important for us to know? We want to know how your child thinks and plays. How do you see your child as a learner and as a person?

Thank you for your cooperation. We look forward to a wonderful partnership in your child’s education.

We are writing to ask you to become a partner with me in your child’s education. We will only have your child for a short time so we want to make a contribution that will last a lifetime.

We know your teaching must begin with making children feel at home in the classroom and helping all the children come together into a learning community. This community is made up of unique individuals, each with his or her own learning style, interests, history, hopes and dreams.

Would you please help we by taking a moment to write about your child? What does your child like? What are his or her interests?

Daylight savings time is on 12 March. We will be turning the clock forward one hour. The children will be practicing moving the clock forward and backward.

We will be celebrating St. Patrick’s Day on 17 March. Dress your child in green! In the classroom we will be mixing paints to determine what two colors mixed together make green.

We would like to take this opportunity to thank all the parents who have volunteered to help with the many projects so far this year.

Room 134 - Ms. Vicky, Ms. Shannon, Ms. Kitty

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Needed information:
Full name, birth date, graduation class date, ethnicity/culture, my family, hobbies, activities, how do I spend my time, places I have lived, people I look up to, pets, favorite food, song, TV show, book, sports team, color and movie, and their best friend.

You are invited to attend our annual Green Eggs and Ham breakfast on 2 March at 0800.

The 17th of March will be the date for our Leprechaun traps. Check your child’s mailbox for more information.

Room 135 - Ms. Susan, Ms. Remie, Mr. Sam

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