



# Child Development Center

August 2018

## News from the Director, Susan Ratkovsky

We are excited to announce we will be implementing Early Learning Matters (ELM) starting September 10th in pre-school.

ELM curriculum promotes positive out-

comes in all areas of development from birth to age five years. It is based on the latest research on child development and best practices in early education and care. ELM offers a comprehensive, developmen-

tally appropriate approach to meaningful learning for all children. We will have a parent meeting to introduce the new curriculum soon.

## Special points of interest:

- ☉ Parent Orientation is on the 1st and the 15th of August at 0900. Call the center and make an appointment.
- ☉ Summer Carnival - 9 August from 0900-1100.
- ☉ Parent Advisory Board Meeting -14 August at 1530.
- ☉ Back to School Round Up - 18 August 1-3 pm at the Pride Hanger.
- ☉ CDC closed on 31 August for the Family Day and on 3 September for the Labor Day holiday.

## Trainer's Corner from Kristin Houghton

How to Understand the Meaning of Your Child's Challenging Behavior  
Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent or caregiver, you may see your child behave in a way that doesn't make sense and ask yourself, "Why does she keep doing that?" It can be very frustrating, especially when it seems like it should be easy for your child to figure out on her own a more appropriate way to behave. In moments like this, it is important to remember that children continue to use a behavior because it works! Your child's behavior is a powerful communication tool that she uses to tell you what she needs or wants. Sometimes, when a child does not know the appropriate way (such as words, sign language or pointing to pictures) to express her needs or wants she may use challenging behavior (such as hitting, screaming or spitting) to communicate. Challenging behavior gives children the ability to send a message in a fast and powerful way. Children will use challenging behavior to communicate until they learn new, more appropriate ways to express their wants and needs. To change the behavior, it is important for you to first discover what is causing the behavior. If you know why your child is choosing a behavior, you can then teach her to communicate her wants and needs in a new way that everyone feels good about.

Children use challenging behavior to either:

- 1) get something, such as attention, a toy or a nap, or,
- 2) get out of doing something, such as going to bed, eating a new food or getting buckled in the car seat.

The first step you must take to help your child learn a new behavior is to determine if she wants something or wants to avoid doing something.

### Try This at Home

**Observe.** Pay careful attention to what is happening when your child displays challenging behavior. Keep a chart to see repeated patterns in behavior. What happens before the behavior starts? What happens after?

**Track.** Keep track of when the behavior occurs. Do you always see the behaviors just before nap time? Perhaps your child is tired and you can change your routine to include errands in the morning and quiet, at-home activities before nap time.

**List.** Brainstorm ideas about what your child is trying to get, or avoid doing, by using challenging behavior. The more you watch your child, the more you will be able to narrow your list down to a few possible reasons why the behavior is occurring.

**Teach.** Once you have an understanding of why your child chooses to use a challenging behavior, you can teach him a new way to behave in that situation. Pick a time outside of the situation when you can.

**Role play:** Use puppets, trains, dolls or other toys to act out the new skill with your child. For example, you can make the doll say, "I really want to play outside. I want to open the door and run, but Mommy says I need to

wait for her. I won't scream. I will say 'Hurry up Mommy. I am ready to play.'"

**Read books:** Children often tell you how they are feeling when they are trying to guess how others are feeling. Ask your child questions about a character in a book as a way to start to talk about your child's own behavior. For example, "That little girl doesn't want to go to bed. I wonder why?"

**Talk about the situation ahead of time:** Sometimes, children simply want to know about what is planned ahead of time or to be included in the planning. Parent schedules are busy and you often need to get things done quickly. However, quick transitions can feel overwhelming to young children. If you take a few minutes to include your child in the plan, you will likely see a dramatic decrease in challenging behavior. For example, you could say, "We are going to get in the car and go to the store when you finish this puzzle. Would you like to pick a special toy to bring with you to the grocery store?"

For more information like this... check out the Backpack Connection Series from TACSEI at <http://challengingbehavior.cbcs.usf.edu/>

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## Room 111 - Ms. Heidi, Ms. Jayme, Ms. Jenifer

Playing is one of the most important things you can do with your child, it is essential for their brain development. Playing with your child gives them so many different ways of learning! Playing helps them to feel safe, loved, and to feel confident. It also helps them develop social, language, and communication skills. This month we are focusing on gross motor skills through play. Here are some activities that can help their gross motor development.

**Sitting Practice** - Help your baby sit alone. Sit behind your child and

offer gentle support. Give them a couple small toys or book to focus on. As they get stronger you can give less support.

**Stand up play** - As your infant gets older and stronger they may enjoy standing up while holding onto shelves or furniture. Place toys on couches or small tables to encourage them to walk along and reach for the toys.

**Tunnel play** - If you have a sheet or light blanket, throw it over two tables or chairs and

encourage your child to crawl through the "tunnel" and let them explore. When they are out of sight call them by name and surprise them when they find you.

This month we are learning the signs for "more" and "all done". Please feel free to come in and visit your child anytime.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 112 - Ms. Amy, Ms. Kristina, Ms. Marie

This month we will be focusing on personal social skills. Your baby may be developing stranger anxiety and separation anxiety if they are around 8-9 months. This can be upsetting for both the infant and their parents, but it is truly a milestone in your infant's development. Your baby can now distinguish between familiar and unfamiliar people. Always reassure your

child and let them know you will be back when your workday is over. Discuss their emotions, this helps them to feel valued. Always tell your baby good bye and tell them where you are going. Playing peek-a-boo and mirror games with your baby also helps them deal with their anxiety in a calmer way. Please remember to check for "dirty" clothes in the pink bucket daily and make sure your

child has plenty of extra clothes in their cubby!

Have a great rest of the summer!

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 116 - Ms. Megan, Ms. Rebecca, Ms. Jasmine

During the month of August we will be focused on developing our fine motor skills. Here are some simple but fun activities for you to do with your infant at home.

**Younger Infants** - Provide several different types of rattle for your infants to examine and test out. Support their hands when hiding the rattle if they need it. Watch what they do and talk with

your infant about the sounds they are making.

**Older Infants** - Play in the bath tub with your infant. Provide buckets, cups, funnels, sponges and sinker toys for your infant. This allows them to practice pouring, filling, squeezing and lifting with their hands.

Certainly developing your infants fine motor skills will

help them better and strengthen their muscle memory.

Please join us for our summer carnival on 9 Aug from 0900-1100.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 117 - Ms. Jamie, Ms. Tabitha, and Ms. Claudia

It is August now and we are still enjoying water play day and learning many different ways water can be fun! Like making mud puddles, watering the flowers, and playing with sand and water together. We will still be enjoying these water days until Labor Day, weather permitting.

The children love to listen to stories like these that are read by the teacher:

- ◆ Farm Animals Sounds
- ◆ Jungle Animal Sounds
- ◆ I'm a Little Teapot
- ◆ How Does Dinosaur Say Good-night.

The children enjoy when the teachers act out the book and make it come alive. As we read the books, we talk

about the different sounds the characters might make and how the children can identify them. We work on sign language and other languages like Spanish and Italian with different characters too.

Come and join the fun with us for our summer carnival on 9 Aug from 0900-1100. The children would love to have some fun with the family by playing games and on jumpy castles.

We hope you have a wonderful summer!

## Room 139 - Ms. Agnes

Where did the summer go? I can't believe it is almost over already! I hope everyone has been enjoying their summer. We have been able to get a few sprinkler days in for the children, even with all the rain we have had. Hopefully we will have better weather in August so the children can enjoy extra sprinkler days. Soon it will be September and we will be back to regular schedules

as summer ends and the school year begins.

Summer Activities:

- Read books outside
- Fence painting
- Blowing and chasing bubbles
- Hula hoops

- Wash riding toys
- Parachute play

When picking up and dropping off, please remember to sign your child in and out each day and pick up your child's daily sheet and any clothes that might need to be washed.

## Room 119 - Ms. Sheridan, Ms. Lei, Ms. Karly

Happy August! I hope everyone had a great July and stayed cool! We want to thank everyone who was able to make it to the Snow Cone Social. It was nice to enjoy a cool treat on a very hot day.

As little ones transition into the pre-toddler rooms they start to enhance and practice more strategies for everyday living. One of these strategies that we will be talking about this month is our self-help skills. These skills are an important tool that we strive to instill in our children. There are several reasons why we give a significant amount of attention to help them learn and experience these skills.

- Encourage independence

- Boost their self confidence
- Gives them a sense of empowerment
- Enhances their cognitive skills.

There are several things we do in the classroom that help children learn self-help skills.

- Helping wash and set the table
- Putting on and taking off coats and hats
- Using utensils during eating
- Serving themselves during all meals.

Here are a few things you can try at home to help your child practice self-help skills.

- Helping set the table for meals

- Encourage them to brush their teeth with little to no help.
- Encourage them to help dress themselves
- Helping with tasks around the house
- Using utensils and open cups during meals.
- Help put on lotion

Children learn best by observation. Always remember to role model self-help skills for your child! We hope everyone has a great month, and don't forget to check out our family involvement on the lesson plans!

## Room 126 - Ms. Carolyn, Ms. BreeAnn, Ms. Remie

Where has the year gone? August brings many new adventures for our class! We will be exploring the world of colors. Each week we will focus on a different color. Each Friday we ask that you dress your child in the color of the week. The first color will be blue.

You are invited to our Summer Carnival 9 August from 0900-1100.

Your child has been learning new words daily as we continue to introduce everyday language. Their favorite words right now are bunny, butterfly, and outside.

The CDC will be closed on 31 August for the family day and 3 September for Labor Day.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 137 - Ms. Shawna, Ms. Kenzie

Welcome to August! Thank you to the parents that came and participated in the sno-cone social. It was a great way to cool down on such a hot day.

This month brings many different things to the area. Soon Sturgis will be here. We have already seen lots of motorcycles and RV's in the area. At the end of August we have the Central States Fair. The fair brings trucks and trailers full of animals. Also, there will be school buses out at the end of the month. The children love to talk about different kinds of vehicles and trans-

portation.

We have many different activities planned such as truck races in the sand, painting tracks with different types of vehicles. We will be washing cars and bikes outside. We will also be reading different books about transportation.

Our annual summer carnival is 9 August from 0900-1100.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

Recipe for Summer Days

1 cup vanilla yogurt

1 banana cut up

4 strawberries cut up

7-10 blueberries

4 graham crackers crushed

Mix together for a yummy parfait.

## Room 138 - Ms. Crystal, Ms. Stacy, Ms. Ali

This month we are going to be learning about transportation vehicles. We love watching the dump trucks and the bobcat working near our playground. We can't wait to see all of the RV's and motorcycles that will be coming to our area.

Some activities to support learning about transportation will be:

- Making roads and tracks with waffle blocks to drive our

toy cars and trucks on

- Making roads to drive big trucks on in the sand box on the playground.
- Making a truck/bike obstacle course on the playground
- Painting using cars and motorcycles
- Reading books about transportation vehicles

We are having a summer carnival on our playground on 9 August from 0900-1100.

Please bring new tooth brushes this month.

We will continue to do water play through the month of August.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 140 - Ms. Ryan, Ms. Nancy, Ms. Henrietta

This month we will be focusing on topics such as colors, numbers, books, and animals. We will also be looking into nature. If you have any camping pictures to bring in that would be fantastic! We will also be making a nature collage.

We will be having our summer carnival 9 August from 0900-

1100. Please come join us for jumping castles and fun games.

I would like to remind parents that water play will continue through the end of the month. Please ensure that when you take swim gear home on Fridays that you bring them back on Monday.

Parents, please avoid allowing your child to bring in outside toys except for a blanket or animal for rest time. Our room is fully stocked with developmentally appropriate toys for everyone.

The Parent advisory board meeting is Tuesday, 14 August at 1530 in room 118. All parents are encouraged to attend.

## Room 133 - Ms. Shannon, Ms. Makayla, Ms. Ebony

Happy August!

It is just about time to send off our oldest classmates to their new adventures in Kindergarten and we couldn't be more excited for them, though we will miss them so! Fittingly our focus for the month of August will be early mathematics. Though this will be a "focus topic" for us this month, please know early mathematic skills are best gained when they are real, concrete, and a part of everyday life. This is why mathematics are always an integral part of our curriculum. Children learn best by exploring the world and having hands-on experiences rather than memorization and formal study. They are naturally curious about and quick to pick up on mathematical concepts in this manner, though they do not learn in a strictly linear fashion (as

they do with literacy concepts). What may seem like simple games of sorting, building blocks, and puzzles are in actuality an opportunity for our children to gather and process data. Through regular exposure to these foundational experiences and materials your children will begin to learn number sense, geometry, measurement, spatial relations and the language of math. Throughout the month you will notice that we will be measuring and comparing objects by size, we will be sorting objects by shape and color, we will count how many steps it takes us to get from one end of the room to the other as well as from our door to outside. We will also be counting at meals how many plates and children are at the table as

well as how much food we have and how much will be left after everyone at the table gets some food. Open-ended experiences like these are also

perfect for our mixed age pre-school programs because they allow each individual child to succeed at the level they are developmentally ready for. In other words 3,4, and 5 year olds may all be doing the same basic activity, but they are all performing at varying levels and building their skills accordingly! Please keep an eye out for a print out in your child's mailbox with more information on how you can carry these important lessons over to the home environment and further building the foundations for life-long success!

## Room 134 - Ms. Vicky, Ms. Olivia,

It is with a heavy heart that we are about to say good bye to our kindergarten friends. We have had an amazing 3 years learning and exploring with each and everyone of you.

Our preschool classrooms are in for amazing new curriculum. The ELM (Early Learning Matters) curriculum will be starting on the 10th of September. The curriculum promotes positive outcomes in all areas of development. It is based on the latest research of child development and best practices in early education

and care. ELM offers a comprehensive, developmentally appropriate approach to meaningful learning for all children. The program focuses on the whole child to bolster school readiness and life success. It was developed by Purdue University for the Department of Defense Child Development classrooms. Parents will be provided with weekly curriculum extension activities and summaries of skills and classroom activities emphasized each week. Areas covered will be Creative Expression, Language, Literacy, Mathematics,

Physical/Health, Science, Self-Regulation, Social-emotional, and Social Studies. Activities will support parents in promoting their child's learning and development as well as respectfully recognizing family cultures in all practices.

We look forward to sharing this experience with you as parents, as well as your child. It takes a village to raise a child.

## Room 135 - Ms. Susan, Ms. Kim, Ms. Laura

You'll find that your preschooler is now more willing to be obedient and is more anxious to please than was your toddler. But because your child is now a bit easier to handle doesn't mean they need less discipline. Remember discipline is another word for teaching, which is an ongoing process throughout childhood and adolescence. There are 3 types of parenting styles and their effects on children.

### Authoritarian

Authoritarian parents are vigil, unquestioning obedience. They attempt to shape their children's behavior according to precise and absolute standards of conduct. Rules and regulations are set in concrete, and yelling, hitting and the threat of force are often used to assure compliance. This style does not allow for discussion or explanation. The child's role is to respect authority and to obey without questions.

### Permissive

Permissive parents are the extreme opposite of authoritarian parents. They are so intent on showing their unconditional love that they rarely set limits or say no. These parents value a child's freedom, individuality, and verbal expressiveness. They attempt to control or shape their child's behavior primarily by reasoning and infrequently punish behavioral problems. Their children have much freedom, but little guidance.

### Authoritative

Authoritative parents stand in the middle between authoritarian and permissive parents. They exercise control over their child's behavior, but they do it with some degree of flexibility. They are willing to reason with their children, to explain rules and to allow for appropriate degrees of independence. They encourage verbal give and take, but their children know that in important issues, the parents are the boss. Authoritative parents set firm limits and expect much but at the same time they are warm, supportive and respectful of their children's needs and interests.

The results:

Authoritative households have been found to be the most well adjusted. They are the most self-reliant, self-controlled, and socially competent. They are also the most independent and achievement-oriented.

The goal of discipline is to give children the skills, knowledge, and values they need to participate successfully in society.

Sign: Love You

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