



Child Development Center

September 2018

News from the Director, Susan Ratkovsky

September will be a month of staffing transitions for the front desk of the CDC. Carol Heiser retired after 25 years of loyal service to the Ellsworth CDC. Her shoes will be

hard to fill. Cyndi De Garmo will be starting soon as a front desk clerk. Additionally, Kara Brown will be the Operations Manager starting 17 September. You may remember her as a teacher in this program work-

ing with pre toddlers and infants. We welcome both Kara and Cyndi to the program.

Special points of interest:

- ☺ Parent Orientation is on the 5th and the 19th of September at 0900. Call the center and make an appointment.
- ☺ 6 September Effective Discipline for young children brown bag lunch and learn from 1100-1200.
- ☺ Teddy Bear Picnic - 14 September at 1530

Trainer's Corner from Kristin Houghton

We are very excited and gearing up for our new Early Learning Matters (ELM) Curriculum, a whole-child approach to learning that focuses on foundational skills and sequential learning, created specifically for Department of Defense Child and Youth Programs. Preschool classrooms will begin phasing in ELM this fall with ages birth-36 months expected to follow in the fall of 2019. Some great features of the curriculum include:

Comprehensive & Research-Informed

- ◆ 52 weeks of developmentally appropriate daily plans for children organized by age ranges: Birth-12 months, 12-24 months, 24-36 months, 3-5 years
- ◆ A sequential and integrated approach to guided learning in all foundations of school readiness and life success

- ◆ Research-informed learning goals and practices that build on children's developmental pathways
- ◆ Coordinated balance of intentional teaching and child-initiated exploration
- ◆ Fully aligned with NAEYC guidelines, including accreditation criteria, and early learning standards
- ◆ Expert input from DoD Child Development Program stakeholders, early childhood professionals, and Cooperative Extension Specialists
- ◆ Pilot testing in DoD child development centers

Ready-to-go Resources

- ◆ Concrete examples of high-quality implementation of daily plans, including scaffolding tips
- ◆ Efficient curriculum-based assessment procedures for individualizing children's learning and sharing progress information with families
- ◆ Easy-to-use implementation guides and training resources, including classroom observation checklists
- ◆ Engaging pictures, posters, cards, and other reproducible child-friendly materials
- ◆ Weekly parenting tips for supporting and extending children's learning in families
- ◆ Adaptations for family child care homes

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Room 111 - Ms. Heidi, Ms. Jayme, Ms. Remie

Welcome to September! We still will be going outside weather permitting so please bring a light jacket to have in your child's cubby. This month we will be focusing on personal social skills. Here are some activities to try at home with your baby.

Younger Infants

Your baby is discovering different body parts and may have become very interested in their feet and hands. Encourage them by playing games such as, "This Little Piggy." And other games with fingers and toes. Talk about their body when they touch their feet. Say things like "You

found your feet." Wave bye, bye when you are leaving. There are so many fun games to play.

Older Infants

Your baby may enjoy watching older children play. This is especially fun when they have older brother and sisters. If there are other babies his own age in the neighborhood, they will enjoy watching each other. Eventually they will learn to play together.

While sitting on the floor, roll a small ball to baby and then ask

him to throw it back, now do it again.

As always, please feel free to come and visit anytime throughout the day. Thank you for all you do.

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

As infants become more mobile in the classroom and at home, the need for positive guidance and discipline is essential. Guidance is what we do before a problem arises and discipline is what is done after a problem is present. Techniques for guidance are preventive in nature; they help guide children to learn and maintain self control without help from a caregiver or parent.

Distraction is a guidance technique that involves changing a child's focus from an activity that is unacceptable to one that is acceptable without directly confronting the inappropriate behavior. It can also be used to prevent the escalation

of a minor problem into a major problem.

Redirection is a positive discipline strategy that requires caregivers and parents to be good observers of children. Redirection involves anticipating problems and intervening before they occur. Examples are: Exchanging an inappropriate toy for an appropriate one; try singing a song to redirect a child's focus or putting something in a baby's hand when they are reaching for another child's hair. Redirection only works when caregivers and parent are alert and get to a

situation before it erupts into a bigger problem. We have handouts if you are in need of more information regarding discipline and guidance.

Fall is approaching quickly and there may be some days we go outside. Please be sure your child is dressed appropriately for the day and has extra clothes and a light jacket.

We are trying to collect a "me" board for each child to display in the classroom. Please ask if you need any materials or ideas. Thanks

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

Welcome to the month of September. Summer is ending and fall is near, with the weather starting to change we ask that you dress your infant accordingly. This includes long pants, shirts, socks and jacket for outside play.

This month we will be working on communication. Infants have a wide range of ways they communicate with us. This includes, coos, cries and giggles. Even though they can't communicate through words, they will still let you know when they need something. Our goal this

month will be introducing several signs. This will help the infants feel proud about what they can do.

We will be taking time to read with the infants one on one and in small groups as well as using small talk throughout the day. Some things that you can work on at home are talking with your infant during any intimate activity during the day. This involves changing a diaper, rocking them to sleep, or laying on the floor while they play. Make sure to take some time to read to them as well. Infant's brains double

in size within their first year so communication and language are very crucial in their growth and development.

Signs - "more", "all done", and "eat"

We will provide a packet with these signs for you to work on at home with your infant.

Please join us on Friday the 14th for our Teddy Bear Picnic at 1530.

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

September has arrived and that means cooler weather will be here. We will no longer be enjoying the water play days but looking for the snow to get here. We are asking for the children's swim gear to be taken home and bring in a light weight jacket. We are also asking for the children's cubbies to be gone through to trade out their summer clothes with warmer ones.

In this month we will be talking about nature and weather changes. We will be doing activities with sticks, leaves, and apples. If you have leaves around your home it would be great if you could bring them in.

Please have your child bring a teddy bear in on 14 September for the Teddy Bear Picnic at 1530.

A song that you can learn with your child about apples:

My Apple Tree (sung to the tune of The Muffin Man)

Did you see my apple tree?

My apple tree, my apple tree,

Did you see my apple tree"

Full of Apples red!

Room 139 - Ms. Agnes

We welcome all the families and children that are new to our room. The teachers understand that it can be difficult to transition as the parents and children learn to adapt to their new environment. If you have any questions or concerns, please feel free to ask. We are always here to listen. We are looking forward to watching each individual grow and bond with each other.

We will be spending time getting to know our friends, families and feelings. Your child will practice making friends and identifying feelings through out the month. We will also learn about our new families and what makes us alike or different. This is an exciting month because we are exploring emotions through a variety of learning activities. Friends and feelings are a special warm

way to start off a great September!

Just a friendly reminder. It is time to get ready for some chilly weather. Please dress your child appropriately in addition to making sure they have an adequate change of clothing in their cubby.

Please join us for our annual Teddy Bear Picnic on 14 September at 1530.

Have a great September.

Room 119 - Ms. Sheridan, Ms. Lei, Ms. Wai

Happy September! I hope everyone enjoyed the month of August and had a great time. We want to thank everyone who was able to make it to our Summer Carnival. It was a great time and the children had a lot of fun.

This month we want to focus on emotional development; mainly children's feelings and how they express themselves. One year olds do not have a big variety, so they show their emotions through actions. Sometimes these actions may not seem appropriate to us, but are age appropriate for them.

Because one year olds sometimes cannot tell us what they want or need, they may hit or bite. For example, Johnny took a

block from Susie. Susie bit Johnny on the arm. Susie does not yet have the vocabulary to tell Johnny that it was her toy and she did not like that Johnny took the block from her. As teachers (caregivers and parents), we need to show/tell children how they can communicate to others. We let the children know that it is not ok to bite/hit and model for them what "soft touches" look like. We also tell the children to tell the others "stop" or "mine". We sometimes use sign if they cannot use verbal language yet.

If you are concerned about your child's emotional development or behavior, please let us know. There are a variety of resources available and/or strategies

to incorporate at school and home.

Just a reminder: School has started which means Scholastic Books are back! We will be passing out packets at the end of each month and online orders will be due the first week of the following month. There are some great books available at great prices. Each order helps our classroom earn free books!

Have a Great Month!!

Join us for the Teddy Bear picnic on 14 September at 1530, please have your child bring their favorite teddy bear.

Room 126 - Ms. Carolyn, Ms. BreeAnn, Ms. Jenifer

Hello September!! This month your children will be learning all about their emotions. We have had a lot of changes that have happened in our children's lives and we know that they don't understand them all. As every parent knows, it takes only the smallest change to

throw a Toddler's day out of whack. A missed nap, a smaller than normal breakfast, a visiting relative, a move out of the crib and into a bed are all enough to disrupt a child's natural sense of order and routine. Please let us know if anything different is happening

in your child's individual needs. No piece of information is too small! Anything you would like to tell us, we would like to hear. We will offer handouts to any parents that are looking to help their child through any difficult time.

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

Welcome to September! The summer went by way too fast. We would like to thank all who came to participate or volunteer for the summer carnival. As always it was a huge success and the children had a lot of fun. With summer almost over, we will be sending all water play stuff home. Please watch for the bags to take the summer gear home. With this transition, please switch out summer clothes to warmer clothes in their cubbies. Also, a

light jacket will be needed for the cooler days.

In honor of Labor Day coming at the beginning of the month, we would like to focus on careers. We are looking for parent volunteers once or twice a week to come in and talk to the children about what they do. This is an amazing opportunity for the children to learn about what your jobs are and what you do when you say "I am going to work".

Please come to the Teddy Bear Picnic on Friday 14 September at 1530. Your child can bring a teddy bear or stuffed animal for the day.

As always, thank you for being amazing parents. Remember if you have any questions or concerns, please ask.

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

September can have unpredictable weather and can be very chilly in the mornings. Please make sure your child has a jacket or hoodie in their cubby everyday.

We are excited that the Scholastic book orders are starting again. You will get a book order form in your mailbox every month. All you have to do to order is go to www.scholastic.com/bookclubs and enter our classroom code GPGW4. The books usually arrive about a week after the orders are due. All

books purchased go towards our classroom earning free books.

We would like to invite you to attend our Teddy Bear Picnic on 14 September at 1530. Your child is encouraged to bring their favorite teddy bear that day.

We will be starting to learn about the seasons changing in Autumn this month. As the leaves start to change, we will collect them and do some art projects. We will also start reading some books about Fall

such as: When the Leaf Blew In, The Leaves on the Tree, Apples and How They Grow, and One Windy Day.

If you did not bring a new toothbrush for your child this month, please bring one as soon as possible.

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

This month we will be focusing on topics such as colors, numbers, books and animals. Keep an eye out on the lesson play as to when your child will wear their favorite color.

Water play will end on Labor day. Water clothes will be sent home along with water shoes.

We would also ask you to all bring your child a new toothbrush.

We will be discussing the colors of leaves and the changing colors.

Our weather is unpredictable, please make sure that your child has a light jacket and extra clothes.

I would like to invite all of you to the Teddy Bear Picnic on 14 September at 1530.

Thank you all. We enjoyed a fun summer of water play.

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

We recently waved our kindergartners off to new adventures. We will be working as a group to remind ourselves of our classroom rules, routines and schedule. Together we will cover basics such as: hygiene (experiments included), experiments that cover the course of a few days, basics on writing letters/names, basic mathematical integration as well as many other fun activities. We ask you to work with us together on these aspects so your child can get a completely enriched experience. Help us so

we can help you and them. We are always open to suggestions and ideas from parents as well. If there is anything you would like to see your child progress in, tell us so we can research and help as well! We also ask you to remember that each and every child is different. They develop different, they have different personalities, and they are all accepted and cherished here. In other news, winter is coming, but fall comes first. We ask that you provide light/medium jackets for the

chillier mornings since we play outside for around an hour each morning. We plan on having as much fun as we can as the summer winds down.

You are invited to our annual Teddy Bear Picnic on 14 September at 1530.

Room 134 - Ms. Vicky, Ms. Olivia,

While art and physics are solely human expressions, music is a common medium for many living forms. Song is the language of birds and whales. Lions and tigers and other animals are soothed by tranquil melodies. It has even been proposed that plants respond to music. The ability of species to generate and respond to music is one of the great unexplained mysteries of nature. Apparently, appreciation for music is built into the genetic foundations of all higher life forms. In humans, perfect pitch seems to be encoded somewhere within the strands of DNA. If the fittest do indeed survive, then how does the ability to sign in key or to keep time and

rhythm compliment or enhanced survival? Perhaps, as the essayist Lewis Thomas has suggested, we are part of a grand symphony that includes the "rhythm of insects", the long pulsing runs of birdsongs, the decants of whales, and the modulated vibration of millions of locusts in migration... "He proposes we do not fully appreciate the music because we are not the audience, but rather members of the orchestra. ~Leonard Shlain (from Art and Physics)

Keeping this in perspective, at circle time the teacher was singing songs from her childhood. The children responded as to whether or not they were familiar

with the song or simply had never heard it before. Many of the songs familiar to children today are from TV shows and computer games. Many teach about values or lessons. Our songs that we grew up singing were about our time and circumstances, i.e. I've been working on the railroad. Children may not understand the songs completely but the magic is still there because you are singing. Song creates closeness for all of us. Conversations evolve from singing and song. Passing down your generational music gives your children a sense of history of your past. If you can talk you can sing. If you play an instrument, play it with your child.

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

Family Routines

Try to imagine living through a day without being able to tell time and not knowing from one minute to the next what's going to happen. Living like this creates a lot of tension and uncertainties, certainly enough to fuel occasional tantrums. This is how your child spends each day unless there is some kind of routine your child can use to gauge the passage of time. Try to map out a simple schedule that lets your child know when the very basics will happen. Waking, eating, playing, resting, bathing and sleeping times should be some-

what predictable from one day to the next. They should offer a regularity and rhythm that is soothing and reassuring. This kind of daily routine will reduce behavior problems that fuel common daily arguments between parents and preschoolers at these times of the day.

Although establishing family routines requires a bit of thought and planning on your part, they help children in many ways.

They give a feeling of empowerment by letting children know what to expect next.

They ease children's natural feelings of vulnerability by giving order to their world.

They help children manage impulsive behavior by assuring them of what they're suppose to do next.

The repetitiveness aspect of routines helps children develop the habit of self discipline they need to become self reliant.

Sign - Stop