



HAPPY NEW YEAR

LEARNING SAFARI NEWS

JANUARY 2005

Office News

Happy New Year!!! We hope everyone had a very Merry Christmas.

We will be giving out 2004 childcare statements for tax purposes. You must request one from the front office. They will not be given out automatically. However, we will not be able to give you a statement if your account has a balance. All accounts with outstanding balances must be paid in full by Wednesday, January 5, so we can complete our year-end reports. Supply fees of \$18.00 are due January 15th.

We ask you to remember our sick policy during this cold/flu season. If your child is sent home with a temperature of 101 degrees or higher, vomiting or diarrhea, they cannot return to the center until they have been symptom free for 24 hours. Also, please pay attention to the change in weather. Make sure your child has appropriate clothing (a jacket, hat, gloves, etc.) to wear outside. State mandates that classes still have outside time except for rainy days or severe weather.

We would like to wish all our families a safe, healthy and happy new year!



Classroom News



3A making gingerbread houses



3B putting on their Christmas program

December was a fun month for all classes. Each class made ornaments to decorate the center's Christmas tree. We received many compliments on the creativity of all ornaments made.

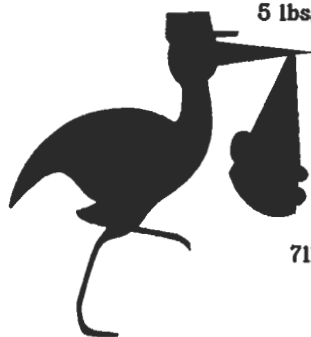
Our Pre-K class and our Three Year Old A (3A) class made gingerbread houses. The children had lots of fun making them.

On December 13th our 4 Year Old class took a field trip to the library for story time and saw Santa. They were sure to be on their best behavior!

3B put on a Christmas program for their parents on December 15th. They sang Christmas songs and everyone enjoyed snacks afterward.

All of our classes had Christmas parties on Friday, December 17th. We had a great parent turn-out and all the teachers appreciate all the parent participation and cooperation.

Look what the stork brought. Congratulation on your new arrivals!



Pam Garner
for her daughter
Kaitlyn Nicole
Born: 11/30/04

5 lbs, 14 oz 18 3/4" long

David & Rynae Sallad
& Big Brother Dylan
for

Dyson Bryant
Born: 12/13/04
7lbs, 10.5 oz 20 1/2" long

Kenya Walls
for her son
Malik Achavian
Born: 12/23/2004

6 lbs 8 oz 18" long

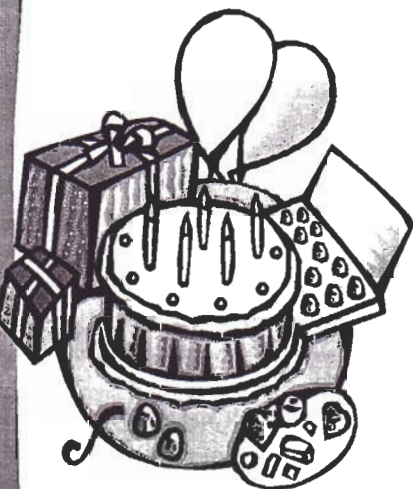
Amy & Spencer Bass
& Big Sister Cade
for

Connor Joseph
Born: 12/03/04
7lbs 19 3/4" long

Tracy & Brennan Rollins
& Big Sister Bailey
for

Brady Keith
Born: 12/15/04
8 lbs, 3 oz 20 1/4" long

HAPPY BIRTHDAY TO...



Tristan Adams 01/07
Lily Atkinson 01/09
Adiah Bland 01/04
Jasmine Brown 01/13
Isabel Giles 01/16
CJ Hayes 01/07
Sean Herndon 01/05
Jayla Jarrett 01/16

Jaylan King 01/14
Blanca Parham 01/16
Hanna Swinton 01/19
Connor Thompson 01/19
Kaylea Tran 01/23
Joshua Walker 01/13
Destini Ward 01/08
Austin Wilkes 01/10

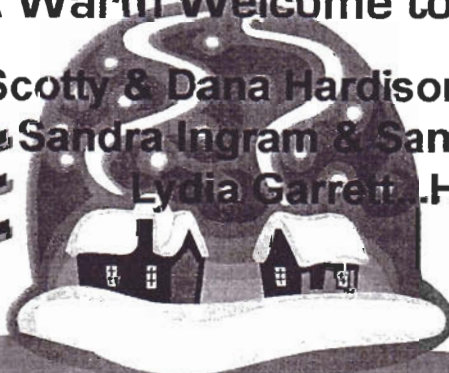
Ms. Mary Johnson 01/03

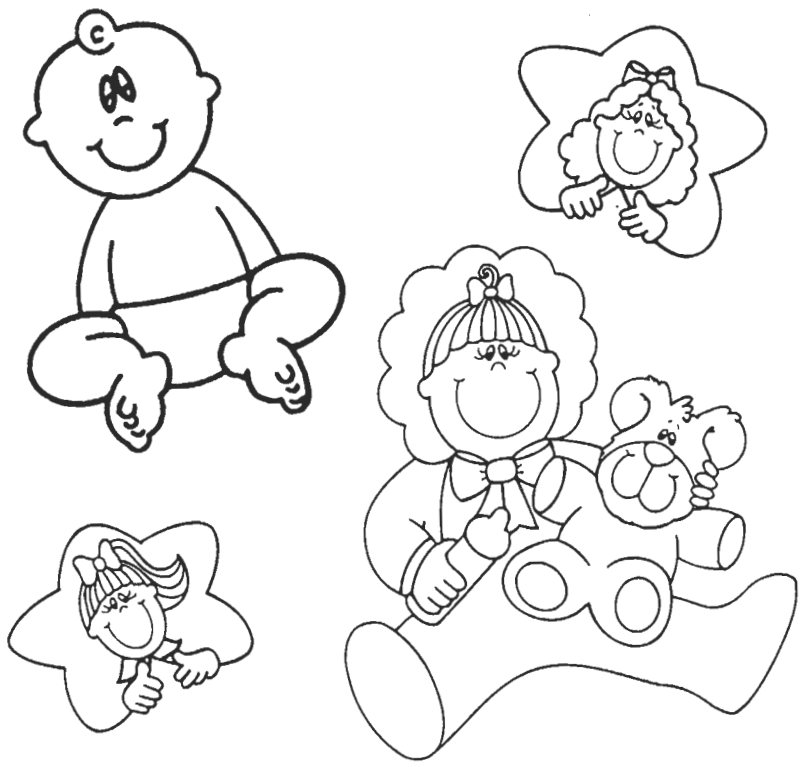
Ms. Kenya Walls 01/19

A Warm Welcome to Our New Families

Scotty & Dana Hardison...Ryleigh & Brynlee
Sandra Ingram & Santonio Lee...Jakayla
Lydia Garrett...Haylee Garrett

WELCOME





PROPERTY LAWS OF A TODDLER



1. If you like it, its mine.
2. If its in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a while ago, it's mine.
5. If it's mine, it must not ever appear to be yours in anyway.
6. If I'm doing or building something, all of the pieces are mine.
7. If I saw it first, it's mine.
8. If it looks just like mine, it's mine.
9. IF you're playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

DID YOU KNOW?

IT'S THROUGH PLAY THAT CHILDREN LEARN ABOUT THEMSELVES AND THE WORLD AROUND THEM.

THE PROPER MIX OF PLAY THINGS CAN SPARK IMAGINATIONS, BOOST COORDINATION, CHALLENGE CRITICAL THINKING SKILLS AND CREATE LONG LASTING MEMORIES.



January

Parent Pages

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NUMBER 1

In a perfect world, children would feel a range of emotions—excitement, anger, happiness, disappointment, envy, frustration, hurt—and they would know how to effectively deal with them. In reality, they feel things intensely but often can't identify or label the emotion—much less respond to it in an acceptable way. That's where parents and other caregivers come in.

Here are some ways to help children be aware of, identify, and exhibit or share their feelings with others.

Show respect for children's feelings.

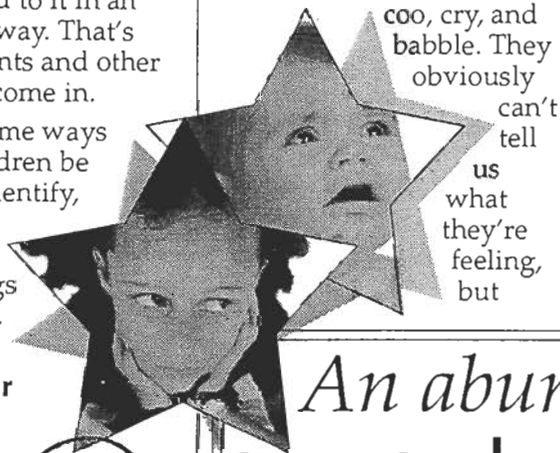
The goal is not to drive feelings underground but to acknowledge that children's feelings are important. You can validate feelings by saying things such as, "I know you want to stay outside, but it's time for dinner. You can play outside another time."

Talk about feelings. It's difficult to talk about something if you don't have a name for it. Label the feeling: "You look excited because you're

going to Grandma's house" or "Learning to tie shoestrings can be pretty frustrating." Children soon learn to identify their own feelings. It's helpful if they can say, "Mom, Kevin made me mad when he tore my picture."

Respond to nonverbal forms of communication.

Babies coo, cry, and babble. They obviously can't tell us what they're feeling, but

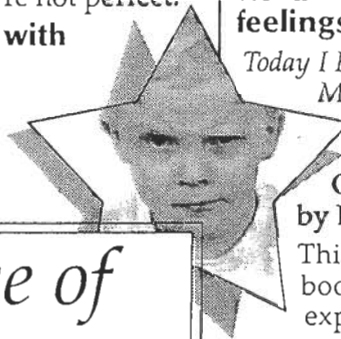


experienced the same emotions and you survived! "When I was seven, I felt left out when my friends rode away on their bikes without me."

Be realistic about your expectations. Most adults find it challenging at times to keep their own emotions in check. Give kids a break once in a while if an outburst occurs such as crying or yelling because they're still practicing—they're not perfect.

Come up with solutions together.

"You hurt your toe when you



offer a comforting hug or a lap to sit on until the good feelings start to return.

ACTIVITIES

Play a feelings game.

How do you feel when ... You draw a picture for your brother? Your balloon bursts? Your teacher gives you a hug? You find a lost dog? Your best friend gets mad at you?

Read a book about feelings.

Today I Feel Silly & Other Moods That Make My Day, by Jamie Lee Curtis, illustrated by Laura Cornell.

This exceptional book helps kids explore their ever-changing moods—from silly to cranky, excited to sad. The

An abundance of feelings

they're communicating plenty and probably effectively! A toddler soon learns that hitting isn't acceptable, even if he's very angry or very frustrated. But appropriate responses to this behavior are how he learns.

Share some of your own experiences.

As children develop, they like to know that you

kicked the chair. Can you think of a better way to express your anger?"

Improvise. When you don't know how to help, sometimes a good, warm hug goes a long way. If your child is feeling lonely, out of control, or just sad,

heroine understands feelings well. One moment, she's excited about starting a club and selling lemonade; the next, she's sad, confused, or lonely. The verse is lively and touching, the illustrations whimsical. At the back of the book, there's a cardboard face complete with a dial-an-expression face that lets children show how they're feeling.



Personal Parenting

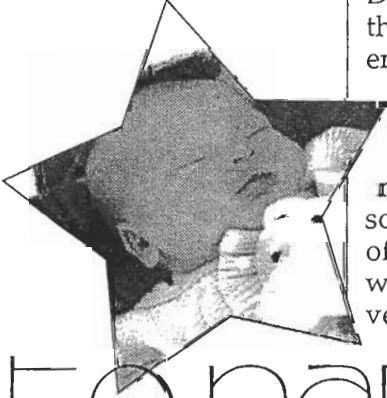
MAKE APPLE SMILES

It's fast and easy to make this tasty treat. Cut a red apple into half-inch wedges. Spread the top of one wedge with peanut butter. Place a few mini marshmallows on top of the peanut butter for the teeth. Spread another apple wedge with peanut butter to form the upper lip and place it on top. This treat is yummy and looks like a toothy smile!

Quotable Quote

"Keeping house is like threading beads on a string with no knot at the end."

Anonymous



During the latter half of their first year, babies enjoy simple games like Peek-a-boo. They are learning an important concept—object permanence. Up until now, if something left their field of vision, they thought it was gone. As they develop, they can form a

Winter Baking

There's nothing like homemade goodies to warm up a winter afternoon.

BLONDE BROWNIES

1 cup flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. baking soda
1/2 cup chopped nuts (optional)
1/3 cup butter
1 cup brown sugar
1 beaten egg
1 tsp. vanilla
3 oz. chocolate chips

Combine the flour, baking powder, salt, baking soda, and nuts. Set aside. Melt the butter in a small saucepan, and stir in the brown sugar. Let it cool and add the egg and vanilla. Add the dry ingredients and mix

well. Fold in the chocolate chips, and spread the mixture in a greased 8-inch square pan. Bake at 325 degrees for 20 to 25 minutes. Cool and cut into melt-in-your-mouth squares.

WHIPPED SHORTBREAD COOKIES

1 cup unsalted butter
1 1/2 cups flour
1/2 cup confectioners' sugar

Combine all the ingredients and beat for 10 minutes. Drop from a teaspoon onto an ungreased cookie sheet. Bake at 350 degrees for 15 minutes, or until the bottoms are lightly browned. Makes approximately 3 dozen small cookies. These are perfect for dunking in a cold glass of milk.

Good Times for Babies

mental image of an object that is out of sight—so, of course, they look for it and are very excited when it pops back into their field of vision!

There are many ways to play Peek-a-boo. Here are just a few:

- Cover your face with your hands, then remove

them and say "peek-a-boo!"

- Put a scarf over your head and then remove it. Better yet, let your child remove it while you say "peek-a-boo!"

- Have a favorite stuffed animal pop up and down from behind the crib or highchair.

to nap or not to nap

Adults get all the sleep they need during the night. Not so with young children—they need a night and a nap during the day. However, that changes as they get older. According to Jodi A. Mindell, author of *Sleeping Through the Night*, by age four about 25 percent take naps, by age five about 15 percent, and by age six only about 2 percent still nap.

Three signs your child may be ready to give up naps:

1. She often fails to fall asleep during nap time.
2. If she misses a nap, she's not cranky.
3. When she does nap, she often has trouble falling asleep at bedtime.





WORK ON ROUTINES

Create a calm morning. You're setting the stage for the entire day: If you plan it well,

other things fall into place much better. Getting up just minutes earlier saves time—less nagging, less rushing, fewer wasted minutes looking for lost keys and lunch bags. Laying out clothes the night before will minimize hassles over misplaced socks, shoes, shirts, and jackets. Plan simple breakfasts, and expect children to eat after they have dressed—it's a



kind of reward for getting up and rolling. Eliminate morning phone calls, and if kids have extra time, provide them with books instead of letting them watch TV. If you must leave in the middle of their reading, all they have to do is mark the spot with a bookmark and continue when they get home.

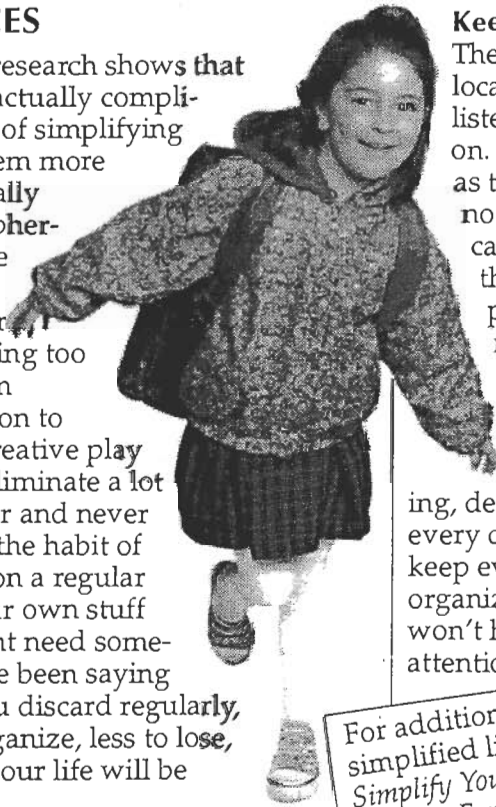
Create a calm bedtime. Bedtime should be inviting to a tired child. Include a ritual such as a warm bath, a bedtime story, and a time to cuddle before the lights go out. Keep bedtime consistent. Children need sleep and routines they can count on—and parents need their own quiet time, something that is hard to come by before children are happily tucked in.

What if you could simplify your life just by concentrating on a few key routines and lifestyle choices? It can be done. Here are some suggestions for slowing things down, getting more out of life, and creating more time for leisure.

SIMPLIFYING LIFE

LIFESTYLE CHOICES

Get rid of stuff. Some research shows that all the stuff we have is actually complicating our lives instead of simplifying them or making them more manageable. Do you really need all that baby paraphernalia that clutters up the closet and runs up the credit card bill? Another issue for families is having too many toys. Choose them carefully, paying attention to safety, durability, and creative play possibilities. This will eliminate a lot of toys that create clutter and never get played with. Get in the habit of sorting through things on a regular basis. That includes your own stuff that you think you might need someday, even though you've been saying that for five years. If you discard regularly, you will have less to organize, less to lose, and less to repair—and your life will be much easier to manage.



Keep a family calendar and don't overschedule. The family calendar should be kept in a central location. Everyone's appointments must be listed—it's the only way to see what's really going on. If three other activities land on the same day as the dentist appointment, it will be a difficult, if not near impossible, day. Make entries on the calendar as soon as notices for the soccer game, the dog's checkup, the school pictures, or the parent program come into the house. This is not as difficult as it sounds if you keep a pen mounted or tied by the calendar so it can't disappear. If your family calendar is full, only you can make the change to a simpler lifestyle by canceling, postponing, eliminating, delegating, or reorganizing. Check the calendar every day, or even the night before, to keep everyone on track. The most organized calendar in the world won't help if no one pays attention to it.

For additional help in creating a simplified life, check out the book, *Simplify Your Life with Kids: 100 Ways to Make Family Life Easier and More Fun*, by Elaine St. James.



January 2005

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