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Newsletter
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31 years of loving, living, listening and learning.

December 2011



HOLIDAY PROGRAM



DECEMBER 9
4:30 & 5:15
SANCTUARY & COURTYARD

MORE INFORMATION INSIDE



The Young & the Restless

INFANT - The Infant Room thanks all the

parents who signed up for our Parent Conferences and visited us for our Thanksgiving Day feast.

Now on to the upcoming of Hanukkah, Christmas and Kwanza. Let us see how our little elves have been doing. We sadly say good-bye to **Beatrice** and **Nicholas** who have graduated to the Toddler Room. We are happy however that they settled in very well and seem to have worked on their traveling skills very well.

Welcome **Joseph**. **Joseph** has the cutest dimples. He moves around quite a bit. Keep an eye out for a visit from him. **Mary** holds her own exercise class when she is in the Activity Area. Her little legs go a mile a minute. Sometimes we think she will just get up and walk.

Hailey has been spending time with her **Grandma**. We are glad to have her back in town. She was truly missed. **Ellie** is another baby very lucky to have family visiting her. **Ellie** has made a few appearances to class and always greets us with a smile upon returning. **Avery** has mastered pulling herself up in her crib to get a good view of the action going on in the classroom. She is getting on her knees while playing. The next step; crawling.

Connor is on the move. No time for the Activity Area. He is out and about. He visits everyone who is playing in the Exersaucer. He pulls himself up to greet them. **Ethan** is not too far behind **Connor**. He is following in his footsteps and venturing out himself. **Ethan** is another one of our fashion trend-setters who always has a quote to share on his shirts.

Watch out for **Mark**. He can usually be found as close to *Mae-Mae* as possible. He is squalling and bubbling. He always has a new hat and his award-winning smile to share.

We hope to see all our parents at our special Holiday Program on Dec. 9th. We have a lot of surprises in store. The Infant Room wishes everyone a wonderful Christmas, Hanukkah and Kwanza or whatever you may celebrate. May it be with the people you love and the joy it brings. And yes, Happy New Year.

TODDLER - As I say goodbye to November, I gladly welcome December. In November I had a lot to be Thankful for, I'm thankful for my little toddlers who keep a smile on my face, I am also thankful for their wonderful, caring parents who showed lots of love at our Thanksgiving luncheon. I am thankful for my great co-workers. We all should be thankful for life.



In November our toddlers were busy. **Ella** started eating school lunch. She had also been taking a few steps here and there. **Abigail**, **Rachel** and **Sophie** all turned over this month. **Abigail** has been busy with reading books and sharing her kisses with me. **Sophie**

went to visit Grandma. She also started taking steps. **Rachel** started walking.

Beatrice loves to play with the soft blocks and toys. **Alexandra**, **Porter**, and **Nolan** enjoy playing with each other on the playground. They play on the seesaw, play with balls and they like to slide on the slides. **Nicholas** loves to play with the cars in the manipulative party area. **Riley**, **Julian** and **Leonel** love our wagon rides. They like it when I blow bubbles when we are out on a wagon. We are looking forward to December and its many activities that are going to tag along with it.

Happy Holidays to you all with loves of ♥ Shante

HOLIDAY PROGRAM & BAKE SALE



For those of you who are new to the Holiday Program, it begins with a musical parade of the Infants, Toddlers, Pre-Scooters and Scooters in the Sanctuary at 4:30. At 5:15 the Bloomers, Delights and Fantastics perform a musical treat for all the families. During both performances, a Bake Sale is taking place on the Courtyard.

Thursday and Friday morning, we ask parents to bring in their baked goods so we can get them ready for the Bake Sale.

As a special addition to the Holiday Program this year, the CCC is participating with the Early Learning Coalition who has made available a gift of a book for every child in the Center. The books are coming from **Reading is Fundamental (RIF)**. The books will be available in the Fellowship Hall after each performance. Your child's name will be on their book. So look carefully and do not take just any book.

The Holiday Program is a fun event for all the family. It is a great photo opportunity. The order of the day is to have fun.

PRE-SCOOTER - HAPPY THANKSGIVING.

Ho-Ho-Ho! December is here. Great feelings, excitement, and happiness describe this month of the year. In December, we shall be very busy with practicing our songs for the Holiday Program. Also, we shall be discussing the colors of the season and discovering how people around the world celebrate the holidays of Hanukkah, Christmas and Kwanza .

In getting ready for Thanksgiving, it was a lot of fun practicing, gobble, and gobble. We pretended to be Indians wearing headbands. We thank the parents who were able to join us at the Thanksgiving luncheon.

Now here is an update on our Pre-Scooters and how much they have grown in this past couple of months: **Jolena, Mischa** and **Aaron** adapted very well to the pre-scooter family. They often climb up to the big school bus. They have had so much fun exploring the playground area. When reading time approaches, they sit in the quiet area ready to hear the story. **Andrew** points at the sky every time he hears an airplane. He also gets excited during chalkboard and art time because he gets to draw a lot and paint a lot with his hands.

Justin and **Valentina** walk to and from the playground together. **Sofia** scribbles on the chalkboard. **Jay** and **Dinuka** race up and down the mulch hill getting lots of exercise.

Henry says, "Hello" when he arrives in the mornings. **Audrey** and **Gerard** run to sit on the carpet when hear a teacher say, "Let us do circle time!"

Ahmed always smiles back when he sees you smile. **Violette** tries to help **Henry** to put on his hat.

Kai gets very excited when he sees his friends **Thomas, Michelle** and **Emily** in the playground. He says, "Thomy!"

Gabriella and **Taylor** love playing in the dramatic area. They love holding a baby doll wherever they go. **Fred** and **Brent** enjoy pushing toy in the playground and climb in the school bus.

As you can see, our little ones are busy and are having a wonderful time. They are all growing so much in many different ways.

On behalf of every Pre-scooter Educators, we wish you a Merry Christmas and Happy New Year. HAPPY 2012

Pre-scooter
Staff

Scooters A & B

The month of November has been lots of fun. Throughout the month we have talked to the children about "friendships," building relationships with people that will be meaningful and bring joy and happiness to their lives. We learned about "harvest." We talked to the children about appreciating the foods that come from the earth such as; fruits and vegetables. With much enthusiasm we also learned about the Pilgrims and Native Americans. We learned how their efforts to help each other and what was learned from one another resulted in this wonderful holiday that we celebrate every year called "Thanksgiving Day."



In honor of the traditions started by the Native American and Pilgrims we celebrated with Thanksgiving songs, turkey and many of our beautiful CCC Families.

Olivia and **Bella** have said bye-bye to diapers. They have started wearing panties! **Jacob** has learned how to recognize a pentagon. **Giancarlo** has learned how to identify an octagon. **Ethan L** has joined the big leagues by crossing over to the Scooters B side. He has already mastered all his colors. (:

In November we have also had a lot of great fun doing art activities such as hand turkeys. We had a great time making our Native American costumes. **Zoe** is doing a great job at being our little Ms. Teacher, telling everyone and anyone who hits saying, "Stop it! You don't have to hit my friends!"

Anne and **Amanda**, our "petite" girls are very good friends. They play together and love to dance and fly like butterflies. **Ethan Ka** likes to ride bicycles on the courtyard. He rolls cars with **Anthony**. They enjoy pushing cars around the room. They are very happy when they proclaim themselves "winners."

Isabella loves to sing The Turkey Song for Thanksgiving. **Toscane** had fun painting her hands to make a turkey.

Jackson is always ready for Story time. He likes to sing the Good Morning Song first, then gets ready to hear the story. **Ethan Ko** has a great time playing with the wooden train set. He invites his friends to help him

build the tracks.

Ivan enjoys singing our Thanksgivings songs and finger plays. One of his favorites songs is I'm An Indian Chief. **Michael** loves to dance to the rhythm of Row, Row, Row Your Boat with **Amanda**.

Lydia likes to come to school showing her friends her beautiful dresses. **Lucille** likes to play outside with her friends. She takes them for nature walks to try to find lizards.

Adam, Emily and **Gustavo** are our nature explorers. **Adam** and **Emily** will sit in the dirt looking for bugs. When bugs are found, Adam will cover them in mulch and **Emily** will watch to see if they escape. When she squeals, **Adam** will cover them again. **Gus** is always finding something interesting from air plants to flowers. He also will share by saying, "Surprise. Ta-da!" as he takes his "findings" from behind his back.

You will find **Ben** cheering others up by giving them a ball, a car or something that will stop them from crying. Then he says, "I share" with a big smile. **Eva** has been opening windows to houses filled with children and upon opening will say, "Boo!" Which causes lots of screams followed by laughter, which only encourages her to do it again.

Gabriel and **Michelle** are found climbing through windows on the houses, thoroughly enjoying each one, sticking their heads out the windows in hopes of catching the attention of passers by, which they always do.

Now we say good-bye to November with a Wobble, Wobble and a Gobble, Gobble. We merrily look forward to the beginning of "Winter." Christmas time will soon be here with snowman, candy canes, Santa and reindeers. Hanukkah and Kwanza are not far behind as the flickering candles light up the nights. Welcome back Merry Making December!

Bloomers

November was so much fun. The children learned about the Pilgrims, Native Americans and the meaning of thanksgiving. As much as **Declan** and **Jordan** enjoyed the "spooky" books we now started reading My first Thanksgiving, Turkey Ball and This Is the Turkey.



Stella, Monica, Mario and **Felipe** really enjoy Story Time no matter the topic.

The weather has been wonderful. **Luke, Marco, Jacob** and **Reese** have had many beautiful moments on the tire swing. They say "push me!" They never want to get off.

Every day we sing several songs. **Peter, Henry, Lucia** and **Trevor** are constantly saying, "Again. Again," before we even finish singing.

We have enjoyed playing in our Centers. We have two little train conductors, **Ian** and **Kira**. They have so much fun playing with the train set. **Marco** is our champion helper. He just loves to help. We welcomes two new friends, **Christopher** and **Nicole** who are happy and adjusted. Speaking of 'welcomes,' **Jacob** has a new baby brother. We also remember our birthdays, **Luke, Rose** and **Christopher**.

We continue to review colors, shapes and numbers. We have started talking about opposites. Our songs this month are Red Box, Mr. Turkey, Five Fat Turkeys, A Turkey Is A Funny Bird, A Pumpkin In The Cornucopia and There Is A Turkey On My Nose. We worked on may projects: turkeys, Native American vests and headbands, owls, Indian corn and more. We had a cream cheese and cucumber spread from our vegetable garden. We had it with our green beans.

We welcome *Ms. Beatriz* who will be with *Ms. Mary* in the afternoons. We leave you with the words to one of our songs: Mr. Turkey sung to the tune of Are You Sleeping.

Mr. Turkey, Mr. Turkey.
Big and fat, big and fat.
I am going to eat you.
I am going to eat you.
Just like that. Just like that.

Ms. Elvi & Ms. Martha

Delights

Is November over already!? This month has completely passed us by. We have been so busy preparing for Thanksgiving. The class enjoyed learning about the Pilgrims and



Indians. We learned about sharing and accepting each others' differences. Our class was decorated with window scenes from the book "Mice Thanksgiving." The kids created fall trees, wreaths, and hand turkeys to display on the bulletin board. It was so much fun!

Here is what the Delights said they were thankful for:
Tristan- toys, **Nana**, my **Mom**, and Diamond.

Declan- Turkeys, toys, **Remy**, **Teagan**, **Logan**, **Kaylie**, **Mom** and **Dad**.

Christopher- Toys, **Mom**, **Dad**, **Grandma**.

Mia M — getting my candy, giving my toys away to someone who does not have any toys

Alexander- My big boy bed, my Thomas blankets, my brother.

Julia- my **Mommy** and **Daddy**

Dalton- my toys, candy, **Mommy**, **Daddy**, my brother.

Sidney- my talking dogs, **Mommy**, **Daddy**, my brother.

Mia D- Barbies, my brother, **Dad** and my **Mom**.

Chloe- my **Mom** and **Dad**.

The Thanksgiving luncheon was a huge success. Thank you to all parents who came. The kids did a great job singing their songs. They were the cutest "Indians" I had ever seen!

December is here. It is time to rehearse for the Holiday show. We have three new songs this year. The kids attire for the show will be holiday colored dress clothes, and red and white santa hats.

We will continue to work on our names, numbers, and letters. The class is learning to count to 100 through a very fun song. Circle is a lot of fun with this group. Until next month!!

Ms. Lianne

Fantastics



Welcome to the most beautiful, colorful, happy, joyful month of the year....December hurray! During the month of November we were busy doing art projects, learning about letters Hh, Ii, Jj, Kk and drawing beautiful Thanksgiving pictures. The children were busy learning new songs. During the Thanksgiving luncheon the children sang to their parents. Everyone had a super time eating outside at the courtyard with their families. We talked about families and why we are thankful for! **Stephanie** said she is thankful for her mother, because "she loves me" she said. **Madelyn** is thankful for her "mommy and her whole family because I love them sooo much and they love me." **Fedor** is thankful for "my mom because she gives me lots of food and candy."

Keelan is thankful for "Turkey and thankful for my

bed." **Teo** is thankful for **Stephanie**. **Joshua** is thankful for "having money, a roof and my house." **Caitlin** is thankful for "my family and my brother."

Marianna said she was thankful for her family. The kids were busy making turkeys with their pretty hand prints. They also made beautiful place mats and thankful cards for their families. Another activity was my favorite day of the week. **Fedor** had two days. One, Mondays because he loves school and the food and Wednesdays because it is chicken day at home. **Stephanie** said that Saturday is her favorite because she spends time with her **Mom**. The rest of the group agree about Friday, they said that's the best day ever. During November we also talked about Veteran's Day. We hoped everyone had a beautiful time with their families.

Vy has been working with the Alphabet Chart. She fills the pockets with the appropriate letters and word cards. **Marcelo** has been making towers using unifix cubes. Sometimes he uses the same color cubes for each tower. He also makes color patterns.

Marlena and **Eric** like to play Bingo games. They both watch out for their friends making sure they do not miss the numbers or letters being called.

Alberto continues to play in the Block Area. He is into cards. There are around 15 to 20 cars he will take out as he organizes his play scenarios. **Emily**, **Clara** and **Stephanie** are working on 25 piece puzzles together. The farm puzzle and the horses are the ones they like the best.

Jacob has been very interested in a map about Africa that is in the classroom. He has *Arleen* read it to him most mornings. **Antoine** gets a big smile on his face when we play counting games. He asks to use plastic snakes and frogs all the time for counting.

We are working very hard on the sound of the letters A, B & C. We are reading our new books from ALPHA-TALES and we re-listening to the CD's: Abby the Alligator, Bubble Bear and Copy Cats. We love this book. Talking about books, **Dalton** brought lots of books to donate to our classroom. We are reading and enjoying them. Thank you **Dalton**.

We had a great time at our Thanksgiving Luncheon. It was so nice to treat our families and friends to a special luncheon to share our blessings.

In the class we talked about the first Thanksgiving. We read the story in our Weekly Reader Magazine and in Let's Find Out Magazine. We learned about the ship (Mayflower), the pilgrims and the Native Americans. It was very interesting.

During Circle Time we talked about what we were thankful for:

- Ms. Gladys* said, "Family and friends."
- Isabel** - family and food
- Olivia** - family and food
- Adam** - friends and family
- Bridget** - my home, family and food
- Cannon** - Mom, Dad, sister and friends
- Tessa** - my house, food, my Mom, Dad and sister
- Connor** - pets, Mommy, Daddy, Grandma, **Nolan** and home
- Leo** - eating dinner and family
- Morgan** - Mom, Dad and friends

We are all thankful for the Child Care Center's children, families and staff. We are starting to work very hard this month of December getting ready for our Holiday Program.

But the holidays are not over yet Fall will be gone soon, and Winter will bring "hopefully " cool days. We will be celebrating Hanukkah, Kwanza, and Christmas. And the spirit of the holidays is in the air. The children have been asking how many more days 'til Christmas. We will be busy learning new songs and making lots of set projects for the holidays.

I want to wish every family at the CCC a very happy Hanukkah, a happy Kwanza, a Merry Christmas, Feliz Navidad.

Blessings to all and stay safe.

Afternoon Programming

INFANT - in the month of November we welcomed a new infant names **Joseph**. We are so excited to welcome him. He is all smiles with the cutest dimples.

Sadly we had to say bye to



two of our senior babies; **Nicholas** and **Beatrice**. They are not crawling up a storm in the Toddler room. Speaking of crawling, we now have a few new mobile infants. Recently we have had **Connor**, **Avery**, **Ethan** and **Hailey** start moving. There is no stopping them. **Ethan** loves climbing on people. So watch out if you sit near him.

We hope all our babies and their families had an amazing Thanksgiving.

Next month we welcome Winter! Time to bundle up our babies.

TODDLERS - **Rachel** is now a year old and is walking all around the classroom. She enjoys pushing the toy cars around the classroom. **Riley** is now trying to start to walk. She stands up by herself and walks holding onto the cribs.

Abigail just turned a year old. She knows when we say "up," she puts her arms up. She is also trying to start to walk. **Nolan** is now walking all over the classroom. He enjoys playing with the musical instruments.

Nicholas has moved from the Infant room to our Toddler room. He is enjoying it here. He especially enjoys it when we go for a wagon ride. He also enjoys playing with the musical toys.

Love,
Angele & *Dalia*

PRE-SCOOTERS - Happy Gobble, Gobble Day from the Pre-Scooters afternoon staff. This month we have been making and baking turkey babies. **Gabby** our "turkey baby" has been busy in the kitchen making stuffing on the playground. **Mischa** on the other hand had a great time this month making paper feathered turkeys. **Audrey** likes running around saying "gobble, gobble" to people.

Well that is all for now. Happy Thanksgiving again.
Pre-Scooters afternoon staff

SCOOTERS - November has been a month full of excitement. We have enjoyed the fall weather in the afternoon. The kids have liked doing their Thanksgiving activities and singing the Ten Little Indians song. We painted the Native Americans with watercolors, the Pilgrims with crayons and created a turkey out of construction paper. We also painted a cornucopia and glued vegetables to it.

Adam, Emily and **Michelle** like to dance Ring-Around-the-Rosey. **Gustavo** and **Benjamin** like to play with play dough. **Thomas, Luis** and **Penelope** pretended to make a zoo out of Legos.

Some of the children cannot let go of Halloween. **Anthony** constantly mentions his Spider-Man costume. **Ivan** loves to read the book Wanda Witch with **Lydia**.

However, it has not all been spooky fun. We love reading books about fire fighters. Our favorite activity in the afternoon is playing outside, Scooters B love chasing *Ms. Paola* around.

We hope you had a wonderful Thanksgiving. We are extremely thankful for having the opportunity to take care of all of the lovely Scooters

Next month will be very exciting as the Holiday Season is around the corner.

Love,
Paola, Josephine, Alejandrina & Elizabeth

BLOOMERS - Turkey time is here! During the month of November we talked about what we are thankful for. With the cooler weather the children were able to enjoy outside play more. Some of the books the children enjoyed were *One Drowsy Dragon* and *There's A Duck In My Closet*. We sang songs about Thanksgiving, such as *Mr. Turkey*, *Five Fat Turkeys*, *A Turkey On My Nose* and *Wobble, Wobble*.

WOBBLE, WOBBLE SONG

A turkey is a funny bird,
His head goes wobble, wobble.
He knows just one funny word,
That is gobble, gobble.

Happy birthday this month to **Luke, Rose,** and **Christopher**. We also introduce *Beatriz* to the Bloomers. She will be working with me in the afternoons.

See you next month.
Miss Mary & Beatriz

DELIGHTS/FANTASTICS III - This month has been a very thankful and adventurous month for the children, their families and the staff. We played cats and dogs, soccer and then let their imagination soar. **Isabel, Adam** and **Olivia** were playing pretend. **Isabel** was the Mother and the others were brother and sister. **Leo**

and **Tristan** were playing monster trucks together smashing all the little cars that got in their way.

Cooper and **Connor** were playing monsters. They are making sure that there are not mythical creatures harming people or any princesses. No, not on their watch!

Till next month, we hope to let our imaginations soar up, up and away.

Orlando & Lashon

FANTASTICS I & II - This month in Fantastics we worked on Thanksgiving placements and made turkey hand prints. We read about the very first Thanksgiving and learned all about the Native Americans and pilgrims. We talked about Plymouth Rock and the Mayflower. During this past month we celebrated **Emily, Fedor** and **Stephanie's** fifth birthday. We will soon celebrate **Caitlin's**.

The Fantastics are looking forward to the month of December and all the holiday festivities.

Ms. Lynn & Ms. Sarah

From the Director's Desk



EASY TO LOVE, DIFFICULT TO DISCIPLINE: The 7 Basic Skills for Turning Conflict into Cooperation by Becky Bailey, Quill: New York, 2000. Pp. 178 - 181

REFLECTING BACK WHAT YOU SEE

Jake stomped into the house and threw down his backpack so hard, it knocked over the chair. Mom reached out to touch him on the shoulder to get his attention, and he jerked away. Compassionately and with total acceptance of her son, she said, "You pulled your arm back just like this (she demonstrates the action) when I reached to touch your shoulder." Jake looked up and made eye contact with his Mom for the first time since he entered the house. At that point she further reflected back what she saw. "You came in stomping your feet, your face looked strained, and you threw your backpack so hard the chair fell. Something terrible must have happened at school." By reflecting

back what she saw, Mom helped Jake become calm enough to begin talking about his upsetting experience.

When reflecting back what you see, focus on the child's body. Pay close attention to facial expression and posture. If you reflect back what you see to your child without using the Power of Acceptance, your tone will be sarcastic as you attempt to manipulate your child into "happying up." It is critical that you be conscious of your intent in reflecting. You are there to help the child regain control of himself. This is done through helping the child gain self-awareness. Jake was *physically acting out* his feelings. Saying what you see is the most helpful avenue to helping him understand how his feelings are driving his actions.

REFLECTING BACK WHAT YOU FEEL

Children are not born knowing how to handle emotions, so they often rely on unproductive strategies. Children will attempt to get you to feel the way they are feeling. It is their way of communicating their internal states.

Mistakes to Avoid When Reflecting Feelings

- Reflecting rather than questioning. The purpose of questioning is to elicit information. The purpose of reflecting is to increase your child's self-awareness. If you are asking questions, you are not reflecting feelings.....Avoid asking questions like:
"You're pretty sad, aren't you?"
"Why are you angry?"
- Sounding all-knowing. Your reflections need to be tentative and correctable. You want to leave room for your child's response or possible correction. Statements that sound all-knowing are not reflections. For example:
"You must be feeling sad."
"I know you are angry."
"You are angry."

Tentative inquires such as "You seem angry" are more helpful.

- Noticing feelings with the intent of altering them so that you feel more comfortable. Parents sometimes say things like, "I tried reflecting. I said, 'You seem angry,' but it did not work." These parents assume that

the reflected feeling will vanish, leaving the child suddenly happy again. Empathy is not a tool to eliminate children's feelings. It is a process that helps children recognize and understand their feelings and themselves. Feelings do not need to be fixed. They are not wrong or dangerous. Feelings are a part of our humanity, helping us grow and learn. Without them, life is empty.

REFLECTING BACK WHAT YOU HEAR

To reflect back what you hear, listen closely to your child and then summarize the essence of her statements, paraphrasing in your own words what you think she has communicated. Your reflections offer tangible evidence to your child that you have listened to her with empathy and have understood her perspective. A child might say "You can't make me take a shower. It is my body." You could reflect back the following to the child, "You want me to know that it is important to you to be responsible for taking care of your own body." The child might respond, "Yeah." You can then begin to solve the problem by offering consequences, or whatever skill you choose. In this situation, you might say, "To take care of your body, you must shower every day. When will you be taking care of your body today?"

With a nonverbal (young) child, you must summarize the expressions of her body. If her face looks angry, say, "Your face is telling me that you wanted to do that by yourself." If she kicks the door, you could say, "Your foot is saying, 'Let's go.'" then prompt the child to say, "Go," or, "Bye-bye."



McGRUFF WILL BE HERE

McGruff Safe Kids Total ID system will be here Wednesday, December 7. If you are interested in having McGruff provide an ID package for your child please complete the registration form sent home Friday. Packages range from wallet size ID cards to ID cards on DC-ROM.

HEALTH ALERT - COUGHS

Coughs are one of the most common symptoms of childhood illness. Although a cough can sound awful, it's not usually a sign of a serious condition. In fact, coughing is a healthy and important reflex that helps protect the airways in the throat and chest.



But sometimes, your child's cough will warrant a trip to the doctor. Understanding what different types of cough could mean will help you know how to take care of them and when to go to the doctor.

"Barky" Cough

Barky coughs are usually caused by a swelling in the upper part of the airway. Most of the time, a barky cough comes from [croup](#), a swelling of the larynx (voice box) and trachea (windpipe).

Croup usually is the result of a virus, but can also come from allergies or a change in temperature at night. Younger children have smaller airways that, if swollen, can make it hard to breathe. Kids younger than 3 years old are at the most risk for croup because their airways are so narrow.

A cough from croup can start suddenly and in the middle of the night. Often a kid with croup will also have **stridor**, which is a noisy, harsh breathing

(often described as a coarse, musical sound) that occurs when a child inhales.

Whooping Cough

[Whooping cough](#) is another name for pertussis, an infection of the airways caused by the bacteria *Bordetella pertussis*. Kids with pertussis will have spells of back-to-back coughs without breathing in between. At the end of the coughing, they'll take a deep breath in that makes a "whooping" sound. Other symptoms of pertussis are a runny nose, sneezing, mild cough, and a low-grade fever.

Although pertussis can happen at any age, it's most severe in infants under 1 year old who did not get the pertussis vaccine. Pertussis is very contagious, so your child should get the pertussis shot at 2 months, 4 months, 6 months, 15 months, and 4-6 years of age. This shot is given as part of the DTaP vaccine (diphtheria, tetanus, acellular pertussis).

The Tdap vaccine (which is similar to DTaP but with lower concentrations of diphtheria and tetanus toxoid for adults) is given to children at 11-12 years and once again in adulthood as a part of one of the tetanus boosters. Adults are recommended to receive this pertussis vaccine since immunity to pertussis lessens over time. By protecting yourself against pertussis, you are also protecting your kids from getting it.

Since pertussis is very contagious, it can spread from person to person through tiny drops of fluid in the air coming from the nose or mouth when people sneeze, cough, or laugh. Others can become infected by inhaling the drops or getting the drops on their hands and then touching their mouths or noses.

Cough With Wheezing

If your child makes a wheezing (whistling) sound when breathing out, this could mean that the lower airways in the lungs are swollen. This can happen with asthma or with a viral infection (bronchiolitis). Also, wheezing can happen if the lower airway is blocked by a foreign object.

Nighttime Cough

Lots of coughs get worse at night. When your child has a cold, the mucus from the nose and sinuses can drain down the throat and trigger a cough during sleep. This is only a problem if the cough won't let your child sleep.

Asthma also can trigger nighttime coughs because the airways tend to be more sensitive and irritable at night.

Daytime Cough

Cold air or activity can make coughs worse during the daytime. Try to make sure that nothing in your house — like air freshener, pets, or smoke (especially tobacco smoke) — is making your child cough.

Cough With a Fever

A child who has a cough, mild fever, and runny nose probably has a common cold. But coughs with a fever of 102° F (39° C) or higher can sometimes be due to pneumonia, especially if a child is weak and breathing fast. In this case, call your doctor immediately.

Cough With Vomiting

Kids often cough so much that it triggers their gag reflex, making them vomit. Also, a child who has a cough with a cold or an asthma flare-up might throw up if lots of mucus drains into the stomach and causes nausea. Usually, this is not cause for alarm unless the vomiting doesn't stop.

Persistent Cough

Coughs caused by colds due to viruses can last weeks, especially if your child has one cold right after another. Asthma, allergies, or a chronic infection in the sinuses or airways also might cause persistent coughs. If the cough lasts for 3 weeks, call your doctor.

When to Call the Doctor

Most childhood coughs are nothing to be worried about. However, call your doctor if your child:

- has trouble breathing or is working hard to breathe
- is breathing more quickly than usual
- has a blue or dusky color to the lips, face, or tongue
- has a high fever (especially if your child is coughing but does NOT have a runny or stuffy nose)
- has **any** fever and is less than 3 months old

is an infant (3 months old or younger) who has been coughing for more than a few hours

makes a "whooping" sound when breathing in after coughing

is coughing up blood

has stridor (a noisy or musical sound) when breathing in

has wheezing when breathing out (unless you already have a home asthma care plan from your doctor)

is weak, cranky, or irritable

is dehydrated

What Your Doctor Will Do

One of the best ways to diagnose a cough is by listening. Knowing what the cough sounds like will help your doctor decide how to treat your child. The treatment for different types of coughs can vary, based on the cause.

Because most coughs are caused by viruses, doctors usually do not give antibiotics for a cough. A cough caused by a virus just needs to run its course. A viral infection can last for as long as 2 weeks.

Unless a cough won't let your child sleep, cough medicines are not needed. They might help a child stop coughing, but do not treat the cause of the cough. If you do choose to use an over-the-counter (OTC) cough medicine, call the doctor to be sure of the correct dose and to make sure it's safe for your child.

Do not use OTC combination medicines like "Tylenol Cold" — they have more than one medicine in them, and kids can have more side effects and are more likely to get an overdose of the medicine.

Cough medicines are *not* recommended for children under age 4.

Home Treatment

Here are some ways to help your child feel better:

If your child has asthma, make sure you have an asthma care plan from your doctor. The plan should help you choose the right asthma medicines to give.

For a "barky" or "croupy" cough, turn on the hot water in the shower in your bathroom and close the door so the room will steam up. Then, sit in the bathroom with your child for about 20 minutes. The steam should help

your child breathe more easily. Try reading a book together to pass the time.

A cool-mist humidifier in your child's bedroom might help with sleep.

Sometimes a brief exposure to the cool air of the outdoors can relieve the cough. Make sure to dress your child appropriately for the outdoor weather and try this for 10-15 minutes.

Cool beverages like juice can be soothing and it is important to keep your child hydrated. But do not give soda or orange juice, as these can hurt a throat that is sore from coughing.

You should not give your child (especially a baby or toddler) OTC cough medicine without first checking with your doctor.

Cough drops are OK for older kids, but kids younger than 3 years old can choke on them. It's better to avoid cough drops unless your doctor says that they're safe for your child.

Reviewed by: [Yamini Durani, MD](#)

Date reviewed: May 2011

Originally reviewed by: [Iman Sharif, MD](#)



TICKLERS

What are ticklers? A Tickler is a reminder of a CCC practice that you may have forgotten over your tenure as part of the CCC family. We are going to use this space each month to remind you of one or two of those practices. We might even include the why behind the practice. This month: **MATCHING GIFT OPPORTUNITIES**. It has come to our attention that some parents are employed by companies that make available matching gift opportunities. When a person

makes a donation to a charitable organization, the employer will match the gift. The Child Care Center qualifies as such a charitable organization. As the Child Care Center embarks on playground renovations and the beginnings of an endowment program, such matching donations will become valuable to the Center. If a donation to the Center is something you would like to do and if your employer does offer a Matching Gift Program, we will gladly work with you to make a Matching Gift happen.



Dear Parents and Yoginis!

I just wanted to take this opportunity to thank you all for the opportunity to work with your children. They are precious and so engaged in life and exploration.

All of the tools we are learning in yoga are useful for the rest of their lives! Yoga breathing, games and poses are proven to increase all the important aspects of engagement of mind-body connection, the development of the brain's plasticity and learning readiness, and the ability to manage one's own energy. And it is my wish to support the healthiest of growth at this critical early childhood time. Play, and particularly yoga-based play, is one of the most brilliant ways to develop one's understanding of one's self and the world, as well as test and integrate learning. It engages multiple intelligences and helps to develop emotional intelligence as well as "de-stress" the nervous system.

As we have five Wednesday's in November, I will complete the fourth class for November on Wednesday November 30th. Remember I now have two sessions, one for the Bloomers and Scooters and one for the Delights and Fantastics all on Wednesday mornings from 10:30 to 12:30.

INFORMAL OPEN BALLET CLASS

There will be an **Informal Open Ballet class** on **December 5**. At the Informal Open Ballet you will be able to enjoy watching how your child has been progressing with *Miss Yendi*. This Informal Open Ballet is just for the parents, and we understand that not all of you will be able to attend. Please feel free to bring your cameras to take pictures. Since we have two classes there will be two sessions. The Informal Open Ballet class will be held in the **Fellowship Hall**. **TIME: Younger children: 10:30 p.m. Older children 11:30.**



This Informal Open Ballet will be the last class for the 2010 calendar year. Classes will resume again in January 2011. Re-registration is not necessary.



DECEMBER/JANUARY CALENDAR

12/01 SoccerShots
 12/02 Little Smart Arts
 12/05 Ballet At Your School 10:30 & 11:30 "Informal Open Class"
 12/06 Compukidz
 12/07 Soaring Eagles Yoga - 10:30
 McGruff Safe Kids Total ID System
 12/08 SoccerShots
 12/09 Little Smart Arts
 Holiday Program & Bake Sale - 4:30, Sanctuary
 12/13 Compukidz
 12/14 Soaring Eagles Yoga - 10:30
 12/15 SoccerShots
 12/20 Compukidz
 12/21 Hanukkah
 First Day of Winter
 Soaring Eagles Yoga - 10:30
 12/22 SoccerShots
 12/25 Christmas

12/26 Center Closed
 12/28 Soaring Eagles Yoga - 10:30
 12/29 SoccerShots
 01/03 Compukidz
 01/04 Soaring Eagles Yoga - 10:30
 01/05 SoccerShots
 01/06 Little Smart Arts
 01/10 Compukidz
 01/11 Soaring Eagles Yoga - 10:30
 01/12 SoccerShots
 01/13 Little Smart Arts
 01/16 Martin Luther King Day, Center closed
 01/17 Compukidz
 01/18 Soaring Eagles Yoga - 10:30
 01/19 SoccerShots
 01/20 Little Smart Arts
 01/23 Chinese New Year
 01/24 Compukidz
 01/25 Soaring Eagles Yoga - 10:30
 01/26 SoccerShots
 01/27 Little Smart Arts
 01/31 Compukidz

MILESTONES

Transitions and New Children

Toddlers

Nicholas
 Beatrice

Pre-Scooters

Mischa

Scooters A

Emily
 Michelle
 Thomas
Alejandrina

Scooters B

Amanda
 Anne
 Ethan L

Bloomers

Nicole
Christopher
Beatriz



- 12/06 *Jessica Alexander (Scooters)*
- 12/07 Keelan (Fantastics)
- 12/11 Nicole (Scooters)
- 12/14 Michelle (Pre-Scooters)
- 12/17 Riley (Toddlers)
- 12/19 Christopher (Delights)
- 12/21 Leilani (Fantastics)
- 12/26 Bridget (Delights)
- 12/29 Zoe (Scooters)
- 01/01 Lydia (Scooters)
- 01/02 Declan (Delights)
- 01/10 Tristan (Delights)
- Thomas (Pre-Scooters)
- 01/12 Giancarlo (Scooters)
- 01/16 *Nicole Fernandez (Scooters)*
- 01/18 Ella (Toddlers)
- 01/19 Bella (Scooters)
- Nicholas (Toddlers)
- Gladys San Martin-Andre*
- 01/20 Lucille (Scooters)
- 01/24 Dalton (Delights)
- 01/26 Emily (Scooters)

We wish all of you a very Happy Birthday!!!

KEEP IT IN THE FAMILY



This is our means of getting to know what our parents do and what services they might be able to provide to other parents. We want to be clear that we are not necessarily endorsing the company or organization a parent works for, but we are just spreading the word about what that parents can offer. (The newsletter is becoming a networking tool. Welcome to the 21st century.) This months parent is: **Serge Roos.**

More commonly known as **Adam's Dad** and the owner of Le Crepe Bistro. Remember those little cards you got two weeks ago for the Bistro. Take that card to Le Crepe Bistro any time between now and December 31 and the Child Care Center will receive 10% of your bill as a donation to the Center.

Le Crepe Bistro
7340 SW 57 Ave.
South Miami
305 665-8778

And if you come on the right evening, you might have **Raphael (Rose's Dad)** as your waiter.

THE CHILD CARE CENTER DOES NOT DISCRIMINATE AMONG APPLICANTS AND PARTICIPANTS ON THE BASIS OF RACE, RELIGION, SEX, NATIONAL ORIGIN, SEXUAL ORIENTATION OR COLOR.

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If you need additional newsletters, they are available in the office.

MINDBENDERS

Our most important task as parents is raising children who will be decent, responsible, and caring people devoted to making this world a more compassionate place."

Neil Kurshan

