
Child Care Center Newsletter

CCC/RPC GARAGE SALE

Saturday, March 6

8:00 a.m. - 3:00 p.m.

Join us for our joint Child Care Center/Riviera Presbyterian Church Garage Sale

and Hot Dog lunch.

THE YOUNG AND THE RESTLESS



INFANT

The cold blasts of air have brought March in like a lion. We hope with Daylight Savings Time on the 14th

and the first day of Spring on the 20th, it will warm up our cold weather and leave like a lamb.

Let us see how Infant I has been doing. **Michael** and **Anthony** have been visiting Infant II, preparing for

transition into a very busy room. **Stella** smiles and

rocks herself back and forth when it is music time. Or when she is playing her favorite tune on the piano.

Isabella babbles and shares a handshake with the girls in the Activity Area in the afternoon with Marta for story time. **Ethan L** can be found all over the classroom. From one day to the next **Ethan's** curiosity has motivated him and he has been exploring ever since.

Anne has started eating food. Carrots seem to be her favorite. Great, just in time for Spring. **Gabriel** is

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pulling up and following right behind us, so watch your ankles when you enter the classroom. He loves to grab them. **Connor** is very lucky. He gets a daily visit from **Grandma** for lunch time. They sing and **Connor** usually falls asleep in the comfort of **Grandma's** arms.

Charley jumps in the exersaucer. She socializes with whoever is next to her. She always has some new fashion in her wardrobe. My favorite is her shirt that says "Rollin' with the homies." **Luis Enrique** is finally able to have his moment in the exersaucer. At firsts he just sat, but when he discovered the toys surrounding it, he has not stopped playing. We give a warm Infant I welcome to **Michelle**. She is the baby sister of **Michael** and **Madison**. They both started in the Infant Room.

Happy St. Patrick's Day and Passover.

Love
Infant I

INFANT II

Welcome to March. Welcome Spring! Before we get into March's activities, let us go back to February. Last month, we celebrated President's Day. Everyone had enjoyed his or her long weekend. February was such a busy month. Thank you to all the parents, friends and family for making the Valentine's Day party a great success.

Now it is time to go to March. Let us see what is going on this month. We will be celebrating St. Patrick's Day and a Spring Egg Hunt. In the month of March, we will start daylight Savings Time, beginning March 14th.

We say welcome to **Jacob** and **Ethan**. **Jacob** tries to push the cribs around the room. **Ethan** plays under and on top of the the tunnel. **Reese, Ian** and **Peter** have all finished crossing over to the Toddler Room.

Declan celebrated his first birthday. He has started to sleep on a cot. He is doing very well. He played around the room with the manipulative toys and plays with the music toys. **Thijs** is crawling around the room and playing with the blocks. He likes to push toys when he is crawling around the room.

Our next child to crawl will be **Bella**. She began pushing toys around the room. She gets upset when another child takes the toys. **Rose** likes to play with the doll and takes it on walks throughout the class. She goes to each teacher asking to give a kiss to the doll.

Nicole loves flash cards, music, books. She likes to play with the Tupperware shapes. **Olivia** claps her hands when we say clap. She likes to go on the slide and seesaw when she is outside.

Zoe likes to explore the playground. She likes to go on the slide and seesaw. She works often with the shape sorter game. **Giancarlo** and **Christopher** are interested in books. They sit down and begin thumbing through it and pointing out the pictures.

See you next month. Love.
Luz

TODDLER

Where does the time go? Here we are again. During the month of February we celebrated Black History, Valentines Day, along with President's Day. We say thank you to all our parents for all the yummy goodies. Everyone had a great time at our Valentines Day Party.

Moving right along, let's see what is on our calendar for March. We have Daylight Savings Time, St. Patrick's Day and Spring is in the air. We are looking forward to cool weather, flowers blooming and seeing colorful butterflies.

The Toddlers welcome **Reese, Ian, Peter** and their families. We look forward to working with you and building a good relationship with all of you. As care givers we strive to keep our children happy and safe. It is also important that our families know we are here to do our best to meet the needs of your children and you.

Now let's see what our Toddlers have been up to this month. Parents, do not be surprised to hear that our child's vocabulary has increased. We are saying words in English and Spanish.

Red – Rojo
Water – Agua
Milk – Leche

Emma is doing the large farm puzzle. **Julia** makes sure everyone feels welcome by giving them hugs and kisses. **Reece B** knows and says the name of his classmates.

Stella and **Adriana** are partners on the see-saw. When out on the playground, **Reese** likes having

stories read to her while in the large rocking chair. **Declan** was so excited with the Valentine decorations that he would get his **Dad** to pick him up so he could get a closer look.



Luke likes going on the morning wagon ride and seeing his sister, **Caitlin**. **Lucia** is our singer in the classroom. She likes the Hello Song. **Jacob** gets his exercise in the morning doing

his leg lifts. **Amanda** is able to say water in Spanish. **Peter** and **Ian** play with the push toys inside the classroom.

Well that is all our news for now. See you next month.

FINGER PLAY HEAD AND SHOULDERS (Sung to Frere Jacques)

Head and shoulders
Head and shoulders
Knees and toes
Knees and toes
Eyes and ears
Eyes and ears
Mouth and nose
Mouth and nose

BOOKS READ IN FEBRUARY

Ten Tiny Tadpoles
Hello Kitty Color Book
My Car
Sing A Song
One, Two Buckle My Shoe
The Wheels On the Bus
Look Closer
From Heat To Toe
Snuggle, Snuggle Puppy
Global Babies

Valorie

PRE-SCOOTER



It is that time again and you are in for a big treat. So let us shoot the arrow and fall in love with what our Pre-Scooters have been up to this month.

This month we talked about Valentine's Day, Presidents Day and we celebrated several birthdays: Yazmin, Alissa, Yannick, Alexander and Mia. We

are happy to say that we thank all of the parents for sharing these special days with us.

Alright; so let us begin to stir up what we have been doing this month. This month **Clara**, **TJ**, **Trevor**, **Tripp**, **Evelyn** and **Jenna** talked about "good manners." For President's Day **Clara** explained to the children that **Abraham Lincoln** and **George Washington** were once the President of the United States. Not only had **Clara** talked about "Good Manners" and President's Day, she also noticed a lot of change in our Pre-Scooters. For example, **Trevor** will greet **Clara** each morning with a big hug. **Evelyn** is using her words more. She is also eating much better – independently. **TJ** has become a big helper. After lunch he helps **Clara** take out the clothes into the laundry. He will also walk **Clara** outside whenever she cleans out the classroom. Great job **TJ!** **Jenna** will run very fast after an attractive object. For example, a familiar face (teacher), ball, bubbles or even a butterfly.

Jazmin, **Yannick**, **Alissa**, **Alexander** and **Mia** all celebrated their birthday this month. We even watched **Indeah** and **Izaac** stand and sing Happy Birthday to our Pre-Scooters. **Elijah's** vocabulary is expanding every day. **Alissa** is using her words strongly after every complete sentence. **Alex** introduced his best friend to the Pre-Scooters and his best friend's name is **Elmo**.

Yannick is repeating every word you tell him. His favorite word is "Buenos Dias" which means "good morning" in Spanish. **Mia** will run to the door with her Pull-Ups when ever it is time for a potty training trip.

Izaac, **Indeah**, **Bridget**, **Declan** and **Nicolas** are doing a great job in potty training. They all know how to sit on the toilet and also flush the toilet when they are done. **Shaline** is very proud of you guys.

Declan is so independent these days. He wants to do everything on his own. **Nicolas** became an artist. Whenever we have art he will paint a portrait. When

you ask him what it is he says, "Dinosaur" or a "Monster." He even made a snake out of playdoh.

Bridget's vocabulary is expanding. She will talk in a complete sentence and even encourage her friends not to cry. "**Mommy's** coming back, **Yannick**. She went to work," says **Bridget**. **Izaak** is singing a new melody each day. Watch out! I think we have a musician/singer on our hands.

Indeah is making her own select choices now. She knows what she wants and how she wants it. For example, if she is thirsty, she will ask for "agua." When I try to give her milk or apple juice she will say, "No, agua."

Well, it is that time again. I hope you enjoyed that yummy treat from the Pre-Scooters. Until next time the Pre-Scooters are blowing a kiss good-bye to all of our Valentines.

SCOOTERS

Welcome March. February was a short but busy month. We enjoyed our LOVE PARTY. We enjoyed our President's Day off from school. We learned about very important people (VIP) in the Afro-American culture. We learned many things about our teeth.

During February we were busy meeting all our parents who came. For their children's conferences. We experienced a few science projects, too. One of them was creating different shades of the color red by mixing other colors. **Connor**, **Eve** and **Marella** loved making Valentine cards for **Mom** and **Dad**. **Marcelo** and **Anna** had fun coloring hearts. **Cooper** and **Morgan** love to play in the sandbox.

Sidney, **Adam** and Jack are the artists of the classroom. They love to paint using brushes. **Brock** loves books. **Savannah** loves being outdoors riding tricycles. **Daniella** paints at the easel. **Dante** built a good looking train with LEGOS.

We shall begin a new, exciting beautiful season. Spring days are returning new experiences, words, rhymes and songs will be introduced. Everything is beginning to look better and greener. This is the month of March.

Many thanks to all our Scooters' parents for their donations and cooperation toward our Valentine's Day

Party. You helped us to make that day happier.

See you next month.

EXPLORERS

Love is in the air! Welcome back Explorer parents. During the month of February we talked about Dr. Martin Luther King Jr., Valentines Day, the color white and red, and Presidents Day. We had many crafty projects such as stained glass tulips, Jackie Robinson Jerseys, Valentine Day cards, the American flag, and tissue paper hearts. The month was so busy that we also had a party for Valentines Day that was filled with yummy goodies. Thank you parents for your contribution. Let's see what the children are doing. **Nicolas** taught us how to say "I Love You" in sign language.



Jacob can read and recognize everyone of his friends' name in our class. He also knows "Publix" as he reads it on the grocery bags we have.

Eric says he is going to be a doctor as he dresses up and checks on **Reese** to make sure he is doing well.

Logan and **Cooper** look like musicians playing the tambourines, bells, and brass cymbals. Maybe they will start a band. **Cannon** has mulch parties with **Alberto**. They laugh as they chase each other with a fist full, ready to throw.

Sofia and **Sean** sit in manipulatives almost racing to see who will finish the next puzzle first. **Madelyn** said she is a real princess because princesses wear big girl underwear like her.

Leilani and **Dustin** have pizza parties under the gym set. They take turns being chief.

Gemma and **Stephanie** are great at the color game. They always spot the tiniest spec of color. **Kimberly** is the mommy of the class. She makes sure her classmates are playing nice. She might even put them in time out if they don't behave. **Caitlin** and **Emily** help set up the tables for lunch with a single reminder.

Marlena says she is on the beach as she lays in the middle of the tire swing. **Stefania** takes care of the babies in house keeping. Maybe she will be a nurse.

Peter makes a zoo for the animals in block area. He might get a job in Metro Zoo in the future.

BLOOMERS



Farewell February! The month has flown by. Our class has been focusing on colors and science. We have learned five colors' songs and are almost experts at identifying them.

Victoria and **George** have learned the "Yellow Song" from beginning to end. It is the hardest song to learn. **Maximo's** favorite color and song is "Red." He points out items that are red and sings the color song.

Julian enjoys singing the "Blue Song." He moves his head side to side and uses his hands to sing along. **Morgan's** favorite color is orange. We came up with a song for it as a class. She never forgets to mention that it is her favorite color.

Our science experiments were a big hit. We learned about density by using toys to watch them sink or float. **Conlon** suggested that we hold each toy to help us determine which one will sink. **Taylor** enjoyed watching the items that float. She would smile, point and say "Float."

We went to the sanctuary to use our class "videoscope." With the lights off, we observed an ant, grasshopper and mosquito. **Ivan** was first in line to look into the microscope. He pointed to the screen and identified the different body parts. On the mosquito, he said, "I think this is the bug that bites." **Nishka** and **Sebastian** have been out for most of the month, but we will fill them in when they get back.

For March, we will be getting ready for St. Patrick's Day. Our Party will be on March 17th. The concept for this month will be numbers.

Lianne

Love and smiles,

FOURTH OF JULY FIREWORKS



No, we are not crazy. With the holidays are going to be packages arriving, with bubble wrap. Bring us your bubble wrap and we can begin to get ready for the 4th of July.



FANTASTICS

Welcome to the month of March. The first day of Spring is March 20th. Wow this year is flying by way too fast. Our little ones have been very excited about all the things going on in our room. First of all, our Valentine's party was beautiful. The children worked hard on their love headbands, cutting and coloring hearts.

We celebrated Presidents Day, **Anthony** and **Christopher** learned that Abraham Lincoln had a nickname "Abe". **James** and **Ella** laughed out loud when they found out George Washington used to put white powder on his hair and that he wore his hair in a ponytail. **Nicholas** also told his friends that Washington was a farmer. They all learned new words like: fancy, hibernation, cabin.

During our activity **John** told his friends that Abraham had "whiskers." **Rachael** told him that he was not a cat. Of course I had to explain that back in that time they used to call beard, whiskers. **Mila** is busy reading stories, and learning about tiger body parts with **Zenia**. **Jakk** is into building. He loves to play with **George** in the Block Area. We also started gardening. We planted flower seeds and the kids cannot wait to see the results.

Gabriella has been building her new home in the Block Area. It is a multi-level apartment building. She even puts furniture inside. She uses some of the furniture we have in the Block Area and brings some

more furniture from home.

Miranda and **Alexia** have been making books in the Writing Area. They put together three or four cards, draw pictures and have the teacher staple them together. They both are the classroom authors.

We have been playing a hand clapping rhyme called "Miss Mary Mack" and sing along as we learn the song.

Miss Mary Mack, Mack, Mack.
All dressed in black, black, black.
With silver buttons, buttons, buttons.
All down her back, back, back.

Samantha, Kathryn and Landyn have been working very hard at learning the song and game. One of them usually asks for the cassette early in the morning and again right before nap-time. They sure are getting the hang of the game. **Jayden** was into the letter "Ss" words. During the day he would say, "Arleen, Summer is an "Ss" word, right." A little while later he would say, "So, is (are) Saturday, Sunday "ss" words, right? "That is right," Arleen would answer. This would go on during our day at least four to five words/times a day. As we were counting, he shouted, "Six and seven are "Ss" words, too." "I think you get it," I said. There is no way of stopping him.

James has been working with the alphabet pocket chart. When he gets stuck on a letter he sings the ABC Song and touches the pockets until he gets to the letter. He usually shouts, "It's the letter "P." Right, Arlene?" "You got it. That was hard, but you did it, James," I replied.

Gabriel and **Isaac** work together on the airplane puzzles, the alphabet floor puzzles and they put together the gear set. They started playing the Turtle Counting Game.



We are using the courtyard more and more. It is fun to ride the trikes, have nature walks, treasure hunts and play on the equipment. In Circle Time we have been using the instruments and keeping the rhythm to the music. Sometimes it sounds kind of loud, but it is OK. It is fun.

Our favorite table game at the moment is Rhyming Bingo. It is even better than letter and number bingo because it is not as easy. We have to put our thinking caps on when we play. We are still practicing letters and sound, numbers (counting and recognizing) patterns, sequences and reading lots of books.

We played in all the centers and used the class computer to play games. Some of us are taking computer classes with Ms. Debbie to improve our skills. We have been listening to story tapes before nap-time. We have been listening to soft and classical music during nap, too. It helps us to get in the right mood for a nice nap.

Here are some of our favorite stories this month:

- | | |
|-------------------|--------------------|
| Camille - | Dinosaurs |
| | Miss Mary Mack |
| Adrian - | Dinosaurs |
| Emma - | Miss Mary Mack |
| Colin - | Dinosaurs |
| Nicholas - | Dinosaurs |
| Daniela - | Lady and the Tramp |
| Shawna - | George & Martha |
| Eliza - | Lady & the Tramp |
| Naomi - | Lady & the Tramp |
| Michael - | Dinosaurs |

March will be very busy for us. March 17th, is our St. Patrick's Day Party. Wear Green!

March 18th is our Pot Luck Dinner Open House for VPK/Kindergarten.

March 26th is our Spring Time Egg Hunt Party at 10:00 a.m. The sign-up list will be posted on our doors.

We will be exploring the sun this month and continue with the letters T, U & V.

Licinia, Arleen & Gladys



DATE: March 18th, Thursday

TIME: 6:30 - 8:30 p.m.

LOCATION: Bloomers & Fantastics classrooms.

It is time for our annual Open House for all those families eligible to be Fantastics on **August 2010**. This is your opportunity to learn what VPK and the Fantastics classroom is all about.

We will begin with a Pot Luck Dinner in the two classrooms. You are welcome to bring your pot luck in the morning, and we will keep it warm or cold until dinner time.

After dinner, the parents of the incoming Fantastics will all meet in the Fantastics classroom to have a hands-on experience of what life is like for our Fantastics with *Arleen*, *Gladys* and *Licinia*. *Vivian* will explain some of the record keeping details.

The current Fantastics parents will be in the Bloomers Room and learn first hand what kindergarten is all about. We will have some alumni parents back to tell us what they experienced. Kindergarten is an eye-opening experience. We want everyone to be prepared for it.

Your children will be in the Delights classroom.

AFTERNOON PROGRAMMING

INFANTS

The month of February has passed us by like cupids looking for love. This past month we celebrated Black History Month and had a day to spent at home with our family due to President's Day. This past month each and every one of our infants made us laugh and love them even more. **Luis Enrique** and **Connor** are old enough to sit in the Exersaucer. **Ethan** and **Anthony** are ready to start crawling and move around quite a lot.



Isabella, **Charley**, **Stella** and **Anne** have girl time all the time in the Activity Area. They sit in a circle with Boppy pillows and assorted toys around them.

Gabriel cruises around the class by slithering crib to crib. We always look forward to the next month. We cannot wait for the Spring weather that March will bring. Also, St. Patrick's Day will allow us to decorate our class with green and flowers for the Spring.

Always,
Martha

INFANT II

The shortest month of the year has left. In February we celebrated Black History, Valentines Day and President's Day. Our Infants enjoyed their Valentine Party. We thank the parents for their support, goodies and surprises.

Our Infants are growing so fast. We lost two and gained two. We said good-bye to **Ian** and **Peter**, as they transitioned from Infant II to Toddlers. We welcomed **Ethan** and **Jacob** with open arms. **Ethan** and **Jacob** are doing great! They take advantage of the extra space and roam around the classroom. **Bella** and **Olivia** will be walking soon. They are always pushing the push and go toys.

Zoe ate school lunch for the first time. She enjoyed it! She fed herself and ate the food well. **GianCarlo** and **Christopher** always take time out of their busy play schedule to read a book.

Nicole enjoys walks around the courtyard to look at the flowers. **Rose** is fascinated with the doll baby that

we have in the classroom. It is hard for her to put it down. She loves to crawl around the class and lift up on toys. **Declan** loves to roam around on the carpet.

In March we will celebrate St. Patrick's Day. Do not forget to wear green. Spring begins on the 20th. Good-bye Winter. Daylight savings begins. The Infants will continue to bring home art, sing songs, read books, go on wagon rides and dance to the Choo-Choo Soul CD. They love it so much.

You guys be safe!! Until next month *Shante* is signing off.

TODDLERS -

The month of February has been a beautiful month. It is the month of love. We learned about love, friendship and sharing. In February we also celebrated President's Day and Black History month. It also brought many surprises and a lot of fun for the children.

We greet the beautiful month of March. We will be very busy celebrating Spring. The toddlers are excited about our egg hunt. We will have a wonderful time during our St. Patrick's Day Parade.

Have a wonderful month and a very Happy Easter.

Love,
Dalia

PRE-SCOOTERS -

This past month we celebrated Black History Month and Valentine's Day. We enjoyed V-Day to the fullest. We had a little party, plenty of cards, candy, sweets, art, music and birthdays. The children enjoyed the outdoors especially seeing "**Abby**", **Ella's** dog, that visits the Center in the afternoons. They absolutely love it. You may be hearing Abby's name at home.

Coming up next month we have St Patrick's Day. There will be lots of fun, so do not forget to wear green. Last but not least, Daylight Savings begins. So be ready to welcome Spring Time.

Love,
Rosy

EXPLORERS -

February was a great month for the Explorers. They had so much fun exchanging Valentines with all their

friends. We also had a great time at our Valentines Day Party with cupcakes, cookies and goodie bags.

As we say good-bye to February we say hello to March. This month brings about Day Light Savings Time on the 15th, showing off all our greens on the 17th for St. Patrick's Day, the 18th is our VPK/Kindergarten orientation night and the 21st we officially welcome the season of Spring. Everyone is eagerly ready for Spring, what with the flowers and nice weather that is expected of the season. I am looking forward to all the great times and projects that lie in store.

All my love,
Patti

BLOOMERS -

The month of February flew past us – WOW!. While it was here the children learned about President's Day, Black Heritage and Valentine's Day. Oh, how the children loved Valentine's Day! We had so much creativity shown outside on the playground. The children made cookies, cakes and candy out of mulch and sand. It was great fun seeing their excited faces when they came to share what they made. Your children all have great imaginations.

March is now upon us. We look forward to St. Patrick's Day, Daylight Savings and Spring. It is also the birth month of Dr. Seuss, which we will explore further. Here is wishing you all a very blessed month of March.

Pam

FANTASTICS -

It has been a great month. For Valentine's Day we read lots of fun books and made super cute cards for our families. The party left us with lots of delicious treats that lasted us another week. For Presidents' Day we discussed what presidents do and had fun talking about what we would do if we were president. Watching television and eating pizza and cupcakes seemed to be a popular choice. Now it is time for us to say good-bye to February and move on to March.

More exciting things are planned for the new month. We have the holidays of St. Patrick's Day and Passover creeping up on us, as well as the beginning of Spring. Let the Spring Time fun begin.

Thank you again to all the parents for your continuing support

Ms. Jocelyn and Ms. Jennifer

CENTER TAX NUMBER

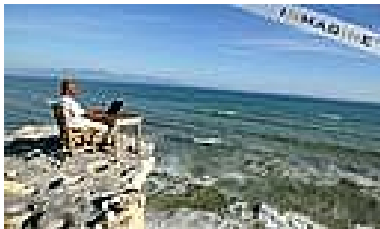


Income tax time is here. You will need our tax ID number for recording your child care exemption. Our tax ID number is: **59-1979509**.

FROM THE DIRECTORS DESK

EASY TO LOVE, DIFFICULT TO DISCIPLINE: The 7 Basic Skills for Turning Conflict into Cooperation.

Becky Bailey. Quill: New York, 2002. pp. 117 – 119.



Helping Children Who Change Their Mind

Kaitlin's Dad asked her to choose between milk or juice for snack. She selected milk. When he brought the milk, Kaitlin pushed it away and said, "No, juice." Dad then passed her some juice and Kaitlin said, "I want milk." Understandably, Dad was ready to dump both drinks on her head.

Children like Kaitlin may have self-esteem problems. At such indecisive moments, they may be feeling down on themselves or their world for any number of reasons. She could be tired or stressed by a serious family problem, or she might just be having a rough morning. Through indecisiveness Kaitlin is trying to control her Dad and her environment. Children who pick C after being given a choice between A or B are launching into a direct confrontation.

Helping these children begins with a diagnosis. The first question Katlin's Dad could ask himself is whether this is a developmental issue or a learned behavior. Is this indecisiveness a new behavior for this child? Is this wishy-washiness occasional or chronic?

When an inability to choose appears from nowhere and occurs only infrequently, the child may be temporarily overwhelmed by stress. Developmentally, when children are stressed, they regress (that is, they revert to behaviors you would expect from a much younger child). When children regress, they need assertive commands, not choices. Dad could say, "Kaitlin, you are having trouble choosing for yourself this morning. Here is the milk. Drink it if you like." Commands teach children what they are to do, whereas choices teach them how to make decisions and keep commitments. Teaching decision-making to a six-month-old infant would be silly and the same is true for highly stressed children who have temporarily regressed.

If this is a chronic problem, there is a good chance that it is a learned behavior. The child gets more attention by changing her mind than she does for being cooperative. If you live in "hurry-up" mode, slow down, be with your child, and celebrate her choices to be cooperative. Use your Power of Attention, which states, "What you focus on, you get more of."

Becoming aware of our choices as adults and passing this awareness on to our children is a wonderful gift to them.

There Is No Time Like The Present

Use the following formula as a guide for children five years old and younger:

1. "You have a choice!"
2. "You may _____, or you may _____."
3. "What is your choice?"
4. "You chose _____!"

For older children say, "Feel free to _____, or _____, which would be better for you?"

When you set a limit with an assertive command or two positive choices, two outcomes are possible: Your child may choose to comply with the limit, or he may refuse to comply (or even throw a fit out of frustration). Either of these two outcomes requires you to use another one of the *Seven Basic Discipline Skills*.

If your child complies, you would use the skill of encouragement. If your child becomes resistant and upset, you would use the skill of empathy and positive intent.

WE NEED PAPER

Our need for scrap, recycled, pre-owned paper printed on only one side is more ravenous than Audrey, the plant in the Little Shop of Horrors. Please start saving your pre-owned paper and bring it to the office. We will put it to good use.



Just as one example, we need 325 sheets of paper a week for Daily Reports. That is three reams of paper a month for Daily Reports. Our need for paper is not limited to Daily Reports. My only request is that the used side of the paper all be facing the same direction. Thank you.

ST. PATRICK'S DAY FESTIVITIES



The official wearing of the green will take place on Wednesday, March 17th at 10:00 a.m. Sign up lists will be appearing on the classroom doors to help you select what you would like to bring with your child for the party. At 10:00 will be our parade, then the goodies.

HEALTH ALERT

HOUSEHOLD SPOONS ARE NOT THE WAY TO MEASURE LIQUID MEDICINE (CHILD HEALTH ALERT, February 2010)

About two years ago, experts reported that some children were getting overdoses of non-prescription (“over-the-counter”, or “OTC”) cough and cold medicines, and in a small number of infants, these overdoses proved fatal. One cause of overdoses of liquid medications is that the recommended amounts are given in teaspoons or portions of teaspoons, but teaspoons are known to vary a great deal in how much



they hold, so even though the assumed dose of a teaspoon is 5 cc, some can hold less and a large number can hold a great deal more.

The problem can be different if a tablespoon is used and the patient is trying to estimate how much of the tablespoon would hold a teaspoon's worth of medicine. To examine this question, researchers asked 195 university students to put a teaspoon's worth of medicine into different spoons – one was a teaspoon that indeed held 5 cc, one was a tablespoon that held 15 cc and one was a larger spoon that held 45 cc. The students first poured a cough-cold medicine into the 5 cc teaspoon, and then were told to pour the same amount into the other two spoons. As it turned out, the students using the medium size spoon poured 8% less medicine than they should have, but when they used the larger spoon, they poured 12% more.

The authors point out that while these differences might not seem very large, they occurred among college students who had just seen how much medicine fills a standard 5 cc teaspoon – and they suspect that the dosing errors would be greater among tired parents who are giving multiple doses to a sick child and who do not have the benefit of seeing how much medicine is supposed to be given. (Wansink B and van Ittersum K: *Annals of Internal Medicine*, pp. 66 – 67, January 5, 2010.)

COMMENT: This report is an important reminder of why the U.S.U Food and Drug Administration recommends against using kitchen utensils to measure medication, and this is particularly important for infants and children, who have less ability to deal with overdoses. If a child does need a liquid medication, it often comes with a cap that has dose measures, or it may come with a dosing spoon or similar device. If it does not, inexpensive dose measures are available at pharmacies and supermarkets – some look like a test tube with a spoon on the end, and others are oral syringes. Whatever form these take, parents should be sure to use one of these devices when giving liquid medications to their children (and pay careful attention to medicines that are supposed to be given by a medicine dropper, in which case teaspoon measures should be avoided). It is also important to make sure that child-care providers, grandparents or anyone else who gives liquid medicines to children are given proper instructions on how to give them.

CENTER COMMENT: That last sentence is the very reason why we have the medicine forms for you to fill out and require the medicine to be in the prescription bottle.



EASTER EGG HUNT

AND

SPRING PARTY

We will celebrate our venture into Spring on March 26th. We will have our classroom-by-classroom Easter Egg Hunts, then our party beginning “around” 10:00 a.m. Sign-up lists will be appearing on the classroom doors a few days before the big event.

TICKLER

PARENT BULLETIN BOARD. You might find it interesting to take a look at the Parent Bulletin Board in our hallway coming in from the parking lot. A wide variety of information can be found on the bulletin board. You can find current media reviews (movies, books, videos, computer games), hot topics in parenting, early childhood, long range planning for your family, notification about recalls of products, updates from Computer Tots and Ballet at Your School, information about special events that might be of interest to your family and even information about special sales or coupons. Articles are changed on the bulletin board frequently. This is not a bulletin board assembled in September and left that way for the year. We try to keep it a current topical bulletin board. Occasionally some things appear on the bulletin board without our knowing it. If you have something for the board, please bring it to the office so we know its origin.



CALENDAR



MARCH/APRIL

- 03/02 Compukidz
- 03/03 Ballet At Your School
- 03/04 Soaring Eagles Yoga
SoccerShots – 3:15
- 03/06 CCC/RCP Garage Sale – 8:00 – 3:00
- 03/09 Compukidz
- 03/10 Ballet At Your School
- 03/11 Soaring Eagles Yoga
SoccerShots – 3:15
- 03/14 Daylight Savings time Begins
- 03/16 Compukidz
- 03/17 Ballet At Your School
St. Patrick's Day Parade/Party – 10:00t
- 03/18 Soaring Eagles Yoga
SoccerShots – 3:15
VPK/Kindergarten Open House – 6:30 – 8:30
- 03/20 Spring Begins
- 03/23 Compukidz
- 03/24 Ballet At Your School
- 03/25 Soaring Eagles Yoga
SoccerShots – 3:15
- 03/26 Spring Egg Hunt – 10:00
- 03/28 Palm Sunday
- 03/30 First Day of Passover

MILESTONES



INFANT II

Jacob
Ethan

TODDLERS

Peter
Ian
Reese

03/16 Anthony (Fantastic III)
03/18 Olivia (Infant II)
03/23 Kimberly (Explorer)
03/29 Clara Richardson
Marta Castella
03/31 Cooper (Explorer)
Arturo Pizzali
04/05 Angela Waller
Tamara Pakaz
04/07 Alexia (Fantastics I)
Nicholas Tofte (Infant II)
04/11 Dustin (Explorer)
04/14 Julia (Toddler)
Thijs (Infant II)
04/15 TJ (Pre-Scooter)
04/19 Trevor (Pre-Scooter)
04/21 Daniela (Fantastic II)
Nishka (Bloomer)
04/29 Tripp (Pre-Scooter)

We wish all of you a very Happy Birthday.

The Child Care Center does not discriminate among applicants and participants on the basis of race, religion, sex, national origin, sexual orientation or color.

HAPPY BIRTHDAY



A WISE PARENT KNOWS:

**A child must be helped
to independence through
his or her environment.**

Maria Montessori

License #: C11MD0225

03/11 Ethan (Infant II)
03/15 Isaac (Fantastic I)

Holiday Program Video 2009

Did you forget to preorder your holiday concert DVD? Well, no need to worry;



we have saved a copy just for you. This precious momentum can be treasured for life.

Please see Thom or

Vivian to purchase a copy for only **\$15.00**. This is a small price to pay for a lifetime of memories!