

The Park Ridge Reporter

Spring Newsletter 2020

Important Dates and Reminders:



3/8 Daylight Savings Time-Turn your clocks ahead!



**3/17 Happy St Patrick's Day!
Wear green to school if you choose!**



3/19 Happy Spring!

**April is Month of the Young Child!
(MOYC)**



We celebrate all month long with special activities and visitors. Please check your calendar daily to stay up to date on all of our events and activities.

**4/3-4/10 Greece Central School District
Spring Recess**



4/8 Passover Begins



4/12 Happy Easter!



4/16 Ice Cream Social



HAPPY EARTH DAY

4/22 Earth Day



4/22, 4/23, and 4/24 School Picture Days!



5/10 Mother's Day...We wish all of our mommies and grandmas a very special, and relaxing day!



**5/25 Memorial Day – the center is CLOSED in Observance of the holiday.
Enjoy your 3 day weekend!**

Director's Notes:

As you are aware, COVID-19 has been the subject of local, national and international news. It's natural to have questions. **At this time, there are no confirmed cases at Rochester Regional Health.**

If you begin to experience symptoms related to COVID-19 (including fever, trouble breathing and cough), please stay home from work, school and/or child care and **call your primary care provider**. In the event that your child is called for pick up due illness, he/she needs to be picked up within one hour of the phone call.

The best things you can do to protect yourself and family:

- Practice proper hand hygiene. Washing your hands with soap and water is still the best method. When soap isn't available, use hand sanitizer.
- Stay up-to-date on flu and pneumonia vaccinations.
- Cover your mouth and nose when coughing or sneezing.

Just a reminder as per our Health Care Policy states your child should be excluded from care if:

- Your child has a fever (He/she needs to be fever free for 24 hours without any medication before they return to the center).
- If your child is not able to participate in program activities (including outdoor activities).
- If the illness results in the need for care that is greater than the staff can provide

without compromising the health and safety of other children.

- An acute change of behavior- this could include lethargy/ lack of responsiveness, irritability, persistent crying, or difficulty breathing.
- If your child is not able to participate in daily activities related to a persistent cough.

Our team continues to follow all safety and infection prevention protocols to keep your children and all parents and employees safe.

We will update all of our Park Ridge Child Care Center families as needed. For additional information and updates, please visit RochesterRegional.org/coronavirus-covid19 and the [Centers for Disease Control and Prevention \(CDC.org\)](https://CentersforDiseaseControlandPrevention.org).

Thank you,

Michelle Goosey



**Cuddle
Bugs**



Spring is on the way and we are ready to try out the new skills the babies have been working on over the winter months. The babies have come a long way in regard to their physical, social and emotional development and are trying to figure out how to use them to manage their day. This process as we know will be a lifelong learning skill that can lead to a certain degree of stress especially in the early stages. I came upon an article that deals with stress in child care that offers some tips on how we can help your child both as caregivers and families. You may find you already use some of the ideas here as did we, but perhaps the article

will be helpful to create stress relief no matter how big or small.

Helping Children Cope with Stress in Child Care

(Article from Extension Alliance for Better Child Care August 2019)

Stress is a part of life and can be found all around us. Child care is no exception. There is good stress and bad stress. Stress can motivate us to get things done, but too much stress can make our lives seem too hectic and overwhelming. Remember that children feel stress just as adults do. Child Care providers should be aware of the stressors each child is experiencing, and should be active in helping children in their child care programs manage and cope with stress.

Causes of Stress for Children in Child Care

- changes in routines
- a new child care setting
- conflict with peers or bullying
- lack of sleep
- overcrowded child care settings
- a new sibling
- loss of a loved one
- conflict at home
- deployment of family member

Basic Ways of Coping with Stress

Both children and adults need to learn how to manage stress effectively. Here are some ways to cope with stress in the child care setting.

- get enough sleep, and be sure children are sleeping regularly
- eat healthy meals and build in physical activity each day
- find quiet time to relax each day

- make an effort to accept what you cannot change
- take one thing at a time, and encourage children to do the same
- talk with friends about your stress
- give children safe, appropriate ways to release their own stress

Stress-Relieving Activities for Children in Child Care

Young children do not automatically know how to handle their stress. Child care providers can teach appropriate stress management by suggesting some of the following activities.

Paper ripping – Let children have a “ripping good time” with old newspapers or magazines. They can crumple paper into balls and throw the balls all over. The balls are soft and safe.

Finger painting – Cover your table with an old shower curtain, plastic table cloth, or newspaper. Give children a large piece of paper and some finger paint. Child care providers should join in the fun. Use fingers, hands, and even elbows for painting a picture.

Active play – Make sure children have active play every day—even child caregivers should participate. Running, climbing activities and playing ball are good ways to be active and to relieve stress.

Laughter – Take time to be silly and laugh together with your children. Sing silly songs, read funny poems or stories, or just “goof around” with each other.

I hope the article has been helpful and when you feel a stressful moment is developing you can recall these tips to help you and your baby to come to a calm resolution. One life lesson I learned many

years ago from a co-worker that ended up being tried and true is sometimes a kiss and a hug and a few kind words can go a long way to help a friend in need ❤️



Deb, Emily and Mari



We would like to welcome our new babies and their families to Tiny Turtles! We look forward to getting to know you and your babies! We are on the move and looking forward to nicer weather in the coming months. We will be getting outside as often as possible. Asha, Koree, and Lucas are enjoying exploring the classroom as they crawl around. Maelyn has just started crawling- she just wants to be a big kid! Teagan and Aradhya love taking objects out of bins together and they are becoming more adventurous with their movements. Our youngest babies, Samantha and Mariana, enjoy watching the bigger babies move all around them and they are the best at cuddling! Have you ever noticed how babies are always craning their necks to see what is happening on the other side of the room? Or when they refuse a bottle or turn their head while eating in order to see what is happening behind them? There is a good explanation for this- Babies are curious! Babies are born learners, with a natural curiosity to figure out how the world works. Curiosity is the desire to learn. It is an eagerness to explore, discover and figure things out. Nurturing your baby's curiosity is one of the most important ways you can help her become a lifelong learner. In the Tiny Turtle room we are always nurturing our babies curiosity. There are many ways we do this.

One way we nurture the babies curiosity is to rotate toys within the classroom. We do this to keep the toys "fresh and exciting". If the babies are offered the same toys every day they will

become bored and their curiosity will not be peaked. We use the toys in a different way or in a different part of the room to help keep the babies interested.

Another way we nurture the babies curiosity is to allow them to explore their environment. As the babies begin to start moving they are able to explore where and what they want to. It becomes a balance of allowing them to explore and making sure they are safe while doing it. Of course, the Tiny Turtle room is baby proofed and the babies are able to explore the room with minimal dangers.

We also borrow toys from the 1yr old rooms often. Using some toys that are slightly over age appropriateness really peaks the babies curiosity. They explore the toys in their own way and try to figure them out. They are so proud of themselves once they have mastered the toys!

Allow your baby the freedom to explore their curiosity, while keeping them safe, at home too! Watch how your baby manipulates the toys. You can almost see their wheels turning as they learn about the toy. If possible give them a change of scenery and allow them to explore different rooms within your house. You will have so much fun watching and joining in on your baby's curiosity.

Jamie, Jessica & Michelle



Several of our friends have recently begun the adventure of potty training, so we wanted to share with everyone some things to look for that are indicative of your child being ready. Being potty trained is an exciting milestone that children all reach in their own time. It's important to follow your child's lead and allow them to go at their own pace. Often it begins by children exhibiting a simple interest in just sitting on the potty or watching others, such as older siblings or parents.

If your child is demonstrating an interest and is also staying dry for long periods of time, such as through naptimes or overnight, they may be ready to start using the potty. Another sign your child may be ready is if they are urinating or having bowel movements at fairly regular or predictable times. It's at this point you can begin offering them the opportunity to sit on the potty at fairly regular times such as before and after naps and before bed or bath times.

Additionally before beginning the process of potty training children should be capable of pulling their own pants up and down and be able to remain in the same position for several minutes. Cognitively, the child should be able to understand the need or urge to go to the bathroom and be able to express it to their care giver.

If you're seeing any of these signs in your child, you may want to begin offering them the opportunity to go on the potty, particularly at those key times when they first wake from overnight or before and after naps.

Some children take to it quickly and some take a little longer. Sometimes children do really well and are seemingly well on their way to being fully trained and then regress. This is very normal. Potty training is both an exciting and challenging milestone for all involved and cannot be rushed. There are few things in young children's lives that they have complete control over and using the potty is one of them, so you want to make sure that the experience of potty training is a positive one. Just remember that accidents will happen, but eventually your baby will achieve success and become a big kid in underwear!!

Thank you,
Kristen, Natalie and Yasmene



Hello Families, in our classroom we have been doing a lot of family style eating. Now, you may

wonder what family style eating is and I will be happy to share. During each meal time the children will all sit at the table and with help from a teacher with hand over hand the children one by one will scoop their own food onto their own plate. Ever since we have been doing family style eating the children may go into the kitchen center and pretend family style with their friends. This is also a great help with learning independence as well. The children really enjoy family style eating and also may like the idea to take with them at home.

Family style eating is also important because this will help them with socializing more and to continue to help them with growth.

Some fun ideas you can do at home with them is to practice scooping their own food onto their own plate or just simply sprinkling some cheese from a container onto their own food. Meal times are a nice time to talk to your child and see how exciting their day was at daycare and have them look forward to the next day.

Happy Spring!
Ashley, Jean and Alexis



Hello families,

We have had so much fun in the Little Wonders Room so far this year! We have done some amazing projects that involve painting. One of our favorite painting activities was clip board painting. We took clipboards with construction paper on both sides and hung them from the ceiling. Then we painted while listening to Disney music. We also painted on plastic wrap wrapped around table legs while listening to classical music. Another painting activity that is really fun is shaky hearts. We put paper hearts in a can, drizzled paint on them, then shook the can. When the hearts come

out they have really cool tie dyed patterns on them. We can't wait to see what other awesome and unique activities we will experience at school this year!

The Little Wonders also love dramatic play. They spend a lot of time playing with baby dolls, talking on the phone and pretending to cook, serve and eat food. They have also been challenging their play by extending their dramatic play experiences. One way they have done this is by using sensory bottles as hoses to try and put out a fire. Also, while playing playdough at the table, a group of children decided to take it to the dramatic play center and use it as food with the dishes. They pretended to cook, serve and eat it. Another experience they provided for themselves was a class train. One child put a few chairs in a row and invited a few children to come ride the train. Eventually the whole class had come aboard! Dramatic play is really important for children to be engaged in. It teaches children self-regulation, collaboration, conflict resolution, language development, empowerment and so much more! It is so important for adults to be good role models because children imitate adults, by taking in their experiences and incorporating it into their play. Next time your child is having a dramatic play experience, watch and listen. Maybe you will notice something they have learned from you.

Jen, Jenna and Ashley



Hello Families,

We are so happy to see how much these Dancing Dinosaurs are growing. This first half of the year has really been great getting to see how their personalities and emotions flourish. We have been so lucky to experience the transition in language as well. This second half of the year is where we will begin to notice a big shift within the children. They will be phasing into the pre-school stage. Which means they are slowly stepping out of the toddler domain. With this comes new goals and strides. One major goal that we are seeing is the potty training. This is a time where a lot of our parents begin to question if the child is lacking or "behind". As a parent myself I understand your concern, but as a teacher can tell you you have nothing to fear. Many children are just not ready. Some are shy and some have not found the concept quite appealing. For these children we ask you to be patient, the time will come.

In the Dancing Dinosaurs room we offer the potty every time we do diapers. Some kids may go more than others and we accommodate that need. We offer up incentives for the children, but if the child refuses we accept their answer and keep on. We do not know why a child is refusing at that point and we do not want to "force" the issue. We may end up causing them to lose interest completely. We have found that quite often the child is simply not ready to commit. When the child does try the potty, we make sure to praise the child by giving them a hug or a high five. Giving them a grand gesture can encourage them to keep on trying.

A few tips on how to assist with potty training that we have seen may work:

Use easily accessible clothing: No belts, Onesies or too many layers. This might take more time trying to get everything off in order to be able to

use the potty. Which in turn may end up being too late for the child to make it. It is best to have clothing children can manipulate independently.

Praise the child: Sometimes telling the child how happy you are is enough. They see the excitement and may want to continue to try and go so you can give the same reaction

Incentives: We use things like stickers. Some kids get a special treat. Some families use sticker charts and Prize Boxes. Whatever you choose is fine. If your child is having trouble, stop for 2-4 weeks and then try to restart.

Accidents and regressions are normal. Above all be Patient.

There is no wrong or right way to potty train. The only thing is finding what works for you and your child. We will also keep working every day to help you and your Dino with this milestone.

Thank you,
Bianca, Ruth & Michellee



We had so much fun over the holidays! I am amazed every day at how much your children are growing. They have been learning numbers, letters, and counting higher than ten! We will continue working on academics, fine and gross motor skills, and social skills. We are going to have a great rest of the year!

Once spring comes along, we will be spending a lot more time outside and learning about nature and animals. For now it is still snowy and cold. Please remember to send your child to Daycare each day with all of their snow clothes; snow pants, winter coats, boots, hats, and gloves. We go

outside everyday as long as the temperature is above 30 degrees.

Second Languages at Home

There are many benefits to teaching children more than one language. Using two or more languages at home can help with a child's literacy and vocabulary. Every morning in the All Star room during circle time, we teach the children words in sign language. Encourage your children to show you the signs that they have learned! Here are some simple signs that you can use at home. There are also many great online resources to learn sign language such as

<https://www.handspeak.com/word/>

As an example below are the signs for Wait, Eat and Sit.



Happy Spring!

Emily & Kevonna



Hello to all our wonderful families and welcome to Spring! I know after a long winter, we are all looking forward to warm weather, sunshine, and blue skies! It is hard being cooped up so long over the winter months, and it is always a great feeling to be able to get outside and enjoy the fresh air.

We try and get outside as much as we can at school, but it's not nearly as much as we can in the warmer months.

There are so many activities we can do once the weather begins to change in the spring. Many of these things we will do at school, and there are many things you can do at home, as well! Here is a list of some things we can look forward to doing:

1. Plant flowers and watch them grow. This can be done inside or outside. Let your children feel the dirt and seeds, and then enjoy the magic of the flowers sprouting!
2. Have a picnic. This can be done anywhere! It can be as simple as going in your backyard, or to a local park or playground. Pack a healthy snack or meal, and just enjoy being together!
3. Visit a farm and see the baby animals. Spring is a great time to see the new arrivals.
4. Play out in the rain on a warm day, and jump in puddles! This can be so much fun for the children to experience!
5. Go for a walk and notice all the changes you may see. The trees and flowers are blooming, and the grass is getting greener and longer.
6. Open the windows and enjoy fresh air. Listen to the birds singing or the rain falling!
7. Walk barefoot outside and feel the earth between your toes!
8. Fly a kite.

There are so many things that we can do to enjoy the outside and spend time together. I know we are all busy in our day to day life, but it is so important to take time to literally stop, and smell the roses. Time goes by so quickly, and I think it is important for all of us to remember the little things in life that are happening around us. Ask your child what they want to do outside. They

may come up with other out of the box fun activities! The possibilities are endless!

Happy Spring and enjoy your time outside!

Erin, Esther, and Imari



Lucky Ducks:



There's Snow Place like Home

I hope this letter finds you all healthy and excited for the weather to change! This winter has been brutal with the changes in weather from freezing to beautiful. So what are we to do when we can't go out? Well, we've been trying to find new ways to play indoors and pretend it's winter inside!

A great way to play indoors like it's winter is using fake snow. It's easy to find on clearance after the holidays as well as at dollar stores. It can be used to make crafts, play with small animals as sensory play, or even just roll in. It's great for many ages and can get your older children playing with the younger ones!

Another great idea is to either make your own white playdough or get some white playdough at the store. This can be used with googly eyes, Popsicle sticks, etc. to make small snowmen. You can hold a family contest and have everyone make theirs in secret and vote on which is best. You can also use this playdough to make animal tracks with small animal toys. See what your children (and you) can identify.

Whether you're inside due to someone feeling under the weather or the outside weather not cooperating – make winter fun come alive. You don't have to be freezing to have winter fun!

Find below our recipe for snow playdough:

- 1 cup cornstarch

- 1/2 cup salt
- 1 tbsp oil
- 1 tbsp cream of tartar
- 1 cup boiling (or nearly boiling) water
- silver glitter- optional but beautiful
 1. Mix all of the dry ingredients in a bowl and add the oil
 2. Next, pour in the water (adult only if using boiling) and mix it up
 3. Leave it for a little while to cool down, in which time it will come together more
 4. Knead it until smooth and soft
 5. Add in glitter

NOTE: if it's still too sticky just add more corn starch!

We hope you can enjoy your time indoors (or out) while this season lasts. Stay healthy!

Your Lucky Ducks,
Rachael & Joan



Busy Bees:



Spring is here! The birds are chirping and the busy bees are buzzing. The children are just thrilled that it is getting warmer outside and that there will be no more snow.

Parent-Teacher conferences were a huge success. I would like to thank everyone for taking time out of their busy schedules and talk about their child's progress. We enjoy coming to work every day, because of the children! Keep up the great work parents.

We would like to offer some alternatives to saying "no" when your child is exhibiting negative or undesirable behaviors. Positive communication is important.

Instead of.....	Say.....
Stop hitting	Please keep your hands to yourself
Don't say that	Please choose another word
Quit whining/crying	Please use your words
I can't hear you	Please speak louder
I won't buy you that	What if we buy ____.
Don't get upset	It's okay to feel that way, but ____.
That's not for you	This is what I can offer you
We can't/have to stop playing	We can play later after we ____.

These are just a few things you can do to make parenting a more positive approach. Give it a try and see what happens!

I know that kindergarten is just around the corner. Below is a list of skills that kindergarten teachers like to see in their students at the beginning of the school year. Do not panic if your child has not mastered everything on the list - he or she will learn a lot in kindergarten!

- Identify the letters of the alphabet.
- Count to ten.
- Use scissors, glue, paint, and other basic art supplies.
- Write his or her first name in uppercase and lower case letters.
- Classify objects according to size, shape, and quantity.
- Speak in complete sentences.
- Recognize some common sight words. For example, "stop" and "the".
- Play independently or focus on one activity with a friend for ten minutes.
- Manage personal needs like bathroom breaks, cleaning up, and getting dressed.

Please take a moment to check your child's cubbies for extra clothes to ensure that they have everything they will need for the spring season.

SPRING IS HERE

Busy Bee Team

School Age:



We had so much fun during February break week. We had theme days all week. Some of the activities we did were: coloring contests, iron beads, making slime, cooking our own pizzas and having a movie day with popcorn! Another main focus for the week was STEM challenges. STEM stands for science, technology, engineering and mathematics. It gives the School Agers an opportunity to create something from their imagination and use their own problem solving skills. We had toothpicks and marshmallows. The challenge was to build something out of those materials that could hold the most snap cubes. Our winner was, Taylor!!! Her creation held 179 snap cubes. We also had a fun new toy from scholastic. They were plastic tubes that looked like straws with connecter pieces. The students were able to build forts, houses and many other creations. We had a great time creating over break and looking forward to our next school break week!

Nora, Bradyn, & Brianna