From the Director

Great Health Care Adventures

When: March 23, 30 and April 6, 2016
Where: Preschool and Toddler Classrooms
Time: 9:30-10:00 AM

Great Health Care Adventures is a curriculum to teach young children about health careers, healthy choices, how to stay safe and to let children explore some of the health care tools they may encounter during a visit to a health care facility. This program is made possible by the NDSU Nursing Department Staff and Student Ambassadors.

March 23 Overview of all the helping careers in a medical field
March 30 Floss is Boss: Oral Health
April 6 Walking Field Trip to Sudro Hall Nursing Unit

Parents are invited to join us for all of these AWESOME opportunities!

Devon’s Hurt Performance

The NDSU Theater Department will be performing a short children’s play called Devon’s Hurt in the Center for Child Development on March 24th, 2016 at 3:45 PM. This is a … “delightful, charming, gently thoughtful play written to engage young audiences and their families with genuine conflict and resolution mirroring children’s everyday life.” This opportunity will promote children’s appreciation for the arts and creative thinking. Parents are welcome to join us for this 30 minute performance in the preschool room.

What Will the Teachers Be Doing March 18?

On Friday, March 18, 2016 the Center for Child Development will be closed as planned. Carpets will be cleaned in all rooms as staff attend a five hour professional development training titled Understanding Child Traumatic Stress: Implications for Educators. This training is possible through a United Way grant the Center received. Our staff, along with the Directors of Nakomis and Head Start, will attend this awesome training on promoting mental wellness.

Did you know that one in four children have been exposed to a traumatic event? Trauma can have a lasting impact on the well-being and functioning of children and their families. By understanding how trauma impacts children, and adopting a trauma-informed approach, child care educators can play a crucial role in mitigating both the short and long term effects of trauma and in ultimately improving the child’s overall life trajectory.
Play In Early Childhood—Submitted by Robin Trends

Look into any Early Childhood classroom and you will see children engaged in multiple scenes of play. Children may be building with blocks, dressing up to cook and serve a meal, exploring in a sensory table, or building a town out of Legos. What you may not “see” or understand is the learning that is occurring.

Play is the basic foundation for all learning in young children. Play and learning are intertwined as children’s play is the vehicle of their knowledge. Children learn and develop cognitive skills, vocabulary, social skills, increase their literacy skills, math skills, and work on their physical abilities through play. Play also helps children grow emotionally and gives them a safe outlet to explore and act out their feelings.

As parents you are the best teachers in your child’s learning. The following are tips you can do to help encourage children’s play.

- Research and read about play to help you understand the importance of it. David Elkind’s The Power of Play (Da Capo, 2007 reprint) is a great resource.
- Make time for play - life gets busy so build it into your schedule.
- Play outdoors and play with children in the neighborhood. Take from your own memories of outdoor experiences to help your child create their own.
- Trust your own instincts - play comes naturally to children. Give them time and see all that they are capable of.

The late Fred Rogers once said “Play is the work of childhood”. Play provides the basis for learning and should be a cherished part of childhood. It offers children important developmental benefits and parents the opportunity to engage in their children’s learning.


Infant / Toddler EML 161 Happenings by Stacey and Sam

Featured Family
This month our Featured Family is Daxton. Check it out!

MSUM Practicum Students

Last month, we had two Minnesota State University Moorhead practicum students start in our classroom. Michelle will be completing 20 hours of practicum and Ana 40 hours. They will be planning and implementing some fun and educational activities for the children.

April Parent Conferences

It’s that time of year again to meet with your child’s primary caregiver and discuss your child’s developmental progress over the past months. Together we will develop individual goals for your child to challenge their learning and bring them to the next developmental milestones. A Pre-Conference Survey form will go out to parents towards the end of March for you to complete. We use this feedback to best meet your needs, answer your questions and celebrate your child’s successes. Conferences will begin in April. Teachers look forward to meeting with you and learning more about your child’s growth and development!
Spring Break Week

Spring Break Week is just around the corner, March 14-18. Teachers will ask you if your child will be in attendance over that week. Your response will help us prepare for staffing and ordering accurate daily meal.

Pear-Peach-Spinach Yogurt
(This is a great recipe to hide those vegetables!)

1 cup packed fresh spinach
1 ripe pear
32 oz. plain or vanilla yogurt
½ banana (optional)

Wash, peel, and cut pear and peach. Combine all ingredients in food processor or blender and blend until smooth. Keeps refrigerated for 24-48 hours or frozen for 3-6 months.

Source: Baby Talk (January edition, 2016)

Outdoors
As March weather fluctuates, we will be assessing the playground for ice and wetness before heading outdoors. On the days when we cannot go outside we will go to our large motor room located in FLC room 319.

Thank You!
A huge THANK YOU to Shawn’s mom, Ping, for taking time to come to our classroom and teach Chinese to the toddlers. Ping prepared beautiful photos of fruits and vegetables to use as visual aids. We are very excited to learn Chinese together!

New Students to Join Our Classroom

We have two new students starting in our classroom. Kaitlyn, a student from Minnesota State University Moorhead, will be completing a 40 hour practicum. Her hours will be Tuesday and Thursday 8:00-10:30 AM. We also have a new America Reads student, Briget. A warm welcome to each of them!

Spring Break Week

Mary will be sending out an attendance sheet for Spring Break week. It is important for us to know how many children will be in attendance daily for ratios and to have accurate meal counts.

April Parent-Teacher Conferences

Sign-up sheets will be posted the end of March for parents to sign up for a conference time. We look forward to sharing our developmental observations and learning more about your child! A Pre-Conference Survey form will be placed above your child’s cubby for you to complete.
Preschool Spanish Curriculum

Learning a second language is like giving a gift to ourselves. When we have the enthusiasm to learn another way to communicate with people who do not speak our same language we are giving a gift to ourselves. Learning a new language can allow us to make new friends, to meet new people, and to learn other ways of thinking. One can’t emphasize what a rich experience it is to be able to interact with individuals from another culture, to experience different traditions, observe similarities, and to explore the world.

This is why when parents teach their children a new language, they are giving their children a gift. Having grown up in a bilingual environment where my parents spoke Spanish at home and I spoke English at school is a quite unique and joyful experience. It allowed me to see from a very young age that every person comes with a different background whether it’s coming from a different town, country, or life experience. The Spanish lessons that are taught to children at the Center for Child Development are meant to enrich their curriculum. The Spanish lessons that I will be teaching in the classroom with the possibility of adding more themes to our curriculum are:

- Introduction to Spanish – February 23
- Colors in Spanish – February 25 and March 1
- Foods in Spanish – March 3 and March 8
- Numbers in Spanish – March 10

I have planned to implement fun activities to go with the lessons. Our first activity will be having the children point in the map to places they have been. We are going to talk about how different countries speak different languages. We will also be looking at how things that people do in different countries are similar and different to things we do at home. I would love for parents to promote their child’s Spanish learning by continuing to use the words that the children learn in the Center at home. I will be placing above your child’s cubby a flyer with information about what Spanish words we learned each day in the class. This will help them share their gift with everyone else!

Written by Angela Alean-Field Experience Student

Gearing up for Parent Teacher Conferences

Teachers are actively working on your child’s developmental needs through the activities we plan. We are also organizing our observations for your child’s portfolio and updating your child’s assessment. Parent teacher conferences will take place in April. A conference sign up will be posted early March. A Pre-Conference Survey about questions, concerns and your observations will be placed above your child’s cubby early March. We are able to research topics of your interest when you let us know before the conference.
Guest Readers

The teachers and children in the preschool room have been excited to welcome guest readers from the Department of Human Development and Family Science this past month. Nancy Kaler, Senior Lecturer and Field Experience Coordinator; Heather Fuller, Assistant Professor in HDFS; Joel Hektner, HDFS Department Chair and Professor have all spent time reading to the children. We want parents to always feel welcome to share a story with us also. If you are interested in reading to the children, please let us know. You can read one of your child’s favorite stories or you can use a center book from our library!

Keeping Healthy, In and Outside

Child Wellness: We have had a lot of illness this past winter and are working hard to keep everyone healthy! Thanks for following our health policies at the center such as, promptly picking up your child if he/she becomes ill and letting us know when your child is ill so we can post an illness notice for other parents. Please try to keep in mind there are other symptoms of illness in a child besides fever. If you child is not yet eating normal, not been active at home or is generally seeking quiet play, s/he is probably not yet well enough for the active day at our center. When considering the needs of the whole group, your child may not be able to get that “TLC” necessary to get better. Please remember that we are not able to keep your child inside due to illness when the group goes out for play.

Outside Clothing: Help us to keep your child warm and dry when playing outside. Now that the snow is melting, 2 pairs of waterproof mittens, large hat, snow pants and boots are especially important to have at school every day. Checking your child’s outdoor clothing for wetness at the end of the day is also helpful. We are unable to dry outdoor clothing except for hanging them up and sometimes items are still wet the next day. If possible, to take them home for a quick dry or replacement pair will help keep your child warm and comfortable outside. We will keep winter gear here until our playground has dried up.

March Events

Wednesday, March 2: Cat in the Hat’s Birthday. We will be dressing silly, reading rhymes and enjoying an interesting snack. Please join us if you’re able!

Scavenger Hunt Week: Spring break week we will be walking around campus looking for interesting sights. We will be logging our observations in our scavenger hunt book created by the children. It will be interesting to see the campus from the children’s eyes.