From the Director

Popsicles on the Playground

When: Wednesday, June 15, 2016
Time: 3:30-4:00
Where: Preschool Playground (weather permitting or classrooms)

Please come and join your child for a cool treat, outdoor play, take a look at our gardens and meet other families in the Center. Hope you can come!

Is Your Family Taking Vacation?

If your family will be on vacation this summer or just want to spend a day at home, please let the teachers know in advance. This helps us plan for staffing and have accurate meal counts to save dollars. Also, if teachers are taking annual leave they will inform you in advance of the day, time and who will be subbing.

Annual Child Enrollment Forms

North Dakota licensing requires child enrollment forms be updated annually. An enrollment form packet including the 2016-17 Parent Manual, Center closed Dates/Hours and forms will be placed above your child’s cubby mid-June. Please return the completed and signed forms by Friday, June 24, 2016 to EML Hall Room 261. Your child’s center file will be updated along with emergency information for the classrooms. If you would prefer to complete the enrollment forms on-line, go to www.ndsu.edu/childcenter/forms. Please contact Deb Habedank at 231-8281 or Debra.Habedank@ndsu.edu if you have questions.

Importance of Fiber in Your Diet submitted by Michele Zwack

Sources: Health Day-Delicious Ways to Get Fiber in Your Child’s Diet by Peter Jaret and The Facts about Fiber for Kids-High Fiber Foods by PediaSure

One of the best things a parent can do to help your child thrive is to increase the fiber in your child’s diet. In researching fiber intake I learned there are several key benefits. Fiber slows down the rate sugar is absorbed into the bloodstream. Foods rich in fiber help to maintain glucose levels. We stay feeling full longer by eating foods rich in fiber. Fiber in your diet also helps to maintain a healthy weight and keeps your intestines clean and bowels regular.

Fiber is important to help maintain good general health. It helps to control cholesterol and protects against some types of cancer. A high fiber diet can help protect against diabetes and heart disease. There are many ways to add fiber to your diet. A good fiber choice is to choose whole grain foods instead of white flour and use brown rice or whole wheat pasta when making dishes. Also, always leave the peelings on fresh fruits and vegetables. The Center adds fiber to our menu using these recipes:
Navy Bean Oatmeal Chocolate Chip Cookies

1 c. canned navy beans
½ c. butter or margarine
1 c. white sugar
1 c. brown sugar
2 eggs
1 t. vanilla extract
2 c. all-purpose flour
1 t. baking soda
1 t. baking powder
½ t. salt
2 c. quick-cooking oatmeal
1 c. chocolate chips

Directions:

Drain navy beans, reserve 2 T. liquid. Puree beans and liquid in food processor or blender until smooth. Set aside. Cream butter and sugar in mixer, add navy beans and puree till creamy. Add eggs and vanilla and blend well. Mix flour, baking soda and powder in a small bowl. Add to mixture. Stir in oatmeal and chocolate chips. Refrigerate dough for several hours. Preheat oven to 375 degrees. Bake for 15-17 minutes or until golden brown.

Per serving: 95 calories, 3 g. fat, 2 g. protein, 16 g. carbohydrates, 1 g. fiber, 13 mg calcium, 91 mg sodium

Zucchini-Carrot Bread

3 eggs
2 c. sugar
3 t. vanilla extract
1 c. oil
3 c. flour
1 t. salt
1 t. soda
3 t. cinnamon
¼ t. baking powder
1 ½ c. grated zucchini with peel
1 ½ c. grated carrots with peel
Bake at 350 degrees for 20 minutes.

Pumpkin Cookies

2 ½ c. all-purpose flour
1 t. baking powder
1 t. baking soda
2 t. ground cinnamon
½ t. ground nutmeg
½ t. ground cloves
½ t. salt
½ c. butter, softened
1 ½ c. white sugar
1 c. canned pumpkin puree
1 egg
1 t. vanilla extract

Directions:

1. Preheat oven to 350 degrees. Combine flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt; set aside.

2. In a medium bowl, cream together the ½ c. butter and white sugar. Add pumpkin, egg, and vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoon; flatten slightly.

Family Community Events

- **Fargo Public Library Summer Reading Program**--The Fargo Public Library is offering a FREE summer reading program starting June 6 through August 6 for children, teens and adults. Parents may sign up for the program at [www.fargolibrary.org/childrens](http://www.fargolibrary.org/childrens) or call 701-241-1495 to receive more information on the program. Theme weeks include:
  - June 6-11  Motion Commotion
  - June 13-18  Wheelie Cool Athletes
  - June 20-25  Have a Ball at Your Library
  - June 27-July 2  Fuel Your Engine
  - July 5-9  Life Size Fun
  - July 11-16  Step To It!
  - July 18-23  Take A Playcation!
  - July 25-30  Amazing Animal Athletes

- **Midwest Kid Fest**
  - Date:  Friday, June 17, 2016
  - Time:  11:00 am-7:00 pm
  - Location:  Island Park, Downtown Fargo

  This free community event will start with a 10:30 Teddy Bear Parade at Dike West. The mainstage entertainment will be with Penny and Pals at noon and 5:00 pm.

- **Fargo Police Department Community Picnic**--This event is the Police Departments biggest community event of the year! Stop by Island Park between 5 to 8 pm to learn about resources available to residents, enjoy games, displays and free food. Learn about the many different cultures with the FM community in our Cultural Corner.

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**Infant / Toddler EML 161 Happenings by Stacey and Sam**

**Items Brought into the Classroom**
Please make sure you are labeling everything you bring to the Center with your child’s name (blankets, hats, jackets, diapers, wipes, bottles, etc.). Children sometimes dig into the cubbies and teaches are not sure where the things are coming from. Thanks!

**Where’s Stacey?**
Stacey will be taking a couple of vacation days June 22-24. Her son has a baseball tournament in Omaha, Nebraska. I will send a reminder with substitutes as it gets closer.

**How to Make Squishy Bags**
Take any size Ziploc bag (large ones are the best). Fill with items your child is interested in and tape it down to a table, the floor, or to your child’s high chair. Here are a few ideas that you can use:

- Shaving cream (you can add colors)
- Paint (finger painting in a bag and it’s mess free-you can put 2 colors to watch the colors change)
- Colored water and small squishy items (small fish, shells, etc.)
- Oil and colored water
- Hair gel
- Water and shampoo (your child will create bubbles as you squish it around)
- Sand, flour, sugar, etc. and put small items inside to do an I Spy Game.

**Happy Birthday to You:**
10th Daenerys turns 1!
**Sun Protection**
A friendly reminder to put sun screen on your child in the mornings either at home or upon arriving in the classroom. We will reapply sun screen to your child after nap to protect them from the strong afternoon sun rays. Also, please send any other type of sun protection clothing such as hats, sunglasses you would like your child to wear when outdoors.

**Water Play**
During the summer toddlers have water play on the playground which includes sprinklers, water in the sensory table, watering our garden, etc. Teachers will post a note on the sign in/out sheet the day prior to any water play activities. You can either keep swim wear in your child’s extra clothing basket or bring it the day of outdoor water play.

**Field Trip to the Red River Zoo**
We are planning to take a field trip to the Red River Zoo on Thursday, June 23rd. More information will be coming via email regarding entrance fee and time of day. Please join us if your schedule allows!

**Gardening with Toddlers**
Due to cooler weather in May toddler garden planting has been postponed to June. Our garden adventure will begin the first week of June. We will be planting: tomatoes, peas, colored peppers and pumpkins. Herbs we will be planting are dill, oregano and mint.

**Our Teaching Staff**
Sam, our student teacher from MSUM, will be teaching with us through Friday, June 24. Sommer, who has been an America Reads Student in the Center for Child Development for three years, will be a part-time teacher starting on Monday, June 27th through the end of the summer. Sommer has worked previously in both the infant and the preschool classrooms and has done subbing in our classroom.

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**Preschool Happenings by Monica and Robin**

**Summer Fun**
We have lots of fun activities planned this summer in the Center for Child Development. Please take note of special events on the calendar attached to the newsletter. In addition to what is listed on the calendar the preschoolers will have lots of outdoor fun this summer. We will take some campus walks including the Soccer Park (north of T lot) and sprinkler play. To prepare for sprinkler play, we ask that you keep a **swim suit (or tank top and shorts set)**, **water shoes (with straps)**, and **towel at the center at all times**. We often have water play spontaneously depending on the weather and the children’s interest. Please don’t forget to label swim wear with your child’s name and apply sunscreen to your child each morning if you wish them to have a morning application. Teachers will re-apply after nap/rest time.

**Saying Goodbye**
We are saying a sad good bye to two kindergarten bound children, Roman & Gabe. You will be missed but know you are ready for kindergarten! Make sure you come back to visit us!
A Big Welcome!
We are welcoming new families into the preschool room. Chase, along with his parents, Steve & Jane and Victor, with parents, Dong & Ying will begin on June 6th. We are very excited to have you become are part of the NDSU Center for Child Development! Please say hello when you see them!

Feature Family
Each year we have a Featured Family Bulletin Board in the Preschool Room. The Featured Family Bulletin Board is a display of pictures brought in by families to share with the other families and children in the center. It is a way to get to know each other and share special things about our families. The children enjoy the pictures and sharing their stories with one another.

Teachers will send a poster board home with you a week before your scheduled time. When making the Featured Family Bulletin Board you can find family photos, artwork or anything else that can lay flat on the board (we put it under Plexiglas). You may also include captions to tell about the items. Use tape as we reuse the poster board for other families. Feel free to include extended family, pets, and your child growing up pictures. Your Featured Family Bulletin Board will be up for all to enjoy for two weeks.

We also have a “Learning About (the child)” section to the family bulletin board. Your child will be interviewed by their school friends to learn about their favorites. Parents do not need to plan any part of this section. When your child’s time is complete, teachers will put their “Learning About (the child)” page in your child’s Individual Portfolio. All photos will be returned to the family at the end of the two week period. The Featured Family sign-up sheet is by the classroom door. If you have any questions please ask Monica or Robin.

Extra Clothing & Supplies
Have you looked through your child’s extra clothing box lately? Please remove winter clothing and add summer wear for your child’s comfort. This is also the time of year to replenish your child’s supplies. Each child should bring before July 1st:

- 16 oz. Lubriderm Lotion (blue cap) or desired brand of lotion
- three (3) small toothbrushes labeled with your child’s first name
- lip balms (if you desire) labeled with your child’s name
- wipes if your child is not consistently toilet trained
- Sunscreen
- Insect Repellant

Summer Fun for Your Family
Here are a few great outdoor & rainy day activities for you to try with your child.

- ✓ Build a Fort- Take a large box (call appliance stores) or a card table & blanket. Bring books, flashlight & stuffed animals inside for a great rainy day get away.
- ✓ Nature Wind Catcher- Go on a walk with your child and gather small nature items and a large branch. After talking about the items hang them by string from the branch. They look nice inside near a patio door or out on the deck.
- ✓ Treasure Hunt- This could be done in or out. Chose 5 toys from your child’s room. Show them to your child and then hide them throughout a designated area. Let your child find them. Be prepared to give some hints in case you hide too well.
- ✓ Jump To It- Lay out different items on the floor (numbers, colors, shapes, etc). Take turns with your child calling out a series of 3 items to jump to in order (more or less items depending on interest or ability). This lets them practice remembering these items as well as three step directions.