From the Director

A Sad Good Bye to Samantha Miller
Samantha has resigned her position in the Infant Room effective November 18, 2016. She will be traveling for an eight month period around the world. Upon returning to the States she will be enrolling in her PhD program in Clinical Psychology focusing on promoting resiliency for children and families who have been affected by disasters. We wish Samantha the very best in her travels and obtaining her PhD. She will be missed!

Raelyn Buscho, toddler teacher technician, will move into Samantha’s position when Mary Duggan returns from her medical leave. The toddler teacher technician position is now open and we are hoping for some great applicants. If you know of any Child Development or Early Childhood Education degreed teachers with 1-2 years of experience with infants and toddlers, please encourage them to apply. Sometimes the best teachers are found through parents!

Creative Note Cards
Parent volunteers have been working hard to create beautiful notecards featuring original children’s artwork. A sincere thanks to the parents who have helped and to our coordinators Jane (Chase’s mom) and Jaeha (Teo’s mom)!

Note cards and envelopes will be packaged in units of 10 for $10.00. Parents have made 20 notecards for each child, but more can be made per advance order and payment. An order form was placed above your child’s cubby with additional order forms available in the classrooms. Note cards will be delivered to the child’s cubby once payment has been made by check or cash.

Parents have found so many uses for the creative note cards including thank you cards, birthday card, invitations or thank you’s, Christmas cards or stocking stuffers, Mother’s Day, Father’s Day, Grandparents’ Day cards, Teacher Appreciation cards etc.

Questions about ordering note cards? Please contact Jaeha Lee at 231-8220 or Deb Habedank at 231-8281.

From the Kitchen to the Classroom
Mother Bear’s Special Apple Bread, recipe from Cooking up a Story by Carol Elaine Parks and Barbra Catron Parks. Chop apples and cover with sugar. Add to egg and oil. Add dry ingredients. Mix well. Bake in loaf pan at 350 degrees for 45 minutes. Makes one loaf.

The preschool children helped Michele peel the apples, add the ingredients, smell the spices and asked questions about the ingredients. I used half whole wheat flour so the children could see the contrast in the color of the white and brown flour. The children tasted the bread for snack the following day.

Ingredients:
- 2 cups apples (chopped)
- 1 cup sugar (I used ¾ cup)
- 1 egg
- ½ cup vegetable oil
- 1 ½ cups flour
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon salt

Mission
Our mission at the Center for Child Development is to serve and act on behalf of the needs, rights, and well-being of all children, their families and university students.

Center Closed:
- Friday November 11 - Veterans Day Holiday
- Thursday November 24 - Thanksgiving Holiday
- Friday November 25 - Professional Development/Maintenance
Family Survey
Do you feel welcomed in our classrooms?
What are we doing right in your child’s education?
What should be improved upon?
Are we meeting your child/family needs?

On Tuesday, November 15 a Family Survey will be emailed to parents on how we are doing in meeting child and family needs. We ask parents for your honest feedback on each child enrolled in our program by Friday, November 18, 2016. This survey is anonymous and will be tabulated by the NDSU Group Decision Center. We ask for 100% parent participation so we can identify our strengths, design strategies for improvement and implement program goals. A summary of your feedback will be shared in the December newsletter.

Scholastic Book Fair
Dates: November 28-December 1, 2016
Time: 8:30 AM-5:30 PM
Location: Small Preschool Room

There will be many books for you to choose from and the option of ordering books on-line. When you purchase a book you will take it with you that day. If a book has been sold out, you will receive the book before the holidays. Payment is by cash, check or credit card. The center received 40% to 50% of the sales back in books and classroom materials the children will enjoy. A sign-up sheet for parent volunteers to work at the Book Fair will be posted in each classroom.

You Suggested and Facilities Management Listened
At our September Parent Advisory Committee meeting we discussed a safety concern with the FLC tunnel for children and parents walking through the tunnel. A parent had suggested a gate to slow down individuals on bikes and skateboards. Upon sharing your ideas with Facilities Management, they liked the gate idea and will be ordering and installing a gate at both ends of the FLC tunnel!

Did you know?

- Your child’s first dentist appointment should be after the first tooth appears, but no later than the first birthday.
- The American Dental Association suggests that parents brush your child’s teeth until he/she is at least 6 years-old.
- Your child should begin using floss once he/she has two teeth that touch.
- Proper tooth brushing technique entails gentle strokes back and forth reaching top, bottom, and sides of teeth for two minutes, as well as scrubbing the tongue twice a day.

  - Children under the age of three should use no more than a smear or grain-of-rice-amount of fluoride toothpaste, whereas children from age 3 to 6 should use a pea-sized amount of fluoride toothpaste.
  - Toothbrushes should be replaced every three-four months or if obvious damage such as frayed bristles are apparent.

Source: American Dental Association and pamphlets from a dental office.
Submitted by Nursing Health Promotion Students
Fiber Filled Foods for Your Child
By Connie Schmit - Nutrition Student

Fiber is an important nutrient that many of us don’t get enough of, including children. Fiber helps keep us full and regular, and helps us to maintain a healthy digestive system. When we don’t get enough fiber we can become constipated, which can cause children to be very uncomfortable. When we think of fiber, we picture a not so appealing bran muffin or a big glass of prune juice. However, it can be easy and delicious to add more fiber into our daily lives. Here are a few simple ways to add more fiber into your child’s diet:

- Pick up a variety of fruits and vegetables
- Try leaving the peels on your produce
- Present veggies raw or lightly cooked
- Add beans to your meal
- Look for whole grain breads, pastas, and cereals
- Sample different kinds of dried fruits

Many children will happily eat more fresh or dried fruits since they are sweet. More fiber-filled sweet treats can include a baked sweet potato with a little maple syrup, or a banana smeared with almond butter. Whole grain cereal or oatmeal with chopped, unpeeled apples and cinnamon should be easily accepted. Your child would most definitely be willing to try a pudding with raspberries and hidden chia seeds. More ways to add fiber to your child’s diet without them noticing could include using whole grain cereals, pastas, and breads instead of white refined flour products as listed above. Adding beans, finely chopped cauliflower, or shredded carrots to soups, stews, or spaghetti sauces is also a great option. Just remember to also make sure that your child is drinking more water when adding more fiber to his or her diet.


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Parent-Teacher Conferences
This month we will be conducting parent-teacher conferences Nov 1-10. Conferences last between 20-30 minutes and will be held in EML 261 (where Deb’s office is located). If you have not signed up for a conference or the times do not work for you, please talk with Sam or Stacey. We look forward to meeting with you soon!

Toothbrushes
It is time to replace your child’s toothbrush at school. Please bring a new toothbrush labeled with your child’s name. If your child does not have one, you are welcome to bring one. We brush after lunch and do not use toothpaste.

Sign Language
This month, we would like to start introducing more sign language to your child. It is never too late to begin signing with your child, even after your child begins speaking. Signing will help reduce frustration, will help them talk sooner, boost your child’s self-esteem and confidence, and will strengthen the bond between you and your child or caregiver. Parents can start signs with their child as young as seven months, but a child may not use a sign until 8-10 months. The signs we use at school consistently are more, milk, sleep, change, and eat. After you use the signs for a couple of months, you can introduce more. Remember the more your child sees the sign, the faster they will learn and use it. Be patient and never show frustration if your child does not use signs. When your child attempts their first sign, encourage and praise them.

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Happy Birthday to You:
Nov. 9th Isla turns 1!
New signs we will introduce over the next couple of months will be mommy, daddy, please, book, and maybe some animals that the children are interested in.

Brrr....
Please remember to have a warm coat, hat, and gloves for your child at school. Weather permitting we will be going outside. The mornings can be a little chilly out there! PLEASE label all items as well!

Parent-Teacher Conferences
Raelyn will be conducting parent-teacher conferences with her primary care group (Adriana, Adrienne, Amy, Bell, Daxton, John) this month. A Pre-Conference Surveys form will be in your child’s cubby. There will be a conference sign-up sheet posted on the “Sign In/out” clipboard for parent to sign up for a time that works with their schedule. Conferences will be scheduled for Tuesday or Thursday mornings or as needed on an individual basis.

Cooler Weather
We will continue to go outside twice a day. On days when the weather doesn’t permit us to be outside, we will use room 319 FLC for morning large motor activity and the music room and /or hallway for afternoon large motor play. Please make an effort to label your child’s outdoor clothing either with their name or initials so that teachers can identify what clothing article belongs to which child. It is not uncommon for there to be multiple children with the same or very similar clothing.

“MINE!” & “I DO IT!”
These are the words that best describe toddler social-emotional development. The developmental categories, according to the Classroom Assessment Scoring System, are Egocentric and Autonomy.
Egocentric toddlers continue to have a strong sense of “self”. The word “mine” is often heard during social interactions. This is actually a statement of progress from infancy. To support the development of autonomy in a socially acceptable manner we encourage the concept of “turn-taking” rather than “sharing”. Through turn-taking the toddler is allowed to feel like he/she has control in that particular social interaction. Social interactions between toddlers are all about expressing one’s self in a socially appropriate manner. Using their “words” is the best way to express one’s self, although, toddlers need a lot of practice mastering this skill. Adults are important in modeling how to use words to resolve conflict. Always label the children’s feelings, use simple words or phrases and listen as the child repeats what you have modeled.
Autonomy is a state that toddlers are developing. This is the perfect time to let your toddler “do for themselves”. Toddlers take enormous pride in their accomplishments. Allowing them to dress and undress with as much independence as they can master and helping with simple chores around the house are great ways to foster autonomy. One behavior that appears at this time is testing rules and boundaries. Your toddler is not trying to be defiant; they are just making sure that the boundaries are the same each time. When your child tests boundaries here are some ways to help them follow your “rules”:

- Help them feel well so they can behave well (tired, hungry, sick?)
- Put things away that you don’t want them to touch
- Talk with your child using words and voice tone that match your message. “I” statements work great.
- Tell your child the rule and what you want them to do.
- Give them an alternative, more acceptable, choice.
- Always make sure your child knows you love them, no matter what.

Thank You
Mary would like to extend a warm, heart felt “Thank You” to all the well wishes given to her.
Brrrr...... The Weather is Getting Colder!
Mornings outside have been a bit chilly on children’s ears and hands. Please keep a light hat, gloves and a jacket (instead of a sweatshirt) in your child’s cubby until the snow comes. Once the snow arrives, we ask that you keep snow pants, boots, warm coat, hat and waterproof mittens here each day for outside play throughout the winter. This protective clothing keeps your child warm and dry. Please don’t forget to label your child’s winter wear with their initials or name. The children go outdoors every day when temperatures are 0 degrees or above.

Please consider the clothes your child wears to school each day. Dresses without tights/leggings and half sleeved shirts may not keep your child warm with the cooler temperatures. A sweatshirt or fleece in your child’s cubby will help them stay warm and comfortable.

Parent-Teacher Conferences
We begin fall parent - teacher conferences this month and look forward to our discussions and goal setting with you! A sincere thanks for completing the Preschool Pre-Conference Survey form that helps teachers plan the agenda for your child’s conference. A conference sign-up sheet has been posted next to the sign in and out board.

Anna Our Student Teacher
During the past 10 weeks the children have gotten to know Anna, our student teacher from Minnesota State University Moorhead. Starting November 7 Anna will begin full time in our classroom through the end of the semester. She will be planning, teaching and evaluating many lessons for the children. Anna will also complete a full week of head teaching December 5-9 to learn classroom management skills. Feel free to ask her questions about your child’s learning, upcoming classroom events and activities she has planned.

November Literacy Activities
As families begin having more time inside with the colder months, reading and literacy activities are a great way to spend time together. There are many ways to enhance reading with your child in addition to sitting down daily with a book. Here are a few fun ideas:

- See how many times you can sing the ABC’s before the light turns green when at a stoplight!
- Make placemats or name cards for family Thanksgiving dinner.
- Make a list of how many things in your child’s room are his/her favorite color.
- Peggy Parish’s birthday is this month. She writes Amelia Bedelia books. Marc Brown’s (Arthur books) enjoys his birthday this month also. Check them out at the library!
- Go Vote! Bring your child with to see how it works.
- Remember those nursery rhymes from your childhood? Share them with your child.
- How many giant steps is it from the classroom to your car?

Giving Thanks!
Robin and Monica would like to express thanks to our parents for letting us be a part of your child’s life. This month of giving thanks helps us also think about all that your child and family have taught us! We are so thankful you have entrusted us with the important role of helping your child learn. Happy Thanksgiving!