**From the Director**

**Happy New Year!**
The Center staff wish you and your family a Happy New Year! We thank you for your continued support and partnership in helping your child learn and grow. We have the BEST parents ever!

**Developmental Re-Screening**
Early Intervention Partners completed developmental screenings on all children in August. They are returning January 17, 18, and 19 (Tuesday –Thursday) to re-screen a few children. Their team will begin screening at 9:00 AM. Parents of screened children will receive results above their child’s cubby.

**Updating Your Child’s Forms**
Parents will be asked in January to update their child’s forms. Please update phone numbers, emergency information, child immunizations, and medical and developmental information. If your child’s forms remain current, just sign and date on the form provided. Submit all forms back by placing them in the classroom door envelope. Thanks for helping us keep your child’s emergency information up to date.

**Parent Advisory Committee Meeting**
When: Tuesday, January 24, 2017  
Time: 12:00 -1:00  
Where: EML Hall Room 269

Please join us as we prepare for our spring semester curriculum and review the Family Survey results. The agenda will be emailed to parent’s mid-January. Hope you can attend!

**Spring Semester Students**
We are very fortunate to have a number of students continuing in our classrooms and a few new faces. Our new field experience students include:

Administration Field Experience-Brittany V. and Elizabeth G. each taking two credits  
Infant/Toddler Field Experience—Jordyn T. taking three credits

Student Assistants that have left the Center are Ashley N. (preschool room) and Melora H. (toddler room). Both Ashley and Melora have been strong team players and will be missed by the children and teachers.

**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:**  
Monday, January 2 – New Year’s Holiday  
Monday, January 16 —Martin Luther King Jr. Holiday

**Center Hours:**  
7:00a -4:30p through January 6  
7:30a -5:30p hours resume January 9
Kindergarten Transitions: Off to a Great Start
Date: February 6, 2017
Time 7:00-8:00 PM
Location: EML Hall, Room 269

- How can I help my child prepare for Kindergarten?
- How do I register my child for Kindergarten?
- What are the expectations for my child in Kindergarten?
- What are the best ways to communicate with my child’s teacher?

Please join us on Monday, February 6th to learn about kindergarten transitions. Vicky Wiisanen, an experienced kindergarten teacher from Longfellow Elementary will answer your questions and share ways we can prepare your child for a smooth transition. All families are welcome to attend.

Scholastic Book Fair Results
A heartfelt thank you for making our Scholastic Book Fair a success! The total sales were $1,145.49, of which the Center for Child Development will receive $458.20 of free books and materials for sponsoring the fair. We selected 25 books to add to our children’s library in addition to the books purchased by parents from our wish list board. We also received a Counting Shape Stacker, 1-10 Counting Owls, a Fire Truck Floor Puzzle and Nesting & Sorting Garage and Cars. Teachers always look forward to placing new books and toys in the classrooms and the children LOVE new materials! Thanks again for supporting our Book Fair.

The Scholastic monthly book order flyer will be placed above your child’s cubby in January.

What Did the Teachers Do on Dec. 27 & 28?
- Tuesday, Dec. 27 staff completed eight hours of Growing Futures approved training along with carpets cleaned and a few walls painted.
- Wednesday, Dec. 28 Center had a joint training with the HR/Payroll Office, attended an annual Medication Administration training, preschool room floor was waxed, set-up the classrooms after carpet cleaning, had a staff and room meeting to prepare for spring semester, and cleaned/organized supply rooms.

Choosing Breakfast Cereals
Connie Schmit, Nutrition Student

With so many breakfast cereals to choose from, how do we select which ones to bring home to our families? Since breakfast is the most important meal of the day, it is important to decide on a cereal that is appealing and nutrient dense. Many cereals aimed for children are very high in sugar with little nutritional content, while other cereals are high in fiber and other nutrients but are bland in flavor.

When selecting cereals for your child, there are some deciding factors to keep an eye out for. These factors include sugar content, fiber content, protein content, and serving size. Not all serving sizes for cereals are the same; some can be listed as ½ cup while others are 1 ⅛ cups per serving. This can make a huge difference when reading nutritional information. As for sugar content; aim for cereals that have less than 5 grams of sugar per serving. When reading the ingredient list, check to make sure that sugar isn’t high on the list because this would also indicate a high sugar content. When considering fiber content, you should also aim for 5 grams per serving. 3 grams of fiber per serving isn’t bad, but 5 grams is better. Regarding protein; you guessed it, 5 grams of protein per serving is a great number to aim for. Again, 3-4 isn’t bad, but 5 grams is best. This 5/5/5 ratio is a super easy way to find cereals that are a great start to your child’s day. Not every cereal will meet these criteria, but
here are a couple really great options that come close to meeting the 5/5/5 rule that you can easily find at your grocery store or Wal-Mart:

- Barbara’s Original Puffins
- Cascadian Farms Hearty Morning
- General Mills Wheaties
- Kashi Heart to Heart Honey Toasted Oat Cereal
- Post Foods Grape-Nuts


Image from: http://www.fooducate.com/app#!page=post&id=57A34A47-2791-ECBE-4A21-8DE52C82A988

Welcome Jordyn
As we start a new year, we want to welcome a new field experience student named Jordyn. She will be working and playing with the children 8-10 hours per week. Please help us welcome Jordyn to our classroom! We also have all of our nine student assistants returning!

Featured Family
Our Featured Family this month is “Teo”. Check it out!

Sign Language
Teachers will continue introducing sign language this month. We will introduce mother, father, baby, please, and book. Other signs we are doing with your child are eat, milk, sleep, change, and all done. Remember to be patient and know that children usually understand the signs before they start signing themselves.

Wiggle Your Toes
Here is another version of ‘Row, Row, Row, Your Boat’. The children love this song!

Wiggle, wiggle, wiggle your toes,
Wiggle them up and down.
Wiggle them fast, wiggle them slow,
Wiggle them all around.
Welcome Hayley!
We would like to extend a warm welcome to our new Toddler Teacher, Hayley! Hayley is from Benson, MN and just graduated from NDSU with a major in Human Development and Family Science. For the past two years she has worked part time at the NDSU Wellness Center with children 6 weeks-6 years and administered the USDA Child and Adult Care Food Program for the Wellness Child Care Program. On a side note, Hayley is newly engaged to Dustin! Her hobbies include shopping, going to the lake and to movies. We are so happy to have her a part of our team!

Outdoor Play
As a gentle reminder, the children will be going outside on days when the combined air temperature and wind chill is 0 degrees and above. The days when it is too cold to go outside, we will move and play in FLC 319, the hallway outside our classroom and the music room. Friday’s we will continue going to the Benson Bunker Field House for gym time.

Label Children’s Clothing
Please make sure to label your child’s outdoor clothing with their first name or initials. Labeling clothing will help students and teachers put your child’s belongings in the correct cubby and prevent lost clothing pieces.

Featured Family
Our Featured Family Bulletin Board this month is all about Layne. Please check it out!!!!

Enjoy the Music
Of all the gifts which individuals may be endowed, none emerges earlier than musical talent...
Howard Gardner, Ph.D.

Snow Play
Please be sure to bring back your child’s outdoor labeled clothing after the holiday break. We do go out every day when temperatures are 0° or above. Teachers make every effort to keep the children warm and dry while enjoying the snow. Thanks for your cooperation!

- Include at least one pair of waterproof mittens, two pairs are preferred. We ask that you check zippers on your child's coat. If it doesn’t stay zipped, your child’s neck may get very cold. A neck gator might help out with this also (no scarfs please as hanging ends could get caught in playground equipment and is a strangulation hazard).
- Please check the length of your child’s coat arms & snow pants. To reduce the possibility of frostbite, we pull sleeves over gloves & snow pants over boots. Having longer fitting clothing items helps keeps skin covered.
- Please make sure your child also has waterproof, taller boots that close tightly at the top to prevent snow from getting inside.

Looking for Parent Readers
Would you be interested in reading a favorite children’s book to our classroom? We would like to have at least one guest reader each week. The children love it when a parent or grandparent comes to share a story at group time. Just let Monica or Robin know when it will work for you.

Happy Birthday to You
January 2nd Layne turns 3!
January 4th Soleil turns 3!
January 19th Katalin turns 2!
**Bowling Field Trip**

*Jan. 26th*— Field trip to Memorial Union Bowling Alley, 10:00-11:00. We will split into two groups and bowl all eight lanes for 30 minutes each. The children will be bowling in their socks. The cost of the bowling alley rental per child is $6.00. Please bring the bowling fee by Thursday, Jan. 19th. Join us if you can!

**Playdough Recipe**

Some families have stated how nice our playdough is at the center. Here is our playdough recipe if you would like to make some at home:

1 cup flour      1 cup water      4 tablespoons vegetable oil  2 teaspoons alum  1 cup salt  color of choice

Mix all ingredients together in sauce pan and cook over low heat until playdough begins to form a ball. (An electric frying pan works well also). Remove from heat and knead dough until cooled and texture is smooth. Store in an air tight container for up to 2 weeks.

**Healthy Practices with the Preschoolers**

The preschoolers are keeping our bodies healthy and trying to stop the spread of germs. How do they do this? We...

- Wash hands lots during the day! When we come into the room, after we sneeze, cough or blow our nose, before and after we share the sensory tables and before and after all of our meals.
- Brush our teeth after our lunch meal. Keeping the sugar bugs away is our goal!
- Change our tooth brushes to new ones at the beginning of each semester.
- Keep our nap items enclosed in a zipped up bag so they don’t get germs from others’ nap items. We also do not share resting toys. If we want to cuddle with an animal at nap time, we bring one from home and keep it in our zipped up bag after nap time.
- Don’t share our chap sticks, water or food with others at school.
- Eat healthy meals by trying new foods on our plates. This keeps our bodies strong.
- Rest during the day so our bodies can get energy back for afternoon play.
- Exercise every day by moving and dancing in the room and climbing, pedaling and running outside. Our muscles are getting strong!

Mom and Dad, you can help me to stay healthy by...

- Reminding me to wash my hands for 20 seconds when I come in to the Center and before I go home each day.
- Helping me remember my labeled, zip up bag with my blanket, pillow and soft rest toy on Mondays.
- Keeping me home when I’m not feeling well so I don’t get worse or spread my germs to my friends.

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*Happy New Year And Welcome 2017!*