From the Director

New 6-Week Menu Cycle Begins

October 2 the Center will begin our new winter 6-week menu cycle. Lunches are catered from the NDSU Memorial Union and breakfast and snack is prepared by the Center. Please note that a * next to a food item indicates a whole grain rich food.

Free Speech/Language and Hearing Screenings
When: Thursday, October 19, 2017
Where: Preschool Classroom

Minnesota State University Moorhead first year Speech/Language and Hearing students, along with their professor, will be completing screenings in the Center for Child Development and provide written feedback to parents of their screening results. A consent form will be distributed to parents the beginning of October. Each family who wants their child screened must complete and return the consent form for your child to be screened. Please watch for the form above your child’s cubby.

FREE Vision Screening by Lions of North Dakota
When: Tuesday, October 24, 2017
Where: Toddler Napping Room

The US Center for Disease Control and Prevention states that vision disability is the single most preventable disabling disease among children. Preventive screening is part of the mission of the ND Lions. With parent permission, they will come to the Center and complete a non-invasive mobile screening with no discomfort to a child. Their screening measures:

- Anisometropia-compares refraction of both eyes
- Astigmatism-check corneal curvature
- Myopia-checks nearsightedness
- Hyperopia-checks farsightedness

A Parent Consent form will be placed above your child’s cubby. If a child is identified as having a vision concern, the parents will be notified and encouraged to see an eye care professional for a comprehensive eye exam.

Nursing Health Promotions Class
The Nursing Health Promotions class, on the morning of October 23rd, will be teaching the preschool children about going to the doctor’s office for a check-up. The children and teachers will be going on a field trip to Sudro Hall to one of the skills labs.

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.

Child Care Hours:
Monday-Friday 7:30AM-5:30PM

Child Care Closed:
Friday, October 20th – Professional Development & Carpet Cleaning

Fresh Zucchini
Pumpkins
Gourds
Indian corn
to simulate a clinical setting. Our goal is to see the effect of medical play on comfort level of children going to the doctor. Our group will be setting up hands on stations to teach the children about different procedures at the clinic, including height and weight, stethoscopes and blood pressure cuffs, ear, nose, and throat (ENT) checks along with checking reflexes, and syringes to show how medicine goes into the body. The Health Promotion group appreciates this opportunity and looks forward to working with the children.

**Fall Caring and Sharing Community Giving Project**

**Date:** Tuesday-Tuesday, October 24-31, 2017

The Center for Child Development believes that even young children can make a difference in the community by helping others. Children are experiencing service first hand and that giving/kindness to others has greater benefits than receiving. Our ultimate goal is to help develop caring adults who give back to the community.

This fall we will partner with a food bank to donate needed food items. Through this experience the children will begin to understand:

- How communities work together to help others in need
- That they can contribute to the well-being of others
- How it might feel if their basic needs were not met
- That together we can make a positive difference for others

A Caring and Sharing Community Giving Project flyer will be distributed above your child’s cubby Monday, October 23 with more details on this project. Please watch for this flyer.

**Scholastic Book Club**

The October Scholastic Book Club order forms will be placed on top of your child’s cubby on Oct. 11. Michele will pick-up the completed order forms in the envelope located on the classroom doors. The last day to order is Wednesday, October 18. Please have on-line orders placed before that date.

**Tips for Helping Your Child Taste New Foods**

*Written by: Stephanie Zimmerman, Community Health and Nutrition student*

When it comes to food, children tend to stick with what they like and know. Getting your child to try new foods can be somewhat of a struggle especially if you are introducing new flavors and textures. But just because they may make a funny face the first time you present a new food, don’t become discouraged! With these tips, you just might be able to get your child to try a few foods that you never thought they would.

- **Let the kids decide** – Give your child the option between two different new food choices that you are comfortable with them having and let them decide. Children are more likely to try something if they decide to do it.

- **Pair a new food with an old favorite** – Presenting a new food with your child’s favorite food may ease any discomfort your child may feel about the new food.

- **Go to the grocery store together** – Intrigue children with questions about new foods such as, “What do you think an eggplant looks like inside? Do you think it’s purple like the outside?” They’ll be excited to buy the food, get home with it and try it to find out the answers.

- **Prepare dinner together** – Get them involved in the kitchen. Have them measure out flour or milk. If they prepare it, they’ll want to taste it!
• **Four polite bites** – Ask your child to engage in at least four polite bites of a new food. This exposes them to the flavors of a new food and gives them time to contemplate if they actually do enjoy it or not.

• **Set the example** – You are the biggest influence in your child’s world right now. Children need to see you enjoying and eating these new foods that you suggest they try. If mom and dad like it, it must be good!

Sources:


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**Infant / Toddler EML 161 Happenings by Stacey & Raelyn**

**Welcome MSUM Practicum Students**

We are happy to welcome two MSUM Practicum students to our classroom, Erin and Ariel. They will complete 40 hours of play with the children, do observations and plan and implement learning activities with the children.

**Teacher Office Hours**

During the week teachers are planning lesson plans for the children, changing classroom environments, preparing for our re-accreditation and Bright & Early ND quality improvement program assessments and organizing the children’s Individual Portfolios. Our office hours are:

- Raelyn-Monday 10:00-12:00 and Thursday 9:00-10:30
- Stacey-Monday 3:30-4:30, Wednesday 8:30-10:30 and Friday 8:30-10:00

Our weekly room meeting is Thursday 8:30-9:00 with Michele working in the classroom. If you would ever want to meet with a teacher during office hours, please let us know.

**October Activities**

October is an exciting month with pumpkins, apples, and fall color changes. The children will be exploring gourds, painting pumpkins, taste testing different varieties of apples, exploring the inside of the pumpkin, and doing activities with leaves.

**Parent - Teacher Conferences**

It is that time of year when we look forward to learning more about your child and sharing information on your child’s growth and development with you. We will send home an Infant-Toddler Pre-conference form at the end of month for you to complete and return and conferences will scheduled for November 1-9. Watch for a parent conference sign-up sheet towards the end of the month. Our primary care groups are as follows and this will be who you will meet with for your child’s conference. Together we will develop learning goal for your child.

- Stacey-Brecken, Silas, Huck, and Alexandria
- Raelyn-Vivienne, Vincent, Eliza, and Everly

**The Leaves on the Tree (sung to the “Wheels on the Bus” song)**

(As we sing, the children have leaf props that they hold onto and we hold them up high and watch them fall to the ground)

The leaves on the tree ....they all fall down, all fall down, all fall down.
The leaves on the tree, they all fall down. They fall to the ground.
Welcome New Students

Please welcome two new students to our room from MSUM. Whitnee and Emily started their practicum the end of September. Whitnee will play with the children on Monday’s from 8:30-12:30 and Emily will be in our classroom on Friday’s from 8:30-12:30. This course requires students to have 40 hours of hands-on experience with children. We are anxious to get to know them.

Weather Changes

Thank you to the families who have brought cool weather clothing for their children. With October’s unpredictable weather, anything from warm sunny days to snow can come our way. Please be prepared to bring the necessary warmer clothing to keep your child comfortable outdoors.

Helping Your Child Develop Self-Esteem

The definition of self-esteem is: “The capacity to hold onto a positive, hopeful view of one’s self while encountering experiences which challenge this view.” A healthy self-esteem in a child allows her/him to confront mistakes without diminishing the positive feelings of themselves. It also allows for the ability to learn from and overcome these mistakes. This allows the child to have a realistic view of themselves; one in which both the strengths and weaknesses can be acknowledged and accepted.

It is important for there to be many opportunities for small successes. Environments which are rich in developmentally appropriate challenges are important. Although if failure is not experienced, children have difficulty learning how to face mistakes, how to feel the feelings which go along with making mistakes as well as putting these feelings in perspective and developing a plan to resolve and try again. At the top of the list for parents in helping their child develop a healthy self-esteem, is unconditional love. Feeling loved, no matter what does not fill us with illusions of how wonderful we are but helps us learn to tolerate our imperfections.

Following are ways to help children develop a healthy self-esteem:

- Value children: unconditional love
- Listen to children: listening thoughtfully and respectfully helps children learn to trust themselves and their feelings.
- Set appropriate boundaries and expectations. When children know specifically what is expected of them, they are more likely to meet those expectations creating a sense of security.
- Teach problem solving skills. It is important for children to be held accountable for their choices. They will be less likely to blame others for their choices.
- Praise and acknowledge efforts. Focus on the process as well as the outcome.

Source:

“Developing a Sense of Self-Esteem” NAEYC; “Helping Your Child Develop A Healthy Sense of Self-Esteem” HealthyChildren.Org; “Self-Esteem in Children: Strategies for Parents and Educators” Eli Young, PhD, NCSP & Laura Hoffman, M.Ed.; Brigham Young University
Children’s Extra Clothing

Fall has arrived! It’s time to go through your child’s extra clothing box located in the bathroom to replace summer clothing with warmer clothes. A light jacket with hat or hood and thin gloves for outside play would keep your child comfortable. We do go outside everyday unless it’s raining and the morning can be a little cool for fingers and ears. The sunscreen has been disposed of, but will keep your child’s insect repellant until the bugs have left for the season.

Preschool Gardening

Have you taken home any of our garden produce? The tomatoes have been ripening and we have made Bryn’s family recipe for spaghetti sauce, a taco vegetable dip and eaten many tomatoes with lunch. If you have a good family recipe that uses tomatoes we would love to make it with the children! The children will next be digging up and comparing three varieties of potatoes when harvested!

October Educational Opportunities

Oct. 10th – Field Trip to the Pumpkin Patch in rural Fargo. We will be gone from 9:00-11:00. Cost of attendance is $5.00 per child and $5.00 per adult. Please bring your child’s attendance fee by Friday, Oct. 6. Each child will pick out a small pumpkin as well as enjoy games. We will be using NDSU vans for this field trip so car seats are needed that day. All parents are encouraged to join us on this outing.

Oct. 24-31st – Caring & Sharing Community Giving Project – The whole Center will be participating in this project together, but the preschoolers will do special projects that relate to giving, helping and sharing with others and homelessness.

Parent – Teacher Conferences

Fall Parent Teacher conferences will be held the month of November. A conference sign-up sheet will be posted for you to sign-up for a time that meets your schedule. You will meet with your child’s primary caregiver which was noted last month in the newsletter and is posted in the classroom. We look forward to our time with you to discuss your child’s growth and development. Teachers have set aside time for each child and ask families to help us keep on schedule out of courtesy to the next family waiting. We will be happy to schedule a time to meet with you again if more time is needed.

A Preschool Pre-Conference form will be placed above your child’s cubby mid-October. We ask that you complete and return the form so we can first address your questions and concerns. Let Monica or Robin know if you have any questions about conferences.

Student Teacher

Sheena is our MSUM Student Teacher this semester. She has worked in the public schools as well as had other student teaching experiences. We are excited to work with her. She will play with the children Tuesday and Thursdays in September and October. Then in November she will be in the preschool room 40 hours/week practicing her teaching!

Sheena will be planning many activities in November and will head teach the first week in December. Please introduce yourself if you haven’t met her yet.

Fall Song the Children Enjoy - Autumn Leaves

(Tune: Mary had a Little Lamb, Add with different leaf colors, i.e. Red leaves are falling down, etc.)

Autumn leaves are falling down, falling down, falling down.

Autumn leaves are falling down, to the ground.