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 15, 16, and 17 (Tuesday-Thursday) to re-screen a few children. Their team will begin screening at 9:00 AM. Parents of screened children will receive written results above their child cubby.

Parent Advisory Committee Meeting

When: Tuesday, January 22, 2019
Time: 12:00-1:00
Where: EML Hall, Room 269

Please join us as we prepare for our spring semester curriculum, to learn about our partnership with the Fargo Public School Striving Readers Literacy Grant, to provide feedback on the New Family Survey and review the results of the Fall Family Survey, discuss the “I Love You Box” for February, review progress on our program goals, learn about our accreditation changes and more. The agenda will be emailed to parents’ Mid-January. Please attend as we really value your input.

A Shout Out for Mary Duggan!

Each month our staff do things that are unseen by parents and co-workers. This newsletter Shout Out will be a place to let you know what our staff are doing to go above and beyond.

Mary Duggan, Head Toddler Teacher, has been volunteering for three years at GiGi’s Playhouse as a Program Coordinator. GiGi’s Playhouse is an achievement center for individuals with Down syndrome. She plans, implements, purchases supplies and leads developmentally appropriate lesson plans for five different age groups.

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

Regular Hours

Tue.-Fri., Jan. 2-Jan. 4
7:00 AM - 4:30 PM
(Holiday break hours)

Mon., Jan. 7 Regular hours resume 7:30AM-5:30PM

Child Care Closed:

Tues., Jan. 1, 2019
New Year's Holiday

Mon., Jan. 21, 2019
Martin Luther King Jr. Holiday

Wish List

Fisher Price Barns
Wood Picture Frames, without glass
Infant bibs
Crayola Washable Markers-
4 oz. Elmer’s School Glue Bottles
Spring Semester Students

Student Assistants-We are very fortunate to have many student continuing their work in the Center this spring. Students that will be leaving the Center are Alissa W., Brianna S., Hannah G., and Halle M. A warm welcome to Desiree R. in the preschool room.

Field Experience Students

Administration-Cassidy Olson (three credits)
Infant Room-Bailey Hoffner (two credits)

Dietetic Student

Christina Steckler-Full time

HNES 257 Physical Education Students will again be Movin’ and Groovin’ with the preschool children

Flexible Spending Account (FSA) Dependent Care

The Center for Child Development has been coordinating with Rachel from the HR/ Payroll Office on changes to the Flexible Spending Dependent Care plan effective January 1, 2019. Flex participants will no longer be able to send in 1 claim form for the entire year and automatically be reimbursed. ASIFlex requires that a claim form be sent in for each reimbursement and it has to be signed off on by the Director. The Director will not be able to sign off on these forms until AFTER the service is provided and then parents will be able to submit the form to ASIFlex. It is very important that parents fill out all necessary information (top 2 sections of the form) BEFORE the Director will be able to sign off. When the Director certifies the form, it will be placed above your child’s cubby the first week following the care period. Parents will be able to submit 6 months of completed forms at one time to the Director (January - June 2019). She will keep them in a file, certify them monthly and return to you using the process above. Claim forms can be found on the ASIFlex website www.asiflex.com and the options to submit the claim are listed on the bottom of the form (fax, mail, online).

You will need to use this same form and process for any 2018 Dependent Care expenses that were not reimbursed by Discovery Benefits and transferred over to your ASIFlex account.

We understand that the claim form is submitted by parents to the company after child care and education services have been received. Please submit to the Director six (6) Flexible Spending Account (FSA) Claim forms with all your information written in. These forms will cover the claim periods of January-June 2019. The Director will complete the Child Care Provider Certification and place the form above your child’s cubby the first week following the care period. Parents will then submit the Flexible Spending Account (FSA) Claim Form to the company.

Parent and Employee Suggestion Box

In the main entryway to the Center for Child Development you will now see a Parent and Employee Suggestion Box. Please place your suggestions and comments in this box to help make our Center a better place for children and families. We rely on your feedback and suggestions to help us improve our program and curriculum for the children. Thank you for taking the time to share with us your thoughts and ideas on how we can become a better program. As a team we will review and discuss every suggestion.
Pictures or Videos of Children in the Center

Parent Reminder--It is prohibited to take any photos or videos of children while visiting the Center as we do not have written permission from all families. This includes birthday parties/celebrations, field trips, and other Center planned events. (Parent Manual page 32) We also request that your phone and other electronic devices be turned off or on vibrate upon entering the classroom. Center staff and your child value the face-to-face time when in the classroom. THANKS!

Eco-Healthy Practices

This is the first of several educational articles on eco-healthy practices to protect children from harm. Eco-healthy practices include the use of pesticides, air quality, household chemicals, lead, art supplies, plastics and plastic toys, recycling and garbage storage.

The first eco-healthy practice to be shared is on art supplies. Children can be exposed to harmful products through:

1. Inhalation: the dust and vapors from art and craft materials can be inhaled.
2. Ingestion: Children are especially vulnerable to ingesting chemicals through their mouth and hands.
3. Skin Contact: Children tend to get art and craft materials on their skin during creative play. Certain chemicals in art supplies can be irritating to the skin.

Tips for Safer Art and Crafts:

- Use only non-toxic art supplies approved by the Art and Creative Materials Institute (ACMI). Look for the AP label on the container.
- Keep the play space ventilated with windows or a fan, or do some art outside.
- Do not allow children to eat or drink while using art materials.
- Ensure that children wash their hands thoroughly after using art materials.

Products to Avoid:

- Products that contain lead or other heavy metals such as some paints, glazes and enamels. (Read the label)
- Products that can be inhaled or can get into children’s eyes such as clay in dry form, powder paints and aerosols ex. spray paints, hair spray.
- Instant Papier-mâché as they may contain asbestos fibers, lead or other metals.
- Permanent felt tip markers or scented markers (hazardous if inhaled or ingested)

The Center for Child Development uses many safe art products for the children with the AP label including Elmer’s Washable School Glue, Crayola markers, Colorations liquid water color, Bio-Color paints, Mod Podge Water Based Sealer, bubbles, colored craft sand, washable finger-paints etc.

Art Supply Resources:

www.acmiart.org  Art & Craft Materials Institute
www.oehha.ca.gov/education/art/index.html Guidelines for the safe use of art and craft materials
Little Chefs

Guacamole from [www.dltk-kids.comworld/mexico/easy_guacamole_recipe.htm](http://www.dltk-kids.comworld/mexico/easy_guacamole_recipe.htm)

- 2 ripe avocadoes
- 1 small tomato
- 1 small onion
- 1 ½ T. lime juice
- 1 clove garlic
- Salt and pepper to taste

Directions:
Peel avocados and remove pit. Peel and mince the onion and garlic. Chop tomato. Mash the avocado in a bowl and stir in remaining ingredients. Serve with tortillas chips or crackers.

When we made this recipe in the toddler room we used onion flakes and minced garlic and didn’t use the tomato. The children had fun guessing what color the inside of the avocado would be and exploring the size and shape of the seed. The children smelled each ingredient and helped mash the avocados. We tasted the plain avocado and our guacamole.

Infant / Toddler EML 161 Happenings by Stacey & Ariel

Where is Stacey?
Stacey will be taking a vacation the week of Jan. 21-25. Substitutes will be posted in the classroom closer to that date.

Toothbrushes
Teachers brush the children’s teeth after lunch daily. You are welcome to bring a toothbrush for your child with their name written on the toothbrush. We only brush with water so no need for toothpaste!

Friday Fun at the Gym
Friday mornings from 10:00-11:00 AM, the older children will be going to the Benson Bunker Field House for Friday gym time, weather permitting. The children will be able to run, play ball, dance, etc. with the toddlers and preschoolers.

Sign Language
Teachers have continued and expanded upon our sign language with the children. Last month the children were really into animals so we introduced several animal signs with your child including: cat, dog, fish, pig, bird, frog, cow, and horse. We continue to work on the signs for more, all done, eat, sleep, change diaper, and milk. Please remember to be patient with your child when introducing sign language. They usually understand the signs well before they start signing themselves!

Social Emotional Development for Children 8-18 months
Children are learning as they watch you go about your day. We can help children build body awareness and new social skills by letting them mirror actions:

- Teach them body parts by playing games (“Where’s your nose?”...)

Featured Family - Clara
Check it out!
• Provide children with bottles and babies, books, play phones, and washcloths to wash tables so they can follow your lead
• Encourage pretend play by offering dress up clothes

You can foster self-help skills by having your child take part in dressing, handwashing, tooth brushing, and eating with child-safe utensils.

Information taken from North Dakota Early Learning Guidelines for Birth to Age 3.

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**Toddler FLC 113 Happenings by Mary, Hayley & Michele**

**Toothbrush Needed**

Please bring a new, labeled toothbrush for your child. Teachers switch out the toothbrushes every 6 months to promote healthy oral practices.

**Music and your Child Development**

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

Within the first year of life, babies move spontaneously to music. Music should be offered even during pregnancy. An awareness of steady beat is the basis for all motor skill development. When movement such as rocking a baby to soothe them, singing a lullaby, chanting nursery rhymes is combined with rhyming meter, it provides coordinated input to the baby’s brain. According to, Dee Coulter, “This pulse is vital nourishment for the brain, stimulating the growth of the brains frontal lobes, undergoing their main growth spurt between the ages of 2 and 6. The frontal lobe thrives on rhythm." This development allows children to:

- work with patterns and designs
- think about the consequences of actions before doing them
- have empathy for others
- sustain concentration
- work cooperatively

Ways to share music with your child are:

- sing as you are doing, any rhythm will work and movement is fun
- sing nursery rhymes
- read books that have words that rhyme, Dr. Seuss books are great for this
- listen and dance to unfamiliar music and varied rhythms; instrumental components and meter are awesome ways to exercise your brain as well as your body
- have fun and express yourself showing your child that enjoying music is as individual as they are

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**Happy Birthday to You**

January 22nd Huck will turn 2
January 26th Lars will turn 2!
Looking for Parent and Grandparent Readers

Would you be interested in reading a favorite book to our classroom? The children love it when a parent or grandparent comes to share story time with the group. We have posted a calendar with reading times/dates on the sign in bulletin board. These are our regular times that we have large group time. We can also work in other times if these won’t work for you.

Winter Clothing

Please be sure to bring back your child’s outdoor clothing after semester break as we go out every day when temperatures are 0 degrees or above.

Clothing requests:
- 1 pair of well fitting, waterproof mittens, 2 are preferred
- Check the zipper on your child’s coat. If it doesn’t stay zipped, your child’s neck may get very cold.
- A neck gator. (No scarfs please due to strangulation hazard).
- Check the length of your child’s coat arms and snow pants. To reduce the possibility of frostbite we pull sleeves over gloves & snow pants over boots. Your child has probably grown some in the past two months and short snow pants/sleeves make wrists and ankles cold in the snow and wind.

Your Child’s Extra Clothes

Teachers have looked through your child’s extra clothing box located in the bathroom and put a note above your child’s cubby on which items should be “restocked”. If the items in your child’s box are summer wear or seems too small we have placed it above their cubby to be replaced.

Lotion Up!

Upon arrival in the morning, please feel free to offer lotion to your child after hand washing. The basket of lotion is located on top of the mailbox shelf near the bathroom. Teachers are trying to offer lotion several times a day to keep hands moist.

Memorial Union Art Gallery Field Trip

On January 8 the children will be walking to the MU Gallery to look at the art that is on display. Prior to our visit we will talk about what is an art gallery, how we use our eyes to look but sometimes cannot use our hands to touch objects. This experience will expand children’s vocabulary and the love of the visual arts. Maybe the children will even create their own masterpieces from this opportunity!

MSUM Student Teacher

This semester we will once again be welcoming in a teacher candidate from Minnesota State University Moorhead Early Education Program. She will begin January 29th. She will work with us Tuesday and Thursdays to start and eventually be present for a 40 hour/week experience late in the semester.

Where is Monica?

Monica will be taking a vacation from Wed.-Tues., January 9 – 15. Robin will open daily and Michele will close at the end of the day.