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 & Education Hours**

**Regular Hours**
Monday-Friday, 7:30AM - 5:30PM

**Center Closures**
Fri., October 11th – Professional Development

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**Mission >>>**

**From the Director**

**Partnering with the Fargo Public Schools to Promote Literacy**

The Fargo Public Schools wrote a grant to promote literacy from birth through 12 grade and received this large grant! The Center for Child Development partnered with the Fargo Public Schools focusing on the birth through age five population to promote literacy such as:

1. **Alphabet Knowledge**: Each spring, 80% of kindergarten eligible children will demonstrate their alphabet knowledge by naming 18 upper and 15 lower-case letters and know the sounds associated with 10 or more letters.

2. **Alphabet Knowledge**: Each spring, 80% of kindergarten eligible children will demonstrate their alphabet knowledge by correctly producing the sounds associated with 10 or more letters.

3. **Phonological Awareness**: Each spring, 80% of kindergarten eligible children will demonstrate an awareness that spoken language is composed of smaller segments of sounds by producing the beginning sound in a spoken word such as “Dog begins with /d/”.

4. **Writing**: Each spring, 80% of kindergarten eligible children will write for a variety of purposes using increasingly sophisticated marks by writing his/her first name correctly.

The name of the grant is **Striving Reading Comprehensive Literacy Grant**. Both the children will benefit from this three year grant and our teachers through professional development and intensive training on the tools we already use such as the Creative Curriculum, Teaching Strategies GOLD and the Classroom Assessment Scoring System (CLASS). Deb Habedank serves on this committee and the Center for Child Development was chosen as one of three early childhood sites to partner with the Fargo Public Schools.

On October 11 and 12, 2019, all staff will attend a training on the Classroom Assessment Scoring System (CLASS) - Supporting Language and Literacy Development and Learning. We will receive six hours of Growing Futures approved training daily.

**Free Child Speech/Language and Hearing Screenings**

**Date**: Friday, October 4, 2019
**Time**: 9:00 AM
**Location**: 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. A Parent Consent form has been distributed to parents. Each family who wants their child screened must complete and return the consent form for your child to be screened.

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**Wish List**

- Pumpkins
- Gourds
- Indian Corn
- Crib Sheets
- Pillow Cases

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**Bison Spirit Parade**

**Date**: Monday, October 7, 2019
**Time**: 9:30 AM Leaving the Classrooms

The children will be showing their Bison Spirit bright and early Monday morning of Homecoming Week. Please join us to cheer on the NDSU football team as we parade through FLC, EML and the Memorial Union Buildings.

At around 9:45 AM the Center will take a group picture of the children with Aggie in the Memorial Union. We may also have some special guests join us for the parade and picture taking such as Bison cheerleaders and players. A Bison green and gold snack will be served to the children for the afternoon snack.

Also, please dress your child in green and gold colors for the parade! We are excited!
More news and happenings from Deb

New 6-Week Winter Menu Cycle Begins

September 30, 2019 the Center will begin our new winter 6-week menu cycle. Lunches are catered from the NDSU Memorial Union with breakfast and snack prepared by the Center. Please note that a * next to a food item indicates a whole grain rich food.

Flexible Spending Account (FSA) Dependent Care

For those family’s participating in the Flexible Spending Account, please submit to the Director a year’s worth of Flexible Spending Account (FSA) Claim forms with all your dates and information written in. 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.

Wolf Trap Institute for Early Learning through the Arts

Dates: Mon.-Fri. October 21-25, 2019
Date and Time: Tuesday October 22, 2019 at 5:00-6:00 PM
Classroom Residency Parent-Child Interaction Event

arts integration can inspire children with a lifelong love of learning and the performing arts. When we bring the arts into the classroom, we create joyful, active learning experiences that engage children in ways that can increase academic and social-emotional development for all learners. Wolf Trap Institute’s professional development empowers infant, toddler, and preschool teachers to integrate the performing arts into their classrooms.

The Center for Child Development is one of two programs in ND to be chosen for a visiting Wolf Trap Institute Teaching Artist to come to our classrooms and implement their arts program with the children. This is a one week opportunity, October 21-25, 2019, and all classrooms with participate. There will be daily 30 minute session with the Teaching Artist, professional development for the teachers and one Interactive Parent – Child event. More detailed information will be coming to parent from the Institute about what your child will be learning through this experience. Please mark on your calendar the Tuesday, October 22 Parent –Child Interactive event from 5:00-6:00 PM.

Shout Out to Michele Zwack

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. Michele Zwack, Teacher Assistant, has been with the Center for 20 years. Michele enjoys trying new, healthy recipes and preparing them with the children in the classrooms. This year she will place a special emphasis on hands-on cooking with the children to promote math, science and literacy skills. Michele has made up recipe cards for the children that show how many cups or teaspoons are need for the recipe they are preparing. She also promotes sensory exploration through comparing the color, smells, texture of the ingredients and through child taste testing what they have prepared.

Michele enjoys spending time with her three granddaughter’s ages 1, 6, and 10 years. Her hobbies include sewing, gardening, baking, watching movies with her husband and following the Red Hawks.

Little Chefs

Carrot Cake Bars

1 ½ c. all-purpose flour 2 eggs, slightly beaten
1 tsp. baking powder 2 ½ c. shredded carrots
¼ tsp baking soda ¾ c. packed brown sugar
1 1/4 tsp. cinnamon ¼ c. sugar
Pinch of nutmeg 1 tsp. vanilla
½ c. canola or vegetable oil

Preheat oven to 350 degrees. In a large bowl combine flour, baking powder, baking soda, cinnamon & nutmeg; set aside. In a medium bowl combine eggs, shredded carrots, brown sugar, sugar, oil & vanilla & mix until well blended. Add wet ingredients to dry & stir together until just combined. Do not overmix. Pour batter into a greased 9x13 pan & spread out evenly. Bake for 20 minutes or until top springs back when lightly touched & a toothpick inserted in the center comes out clean.

When preparing this recipe with the children, they learned about the concepts of big, bigger & biggest. We did adding of numbers with the eggs & counted how many half cups it took to make 2 ½ cups of carrots. The children investigated if the whole wheat flour smelled the same as the white flour. We learned about the different smells of the ingredients & watched how the whole carrots were shredded. All the children had a chance to stir & see how the ingredients mixed together. Recipe cards were made for the children to show the quantity of ingredients needed and order the foods should be added.

Stacey & Ariel >>>

Infant/Toddler EML 161 Happenings

MSUM Practicum Students

We would like to welcome two MSUM Practicum students to our classroom. Marissa and Madison will each complete 40 hours of on floor interactions with the children, do child observations and plan, implement and evaluate educational activities for your children.

A Warm Welcome

We would like to welcome Linus and his parents Erika and Joel, to our Bison family!

Hands-On Fall Curriculum

This month will be full of many Fall educational activities. The children will be exploring gourds, leaves, finger painting pumpkins, campus walks, exploring the inside of a pumpkin, and much more! We always love the season changes!

Classroom Reminders

*Please remember NO cell phones used in all classrooms when visiting your child.
*Wash your hands for 20 seconds when you come to visit your child. Teachers are trying to keep all children and adults healthy; handwashing helps prevent the spread of germs.
*Parents please take home all nap items each Friday or the last day of your child’s week to be washed. Return nap items Monday morning. Thanks!

Parent Conferences

Teachers will begin parent-teacher conferences earlier this year, starting October 23rd. Parent-Teacher Conferences are a time to sit down with your child’s primary care teacher to learn more about your child growth and development at home and at school. Teachers will send home a Pre-Conference Survey for parents to complete and return prior to our conference. This form helps teachers organize and prioritize the conference agenda to best meet your needs. Watch for a parent conference sign-up sheet coming soon.

Our primary care groups and who you will have your conference with are:

Stacey-Morgan, Ava, Linus
Ariel-Ayla, Iver, Mythri
**Toothbrushes**
Parents are welcome to bring a toothbrush for your child if it is developmentally appropriate. Please label the tooth brush with your child’s name using a permanent marker. We do not use toothpaste at school, just water. Teachers will assist your child in brushing their teeth after lunch!

**Benefits of Sign Language for Your Child:**
1. Reduce frustration for you and your child
2. May help them talk sooner
3. Strengthens the bond between you and your child. By understanding of what your child is saying, thinking or needing, helps adults meet their needs quickly.
4. Boosts your child’s self-esteem and confidence.
5. Develops a strong foundation for early literacy. Signs make books more meaningful to babies. Participation and interaction helps children understand the similarities and differences between concepts.

**Some Simple Guidelines to follow:**
1. When teaching your child sign language, show them at every opportunity and be consistent.
2. It is never too late to begin signing with a child.
3. Be patient!
4. When your infant attempts their first signs, encourage and reward with smiles and claps.
5. Learn more functional signs and be ready to introduce new signs to your child.
6. Have fun!

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**Toddler FLC 113 Happenings**

**Mary, Sarah & Michele**

**Developing Healthy 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 some 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 effort: acknowledge efforts, focus on the process as well as the outcome.

**Resources:**
- “Developing a Sense of Self-Esteem” NAEYC; “Helping Your Child Develop A Healthy Sense of Self-Esteem” Heathy Children.Org; “Self-Esteem in Children: Strategies for Parents and Educators” Ei Young, PhD, NCSP & Laura Hoffman, M.Ed.; Brigham Young University

**Clothing**
As the cooler weather is upon us; please replace your child’s summer clothing with appropriate cool weather clothing. As a reminder, we will continue to go outside twice each day. It is advisable to bring a warmer jacket with light hat and mittens for morning outdoor play in addition to a lighter jacket for the warmer afternoons.

**MSUM Practicum Students**
We have two MSUM Practicum students who will be working in our classroom. Serena will be in our classroom on Monday’s from 8:00-12:00 & Leah will be working on Friday’s from 8:00-12:00.

**Pajama Day**
On October 31st the toddler room will have “Pajama Day” to acknowledge Halloween in lieu of costumes! Please feel free to bring your child in clean pajamas for the day. It would be advisable to bring extra clothing to wear outside for cooler temps.

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**Birthdays!**

Emilia turns 2 on Oct. 6th!
Vivienne turns 3 on Oct. 23rd!

Mythri turns 1 on Oct. 27th!
Welcome Haley Our Student Teacher
We are very fortunate to have an MSUM Practicum student to our classroom for an Early Childhood learning experience. Haley will be in the preschool room Tuesdays and Thursdays through October and then begin Monday – Friday, full time on November 5th. She will be gradually planning educational learning activities for the children. Near the end of the semester, Hayley will complete a head teaching week. We are so excited to welcome her to our team!

Children’s Clothing
Fall has arrived! Teachers would appreciate if you would go through your child’s extra clothing box, located in the bathroom, and replace summer clothing with warmer clothes. A light jacket or sweatshirt with hat or hood and thin gloves for outside play would be great for your child’s comfort. We do go outside everyday unless it rains. Teachers have disposed of the used sunscreen but will keep the insect repellent until the insects have left for the season.

October Field Trip
9th: Stevens Hall for Fossil Exploration. 10:00-11:00 AM. Jesse Rock (former center parent and NDSU Geologist) has invited us over to explore fossils at Stephens Hall. We will have some hands on exploration and ask her many interesting questions. Jesse always provides interesting educational facts for the children. Please let us know if you can join us, as all parents are always welcome.

Parent-Teacher Conferences
Parent - teacher conferences will start the last week in October and continue throughout the month of November. A conference sign up sheet will be posted next to the sign-in and out sheet for parents to sign up for a time that works with their schedule. Parents will meet with your child’s primary caregiver, which was noted last month in the newsletter and is posted in the classroom. Teachers look forward to sharing their observations with you, discussing your child’s growth and development and together developing individual learning goals for your child. We have planned for a 30-40 minute conference with each family and would be happy to schedule additional time with you if needed.

Teachers will email parents a Pre-Conference Survey form mid-October and ask that you complete and return the form. This allows teachers to address your questions and concerns first at the conference.

Monthly Learning Focus
This month our learning will be focused on fall season changes. Why are the leaves changing color? What else is changing as the weather gets cooler and why? What do the animals do in the fall?

Fall Family Activities
- Collect leaves at the park and sort them by size, type or color. Then string them into a chain.
- Gather acorns and glue them together with sticks to make some interesting creations. (Remember acorns are a nut so if your child is allergic to nuts, do not do this activity with your child).
- Peel crayons bare, take them and paper outside to do rubbings. Tree bark, playground equipment, sidewalks or siding all provide some interesting patterns when rubbed.

Pajama Day
Oct. 31st: Your child will be able to “chill out” and relax for the day wearing their pajamas, slippers and cuddling a favorite sleep toy. We will have some quiet activities and make a short movie in the afternoon. Please have outside shoes for your child to wear.

Birthdays!
Meredith turns 4 on Oct. 1st!
Ephren turns 5 on Oct. 9th!
Kate turns 5 on Oct. 28th!

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