From the Director

Let’s Celebrate Week of the Young Child

Week of the Young Child (WOYC) is April 8-12, 2019. It is an annual celebration sponsored by the National Association for the Education of Young Children celebrating early learning, young children, their teachers and families. The purpose is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. It is also a time to recognize that children’s opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences that type of early environment - at home, at child care, at school and in the community - that will promote their early learning. We’re so excited for a weeklong celebration of our youngest learners!

Monday

- **Kick off to the Week of the Young Child!**
- **9:45 NDSU Wellness Center Gym** - The children and teachers will walk to the NDSU Wellness Center for music and movement with the children from the Wellness Child Care Center. When children sing, dance and listen to music, they develop their language and early literacy skills while being active.

Tuesday

- **9:45 Reptiles at Stevens Hall!**
- **12:00 Parent Advisory Committee Meeting**
- **5:15-6:15 PM Family Bowling!** The Center has reserved all lanes at the Memorial Union Bowling Alley with bumper guards. Children may bowl in stockings and if adults bowl, they will need bowling shoes that are available at the bowling alley. Cost $5.00 per child payable that evening to the Director.

Wednesday

- **Working Together Wednesday** - The children will participate in a group, open-ended art project. When children work together they learn teamwork while developing social skills, cooperation and creativity.
- **9:10 Preschool room Movin’ and Grovin’**

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**
7:30AM-5:30PM

**Child Care Closed**
Friday, April 19th Good Friday Holiday

Wish List

- Queen size pillow cases
- Standard crib sheets
- Teaspoons
- Large buttons for art
- Wood log pieces (8-12 inches round & 2 inches thick)
- Camera with rechargeable batteries
Thursday

- **Staff Appreciation Day** - This is a day to thank the staff who support your child’s care and education and partner with YOU! Show your appreciation by thanking them for their dedication and commitment to young children and families.

- **Children Prepare Monkey Bread for Parent Appreciation Breakfast**. Cooking together connects math with literacy skills, science and more!

Friday

- **Parent Appreciation Breakfast** - Please join your child for breakfast anytime between 7:30-9:00. This is our way to say THANK YOU for your support and partnership in providing quality care and education to your child.

- **10:00-11:00 Gym at the Bentson Bunker Fieldhouse**. All parents are welcome to join the fun and games!

**Parent Advisory Committee (PAC) Meeting**

- **Date**: Tuesday, April 9, 2019
- **Time**: 12:00-1:00
- **Location**: Room 269 EML Hall

Please come to our last Parent Advisory Committee (PAC) Meeting for the year. The purpose of this committee is to assist the Center staff in developing and implementing parent events, providing ideas and feedback on the children’s curriculum, sharing resources and identifying areas of concern with the program and helping to problem solve. All parents are welcome to attend as we love your ideas and feedback! Bring a sack lunch to this informal meeting if you wish.

**Agenda:**
- Spring/Summer Menu
- New Family Survey
- Parent-Teacher Conferences
- Summer Curriculum
- Jr. Master Gardeners Grant
- Week of the Young Child

**Family Survey - We Need Your Feedback!**

- **When**: Wednesday, April 17, 2019
- **Time**: 7:30-9:00 or 4:00-5:30
- **Location**: Main Entry to Center

On Wednesday, April 17 please allow an extra 5-10 minutes to complete a Family Survey at drop-off or pick up time. This Survey asks parents how we are doing in meeting your child and family needs. We ask parents for your honest feedback and a 100% return rate to identify our strengths and design strategies for improvement. This Survey is anonymous and will be tabulated by an Administrative Field Experience student. A summary of your feedback will be shared in the May Newsletter.

**Little Chefs**

**Yogurt Fruit Dip** by USDA Cookbook

- 2 ¼ c. Low-fat Plain Yogurt
- 2 c. Peaches canned, diced and drained
- 2 c. Applesauce
- ¼ c. honey (I used maple syrup)
Directions: In bowl, combine yogurt, peaches, applesauce and honey or syrup. Stir to blend. Refrigerate until ready to serve. This recipe was prepared by the infants. We looked at the different ingredients and tasted each separately. The children liked all the different tastes. We then combined the items together and tasted again. Some of the children helped pour and stir the yogurt, peaches and applesauce in the bowl, but tasting was their favorite part of the activity.

Childhood Obesity

By: Christina S. NDSU Dietetic Intern

No one likes to admit their child might be overweight or obese, but did you know that between the ages of 2-5 years 12% of children are considered obese? That can be a scary thought. In adults, being overweight is defined as having a Body Mass Index (BMI) of 25.0-29.9 and being obese is having a BMI of 30.0 or greater. However, children are different, they are not nearly as big as adults and therefore they cannot be classified the same way as an adult.

Children from birth to 20 years of age have special growth charts dependent on their length, weight, head circumference, BMI, and if they are male or female (World Health Organization (WHO) has charts for Birth-24 months found [here](#) and the Centers for Disease Control (CDC) has charts for 2-20 years of age found [here](#)). For children to be considered overweight their BMI growth chart would show them at the 85th–95th percentile compared to other children their age while being obese would show them at the 95th percentile or higher. Adiposity (body fat) rebound is the normal climb in BMI after the decline occurring between the ages of 3-7 years. This happens to prepare the body for adolescent growth spurts. If a child’s BMI starts climbing before the age of 5 years this is an early risk factor of being overweight and obese later in life. The normal treatment is to let the child grow into their height to match their appropriate weight.

You may be wondering why or how does a child become overweight or obese? It comes from consuming too many sugar-sweetened beverages, large portion sizes, eating fast food often, not enough physical activity, etc. Children 3 years and older should only be allowed 1-2 hours a day maximum of screen time and no screen time for those under 2 years of age. This is because ads have been linked to the consumption of less healthy food items. Children also do not burn as many calories with screen time as compared to actual physical activity. Parents and caregivers should not use food as a punishment or reward because then the child does not listen to their hunger/fullness cues. Some children will then use food to cope with emotional stress as they age.

Now, you may be worried that your child is or may become overweight or obese, your pediatrician and a dietitian can help guide you if that is a concern. Instead of focusing on how your child can lose weight, focus on helping him or her choose healthy foods, providing physical activity opportunities, and be a positive role model for them. By focusing on their weight it leads to self-esteem issues and possible eating disorders later on in life. Here are some helpful tips you can do to focus on a healthy lifestyle:

- Limit sugar-sweetened drinks and “sometimes/whoa” foods
- Limit TV/screen time to 1-2 hours daily for children 3 years and older and no screen time for those under 2 years of age
- Limit fast foods or choosing healthy options like yogurt or apple slices over French fries, etc.
- Give age-appropriate portion sizes (Explore serving sizes [here](#))
- Do not use food as a reward/punishment
- Encourage a rainbow variety of fruits and vegetables
- Provide breakfast daily
- Plan and encourage physical activities for the family to do together
- Provide food rich in calcium, fiber, and other vitamins and minerals
- Eat meals as a family
- Ask your child “if their tummy is full or still hungry” before giving or taking food away
Parent-Teacher Conferences

We will begin Parent-Teacher Conferences April 3-12. A sign-up sheet is near the sign-in and out sheet if you have not signed up yet. We look forward to sharing your child’s growth and development and together making new learning goals!

MSUM Students

Lynette and Ruth will finish their practicum hours this month. The children have truly enjoyed playing with them and exploring their educational activities over the last few months!

Cheese and Veggie Muffins

This is a recipe we will be making with the children this month. They will assist in measuring and mixing ingredients and then taste testing!

- 2 cups Shredded Cheddar Cheese
- 2 cups Flour - add 2 tsps. Baking Powder to each cup of flour
- 2 Eggs
- 1 ½ cups Milk
- Corn (small can) or any other veggies of your choice
- Spinach - Handful
- Salt and Pepper to taste
- Fresh Basil to add to the mix and on top (optional)

Sift flour in to a large bowl. Whisk eggs, spinach and basil. Add to rest of the ingredients. Mix until combined. Spoon into a greased muffin tin and bake for 25 minutes or until the tops are brown at 350 degrees.

Makes about 12 large muffins! Enjoy!

Sharing Daily information About Your Child

Shared communication between parents and teachers is vital for the success of home/school relationship. The Center closes at 5:30 and teachers will be leaving at that time. If you would like information about your child’s day please allow 15-20 minutes to communicate with Hayley regarding your child’s day. We love to share!

Featured Family - Uyum
Check it out!

Happy Birthday to YOU!
April 9th – Clara turns 1!
**Parent Invite for Book Reading**

Hayley and Mary would like to invite our parents to spend time in our classroom sharing a favorite book, creative skill, cooking activity or musical talent. April 8 - 12 is designated as “Week of the Young Child”. Teachers invite parents and grandparents to schedule a time to share your talents with the Toddlers during this week or anytime in April. Please contact Hayley or Mary to discuss a date and time to share your love of books with the children.

**Parent-Teacher Conferences**

Parent-Teacher Conferences are scheduled for the toddler classroom April 15 - 25. Mary and Hayley have sent out the Pre-Conference Survey for you to complete and return to your child’s Primary Care Provider. This form is used to prepare for conferences to best meet parent’s needs and gather materials in advance of conferences to answer your questions.

**Outdoor Clothing**

Please bring some warm weather clothing for your child’s extra clothing basket. With the weather temperatures fluctuating, lighter jackets as well as knit mittens/gloves may need to be added to your child’s outdoor options. Mornings can be cool enough for a winter weather coat/hat, afternoons often are warm enough for lighter jackets.

**The Name Song**

The children love to sing/chant songs which include their names as well as names of important people in their lives. One of our favorite songs/chants is the “Name Song”. The words to the song are:

___child’s name___ is here today ___child’s name___ is here today, (Clap and tap as you chant this phrase) YEAAAA (rolling your forearms upward), ___Child’s name___ (throwing your hands in the air)

Any song can be sung with your child’s name in it.  Children love the silliness of these songs. The variation in songs/chants teach rhythm, rhyme meter and volume. These concepts also support Mathematical as well as Literacy development. Enjoy your music!!

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**Preschool Happenings by Monica & Robin**

**Weather Report**

The snow is “miles high”. Last week the children helped measure the snow and discovered it is very slowly melting away. VERY SLOWLY. Please leave full winter gear in your child’s cubby (2 pairs of mittens if available) until we post that our playground has dried out. Check your child’s items at the end of each day for wetness and bring damp items home for drying. The wet snow is keeping mittens and snow pants wet longer. Thanks for helping your child stay comfortable!

**Preschool Happenings**

Wednesdays – 9:10-10:00- Movin’ & Groovin’ will continue.

April 8-12th – Week of the Young Child

April 16, 23, 30th – 10:00 - Food Adventures- nutrition education with Stephanie and dietetic interns!
Parent-Teacher Conferences

We have parent-teacher conferences starting the month of April. Thanks for taking the time to complete the Pre-Conference Survey for your child’s primary teacher. This Survey provides teachers with valuable information to help make the most of conferences. If you haven’t signed up for a conference time yet, please do so soon. Let your teacher know if there is a scheduling conflict.

Annual Leave

Monica will be on vacation the week of April 15-18. Robin and Michele along with our Student Assistants will cover her hours on floor.

Preparing Your Child for Kindergarten

As your child grows he or she is learning new information each day and you find yourself marveling on how much your child is learning. Before you know it, he or she will be ready to start kindergarten and enter the world of elementary education. So how can you as a parent prepare your child for the new adventure of kindergarten? An important thing about preparing your child for kindergarten is slowly shift your child into it. How is this done? There are things, you as a parent can do to help your child with this process.

One important process that children need is the ability to socialize with children their age. Involving your child in activities that have children his or her age group is a great way for them to develop social skills. They are learning how to play with others and initiate conversations. Summer camps are a good example of this. Encourage your child to attend and play during birthday parties. Often children can be hesitant when it comes to playing with others and practicing these games at home can help reduce shyness.

To promote literacy skills, children love being read to. When you read out loud you enhance your child’s skills by building your child’s vocabulary, print knowledge and left to right progression. Parents can help children prepare for kindergarten by teaching them how to write their name. “For writing their names, let children practice (first letter uppercase and all the others lowercase) in sand, a small tray of rice, shaving cream, pudding, (Yum!), finger paint, glitter, crayons, write it big with sidewalk chalk, shape play dough into the letters, etc. Have fun!” (Hubbard, 2009). You can also play I-spy with your child. An example of this is if you see a sign somewhere you could say I spy the letter H. Then show your child where the letter is and have your child make the sound of the letter H. Having magnetic letters for your child to play with at eye level on the refrigerator also helps your child expand their knowledge.

To develop math skills, you can have your child help in baking by letting them measure out ingredients and encourage them to count and recognize numbers everywhere in their world. Take your child shopping with you to point out shapes and numbers.

To sharpen fine motor skills try activities such as stringing Cheerios or Fruit Loops to make a necklace. Puzzles are another fun activity to help develop motor skills. Other educational opportunities that children can work on before entering kindergarten are: write numbers from 0-10 (or higher), learn names of colors, count objects, draw shapes and learn your phone number and home address.

All children learn at a different pace, but slowly preparing your child for kindergarten now will help the transition be smooth. Your child will be able to learn and have fun doing it with their favorite teacher – YOU!

Works Cited