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.

From the Director

Modified Operating Procedure Change Effective April 1, 2021

The Center has posted in our main entry way and in each classroom, the COVID-19 Screening and Attendance/Exclusion policy per ND Department of Health. Daily please read the Screening and Attendance/Exclusion policy and if your answer is “no” to the questions you may enter our facility. Parents will no longer be required to complete the half sheet of paper health screening.

Parent-Teacher Conferences

The teachers are excited to meet with you for Parent-Teacher Conferences this month. You will be discussing your child’s developmental progress, accomplishments, and challenges both at home and in the classroom. You will also partner with the teachers to write new developmental learning goals for your child. We value parent input and observations of your child. This information helps teachers to better understand your child’s interests, development, and ways they learn best.

Teacher Strategies GOLD is the assessment used by teachers to guide curriculum planning, environment set-up and prepare for parent-teacher conferences. This assessment is research-based and proven to be reliable and valid for assessing children from birth through kindergarten.

A Child Portfolio will be shared with you that includes observations of your child’s learning, language samples and creative artwork. If you would like to take the Portfolio home for review, please do so.

Spring Program Evaluation/Family Survey

- What is the Center doing right with your child’s education?
- What should the Center improve upon?
- Are we meeting your child and family needs?

Keep reading, continued article on next page…
The end of April a Program Evaluation/Family Survey link will be sent to you by email for completion on how the Center is meeting your child and family needs. This Survey is anonymous. Survey results help Center staff identify our strengths, need for improvement and to develop program goals. We ask for 100% parent participation. A summary of the Program Evaluation/Family Survey results will be shared with you in the Center newsletter.

Jr. Master Gardeners Grant Received

The Center has received a $300.00 gardening grant for this summers gardening curriculum. We will partner with NDSU Extension to educate children on gardening and choosing to eat healthy foods. This year our planting focus will be on vegetables in a variety of colors to taste test and compare. We will also prepare similar vegetables using different cooking methods to enhance taste testing. The children will plant three colors of potatoes, beans, carrots, peppers, tomatoes, melons, and zucchini. Together we will explore, discover, investigate, make predictions, chart growth and increase the children's awareness of nature through gardening.

What Food is Your Child Filling Up On?

By Madeline Qualley-Dietetic Intern

Children’s nutrition can have both short-term and long-term impacts on a child's growth, development, and dietary patterns established throughout the lifespan. Parents and teachers play a crucial role in children’s dietary decisions and future health outcomes. Therefore, it is imperative for these adults to use their influence to support nutrient-dense food choices both at home and when away.

The 2020-2025 Dietary Guidelines for Americans for age groups 0-2 and 3-18 reported some nutrient focal points to incorporate intentionally with children due to the low intakes of these nutrients in their diets. Listed are five important nutrients and corresponding foods to encourage your child to eat:

1) Zinc: Meat, shellfish, eggs, tofu, dairy, legumes, nuts, seeds, whole grains.
2) Calcium: Dairy, calcium fortified beverages/juices/cereals, green leafy vegetables, legumes.
3) Iron: Meat, eggs, fish, spinach, sweet potatoes, broccoli, enriched grain products, legumes, strawberries, watermelon.
4) Fiber: Whole grains, berries, broccoli, beans, avocados, apples.
5) Potassium: Potatoes, sweet potatoes, bananas, tomatoes, oranges, grapefruit.

These nutrients can affect areas such as the immune system, metabolic function, hemoglobin, hormone synthesis, bone development, colon health, muscle and nerve function, and heart health just to name a few. So, consider including these nutrients as a regular part of your child’s diet.

You are not in this alone! The NDSU Center for Child Development is committed to providing and modeling these habits to your children with the hopes of encouraging lifelong, mindful food choices.
Friendly Reminders

- If you are bringing backpacks or bags to leave in your child’s cubby, please make sure there is NO food/beverage or medications such as diaper cream, Tylenol etc. Our children are getting very curious and like to see what they can find in the cubbies.
- Label your child’s name on all diapers, wipes, diaper creams, hats, and coats, etc. brought into the Center to prevent a mix-up.

Music and Your Child’s Development

What can grab your attention, encourage you to move your body, give you a way to express your creativity and individuality, and help your brain develop? Music of course!!!

Here are some ways sharing music with your child helps their development:

2. Music improves speech and language skills. It can help your child say and understand words.
3. Music can increase social interaction and foster self-expression even with infants. Your child can learn to make eye contact, and follow your lead in interactions and enjoying self with others and create a sense of worth.
4. Music promotes brain development. Young children who are exposed to music seem to have advantages in thinking skills and spatial reasoning.

In our classroom, we do music on a daily basis. It could be music and instruments, soft classical music, singing fingerplays, doing the song box, singing songs, or reading and singing sing a long book. This group loves MUSIC!

We will be sending home a booklet of children’s songs and fingerplays this month! It will be placed above your child’s cubby. I hope you can enjoy some new songs with your child at home!

Info taken from Parents as Teachers.

Parent-Teacher Conferences

Mary and Ariel will be scheduling Parent-Teacher Conferences this month. Both teachers have separate conference schedules with their Primary Care Group listed at the top of each schedule. Please review the dates and times available with your child’s Primary Care Teacher. This is a valuable time to share your child’s developmental milestones, together set new learning goals, review and update your child’s emergency information and share information between home and school.

Birthday Policy

Birthday and Other Celebrations Treat Policy -- The teachers are always excited to help celebrate your child's birthday by serving your treats at lunch or snack time if desired. We encourage parents to join us for the celebration to help make the birthday child feel extra special. **Treat bags for each child are discouraged and should be reserved for home parties.** When bringing food treats to share among all children, please follow these guidelines:

- Food must be either whole fruits or commercially prepared packaged food in factory-sealed containers.
- Send one type of nutritious treat.
- Send items that are easy to serve (i.e., breads, muffins) rather than items that need to be cut up and served.
- Avoid heavy frostings, candies, or other extremely sweet foods.

Outdoor Play

It is wonderful to have warmer, sunnier days for outdoor play. To facilitate afternoon child pick-up, the toddler teachers will be bringing the sign in/out clipboard outside with them during afternoon outdoor time. Mornings may continue to be a bit cooler. Bringing light mittens/gloves as well as a hat to wear with a lighter coat may be needed during the first few weeks of April.
Teacher Annual Leave

Ariel will be taking annual leave April 1 – 6 and Mary the afternoon of April 14 - 20. Teachers will inform parents of their substitutes during annual leave.

Preschool Happenings... Robin & Hannah

Spring is HERE!

It looks like we will have an early spring this year! You may take home all winter items except a hat and light gloves. A lighter jacket for outdoor play will keep your child comfortable. If we do get heavy snow again, please bring warmer items for the day.

Movin’ & Groovin’

The students in Health, Nutrition, and Exercise Science course 257 will be doing the last two Movin’ & Groovin’ movement classes with the children Wednesday, April 7 and 14 from 9:10-10:00 AM. The children have practiced skills to increase balance, upper body strength, jumping, coordination, and turn taking. Due to milder temperatures, the children were able to use the Bentson Bunker Fieldhouse for most classes. Overall, the children have loved this movement opportunity provided by our NDSU students and their instructor.

Parent Teacher Conferences

Parent Teacher conferences are scheduled for the month of April. Thanks for taking the time to complete the Pre-Conference Survey for your child’s primary teacher to review and plan an effective conference based upon your interests and questions. If you have not signed up for a conference time yet, please do so. When you have a scheduling conflict, please visit with your child’s primary caregiver as teachers want to meet with each family. Your child’s emergency information will also be updated at conferences. Teachers are excited to share your child’s Individual Portfolio of growth and development and discuss new learning goals with you. For those children attending kindergarten in the fall. Please keep your child’s Individual Portfolio as documentation of learning. You may want to share this Portfolio with your child’s next teacher.

Dream You’ll Be

During a recent story time we read the book Dream You’ll Be by Joseph Garcia. In the story a parent is putting their children to bed and telling them to go to sleep and “dream what dreams you might.” The parent then give their child ideas of what to dream they will be from a movie start to the President of the United States.

After reading the book, we posed the question to the children—“What would you dream you’ll be?” Here are their dreams!

<table>
<thead>
<tr>
<th>Name</th>
<th>Dream</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyle</td>
<td>a Scientist</td>
</tr>
<tr>
<td>Jack</td>
<td>an Engineer</td>
</tr>
<tr>
<td>Meredith</td>
<td>a Doctor</td>
</tr>
<tr>
<td>Everly</td>
<td>a Ballerina</td>
</tr>
<tr>
<td>Jayden</td>
<td>a Soldier</td>
</tr>
<tr>
<td>Edison</td>
<td>an Airplane Manager</td>
</tr>
<tr>
<td>Eliza</td>
<td>a Ballerina</td>
</tr>
<tr>
<td>Amelia</td>
<td>a Nurse</td>
</tr>
<tr>
<td>Lars</td>
<td>a Superhero</td>
</tr>
<tr>
<td>Leif</td>
<td>a Dinosaur</td>
</tr>
<tr>
<td>Huck</td>
<td>A Warrior</td>
</tr>
<tr>
<td>Janosik</td>
<td>a Police Officer</td>
</tr>
<tr>
<td>Maxine</td>
<td>A Painter</td>
</tr>
<tr>
<td>Inga</td>
<td>a Ballerina</td>
</tr>
<tr>
<td>Ruby</td>
<td>a Mom</td>
</tr>
<tr>
<td>Blakely</td>
<td>a Mom Ballerina</td>
</tr>
<tr>
<td>Vivienne</td>
<td>A Hair Styler</td>
</tr>
<tr>
<td>Milo</td>
<td>a Painter &amp; a Welder</td>
</tr>
<tr>
<td>Rozalyn</td>
<td>a Veterinarian</td>
</tr>
<tr>
<td>Jeric</td>
<td>a Teacher</td>
</tr>
<tr>
<td>Maxine</td>
<td>A Painter</td>
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</tbody>
</table>

Thank you for sharing your children with us. We encourage children to dream BIG!