



# THE CENTER PAGE

Feb. 2026 - V. 62, Is. 2

## INSIDE THIS ISSUE

### Center Hours

Regular hours: M-F, 7:30-5:30

### Center Closure(s)

Feb 16 - President's Day Holiday

### CCD Helpful Links

Calendar: [CCD Monthly Calendar](#)

Menu: [CCD Monthly Menu](#)

Homepage: [CCD Homepage](#)

Amazon: <https://a.co/dhdjbxs>

From The Director .....	1
From The Director.....	2
Infant Toddler.....	2
Toddler.....	3
Preschool.....	3
Preschool.....	4

**Wish List!**  
(See Amazon Wish List above)

## FROM THE DIRECTOR

### Bingo for Books-Parent Involvement

Date: Thursday, Feb. 12, 2026

Time: 4:00-5:00 PM

Location: Each Classroom

Please join your child for BINGO for books! Each classroom will play BINGO and every child will be a winner of a book. Hope you will join your child for a fun game of BINGO!

### Preschool Playground Update

For those parents who were not able to attend the PAC meeting, Mindy announced that we have had a generous donor and our new preschool playground will be built after the spring semester is over! The new playground will be called the Karen Gronhovd Young Outdoor Child Development Lab. Mindy shared the timeline of the build and let parents know that she will be working with Robin and Hayley to find fun outdoor activities for the preschool children to participate in while the playground is under construction. If any families have any ideas or recommendations, please feel free to send them to Mindy.

### ProCare Online

NDSU has approved our use of ProCare Online, which is currently being offered for free from the state. We will be getting it set up in the classrooms as soon as we have the full green light and iPads are purchased for the infant and toddler rooms. This is an online program that we are going to be using to sign the children in/out of classrooms as well as update registration forms on an annual basis. Please watch the recording for more details about it, shared during the PAC meeting.

## FROM THE DIRECTOR, CONTINUED

### Emotional Regulation

Emotional regulation is an important skill that children need to learn through coaching from their parents. Children have big emotions sometimes, which is normal, but they also need to learn how to manage their emotions, especially during times of anger or frustration. The Toddler and Preschool rooms are working with the children, using the AI's Pals curriculum, to teach emotional regulation skills throughout their day. If you have concerns or would like more information on how to coach your child through emotional regulation, here is an article from the Child Mind Institute: [How Can We Help Kids With Self-Regulation?](#)



## INFANT TODDLER / EML 161 HAPPENINGS

Stacey & Taylor

### ANNOUNCEMENTS

#### Where's Stacey?

I will be gone Feb. 23-24 for a girls' trip to Arizona. Subs will be posted closer to that day.

#### Teacher Planning Time

Below is a schedule of when teachers are out of the classroom for lesson planning, room meetings, or meeting with students. These times may vary based upon classroom needs.

**Taylor:** Tuesday, 8:30-10:00, Wednesday, 8:30-10:00

**Stacey:** Tuesday, 3:00-4:30, Thursday, 3:00-4:30, additional times will vary when meeting or observing students

#### Friendship Day

We will be celebrating "Friendship Day" on February 13<sup>th</sup>, Friday. We will talk about sharing, kindness, friendships, and focus on hearts. We will make fruit parfaits for snack.

The children are encouraged to wear red, pink, or purple that day. Also, the children are welcome to exchange cards (7) with the other children, but this is optional. The children will be decorating bags to place the cards in and you can share them at home as a family with your child.

#### Introducing Solid Foods

Food introduction is a slow process of introducing foods of different taste and textures to infants to begin weaning them from milk. Food introduction can begin around 6 months or when your child is learning to sit up on their own and hold their head steady.

As your child explores new textures with their hands and mouth, coughing and gagging is normal and expected. Infants need to learn how to chew, push foods around in their mouth, and swallow more solids. The food should be pureed or mashed. Breast milk or formula can be used to help with the consistency.

Foods to start with first are veggies and/or cereal or oatmeal. It's best to introduce veggies first because usually infants prefer sweet tastes. Infants are more likely to accept savory flavors if tried first. Your child may not like it right away. It may take at least 10 times before they accept that food. Try the same food 3-5 times before moving onto another food.

If you have concerns or questions, try talking to your child's doctor as soon as possible.

### FEATURED FAMILY

LOCHLAN – Check it out!

### BIRTHDAY CELEBRATIONS!

Check back next month for Celebrations!



## TODDLER / FLC 113 HAPPENINGS

Mary & Ariel

### ANNOUNCEMENTS

#### Welcome new students

We welcomed two field experience students at the beginning of this semester. This month of February, we will welcome an MSUM student. She will be completing an 8-week experience with us. More information to come.

#### Al's Pals

We will begin implementing lesson plans using the “Al’s Pals” Kids Making Healthy Choices curriculum this month. The curriculum will focus on: feelings, managing strong feelings, calming down, being a friend, and cooperation. More information to come!

#### Staff Annual Leave

Mary will be taking annual leave on Tuesday, February 17<sup>th</sup>.

Ariel will be taking leave on Thursday February 19<sup>th</sup> and all day on February 20<sup>th</sup>.

#### Friendship Day

On Friday, February 13<sup>th</sup>, we will celebrate “Friendship Day”. This is traditionally a day we focus on being kind to others. Your children can wear valentine colored clothing, we will make a “friendship snack” that morning to share at snack time. ~~It is optional to bring individual Valentine Cards to exchange with classmates. Please address with your child's name only.~~ Your child will pass their cards out to their classmates during morning activity time.

#### Cute Quotes

During diapering one child said “The Grinch is in my head!”

A friend came with a haircut, another friend complimented them by saying “It looks beautiful”.

When teachers have left the classroom and return, a child says “You came back!”

One child asked “Where is Sheyenne? I love her!”

#### FEATURED FAMILY

OTTO – Check it out!

#### BIRTHDAY CELEBRATIONS!

*Check back next month for Celebrations!*



## PRESCHOOL HAPPENINGS

Robin & Hayley

### PRESCHOOL EVENTS

**Feb 12:** **BINGO for Books Family Event!** We will be playing to win a book. Please join us from 4-5PM

### ANNOUNCEMENTS

#### Read, Read, Read!

We have been excited to welcome many parents in the room to read the past month. Parents are always welcome to come and read anytime. Thanks for being a part of our story time!

#### Movin' & Groovin' – Starting Feb 4th

The HNES 257 class will be spending a part of Wednesday mornings with us trying out some fun large motor activities. This college class gives students experience working with young children in a physical activity setting. We will be going to the Benson Bunker gym from 9-9:50 to participate, weather permitting. We will go to our large motor room 319 in 2 groups starting at 9:00 for 20 minutes for each group if weather does not permit. A preschool room staff will stay with the children during the entire activity time. Let us know if you have any questions.

#### Friendship Day

On **February 13<sup>th</sup>** we'll be celebrating friendship day. We are focusing on what makes a good friend, why we need friends, and how we show someone they're special to us. We will be playing some cooperative games that day also. As part of this celebration, we will have:

- **Pink, Red, & Hearts Day:** Let your child wear their red, pink, or hearts clothing that day.
- **Exchange:** We will be having a card exchange. It is optional for children to exchange friendship cards. The children will personally place their friendship card in their friends' collection box.
- **Berry Best Friend Parfait:** The children will create a yogurt parfait w/ berries for a nutritious, yummy snack.

#### Classroom Environment Information – Area 7 Art

**Learning** - conversations, sharing, taking turns, conflict resolution, creativity, fine motor development, confidence, pride in abilities, problem solving, cooperation.

**Materials:** - This area offers materials that will allow your child to choose how to create. We always have 3 tubs of different collage materials available as well as drawing tools, glue, scissors, colored paper. We also try to have another type of art material for creating such as magazines to cut, stencils to use, or paper punches. The easel is also a part of this area. There are a variety of different painting utensils we offer as well as different kinds of paper & paint.

**Additional Learning** - Children at this age are becoming aware of ways to create. Sometime they may choose paper & cut it up into little pieces. They may choose to draw lines, shapes, people, animals etc. Often times the item may not look like what "we think" it should. This is their creative process working. Often art creations are more process oriented than product oriented. This means the child is enjoying creating not for an end product but more for the idea of creating. As children get closer to kindergarten this process may shift more towards product. They may begin to realize when they draw certain lines, glue items certain ways it looks like things they've seen. They may begin to plan their creations out in advance. Working through this process helps children gain confidence in their own creative abilities & take pride in their art. As teachers we try to encourage children's creativity by offering choices, suggestions on process and varying the materials often. We refrain from drawing for the children so the children are able to create by their ability and not an adult's standards.

#### FEATURED FAMILY

NATALIE & SEBASTIAN – Check it out!

#### BIRTHDAY CELEBRATIONS!

Edith turns 5 on the 5<sup>th</sup>!