



JOYFUL CARE
CHILDREN'S CENTER
WHERE EVERY CHILD FITS IN

January Newsletter 2018

Dates to Remember

January 1, 2018:
New Years Day: Center Closed

January 10, 2018:
Yearbooks Arrive

January 15, 2018:
Martin Luther King Day: Center Closed



Note:

Please remember to update your contact information with the front office. In addition, don't forget to turn in your child(ren) updated Physicals and Shot Records if you have been asked to. Physicals are due annually. We ask that everytime your child(ren) get shots that you bring in an updated shot record.

Family Mug Shots



Babies and toddlers love to look at picture books. You can help them learn to recognize names and

A MOVEABLE MEASURING MEMORY



faces of extended family members by compiling a book of family "mug shots." As baby gets older you can extend the collection to include pets, favorite toys, or household items.

Plastic page protectors will make the book extra durable as it's sure to become a favorite.

We hope you love this fun idea for your youngster!

Book Review: Waiting for Wings

Waiting for Wings Lois Ehlert



WAITING FOR WINGS by Lois Ehlert

This book would be an excellent addition to any child's library. The author explains the life cycle of butterflies in a rhyming fashion which readers of all ages will enjoy. It is a large book with intriguing pages of various sizes and striking art work. The large print and highly detailed, graphic illustrations will easily hold any reader's attention. This book is appropriate for Pre-school through grade school levels. The large colorful illustrations make this an excellent book to read aloud to an entire class or

We all have that place in our homes, on a door jamb, in a corner, or inside a closet door, where the dates and heights of the children who lived in that house are carefully recorded in pencil. Whether it's to compare the heights of siblings, or record the passage of time, nothing melts the heart quite like this archeological find. But you're moving! Now what? You can avoid this situation by making your own "moveable measuring stick," here's how: Many hardware, home improvement and paint stores give away free wooden yard sticks, acquire 1 or 2 or buy one. Tape off the number portion along the entire length of the yard stick (there is often the name of the store or brand of paint printed along the other edge.) Pick your favorite medium to light color and paint over the words down the entire length of the yard stick. It may take 2 coats. (You could do the same thing with a 1X2, if you want a little more room to write, but you'll have to add your own numbers.) Let it dry for a day and fasten it to your favorite spot with (Command) removable foam tape or sticky tack. You may have to cut off 3 inches from the starting end to accommodate a base board or door that doesn't quite touch the floor. Now you have your very own moveable measuring stick! Record

during circle time.

Easily relatable to science or seasonal themes, the book contains beautiful two page spreads on Butterfly Identification and Flower Identification. Advice on planting a Butterfly Garden is included on the last page.

Published by Scholastic Inc. ISBN: 0-439-42449-6
Reviewed by Christine Banko
Christine Banko is a retired teacher with a background in Child Development, Art, Special Education, and Learning Disabilities.

How to ELIMINATE power struggles!



Children learn early on how to manipulate others to get what they want. They may not be able to reason it out logically or cognitively, but they seem to learn quickly that certain behaviors will get certain results.

Because parents naturally have the power in the relationship, when that balance is challenged it becomes a "struggle" for power. Our children want it, and as

names and dates on the painted area, and be aware you may have to add an extension as the kids get older. Next time you move you can take the stick with you instead of leaving all those wonderful memories behind!



Hot Ice



Nucleation is the first step in the formation of either a new thermodynamic phase or a new structure via self-assembly or self-organization. This is the same type of reaction used in creating clouds, rock candy, and borax crystals. This process of turning a liquid into a solid is an exciting project with a bit of magic! Track your finding and as always ask lots of questions.

You will Need:

parents, we want to retain it. The thing is, power struggles are not a childhood behavior problem, power struggles are a relational cycle.

3 Steps to Establish Healthy Cycles of Power

1. Before the Struggle begins:

Teach During the Good

Times: Read books together, role play, or reenact an actual past incident when you are not in the middle of resistance or a conflict. Try to problem solve together with non-threatening language like, "I've noticed we've had some issues with what you'd like to wear to school, what are some things you think we could do to make that go smoother?"

Don't Engage / Set Personal

Boundaries: We can prevent most power struggles just by being aware of our urges to control everything in our children's lives and when they pop up, just don't engage. If your daughter wants to wear fairy wings to school on "picture day" and you think it's ridiculous, that's OK. You don't have to constantly bark orders or meet her every request with, "No you can't!" Pick your boundaries! Boundaries are simple statements of what you will and will not do, or what you will allow them to do to you. Consider saying, "I'm sorry, I'm not willing to argue about this. I love you." Be firm and state it only once. It takes the wind right out of their sails when there's no one to argue with.

Choices: Whenever possible offer you children "either / or" choices

4 Cups of White Vinegar

4 Tablespoons of Baking Soda

A Pot

A glass measuring cup or mason jar

A dish

A spoon

Method:

1. Measure out 4 cups of vinegar and pour it into your pot
 2. Next measure out 4 Tablespoons of baking soda and very slowly add it to the vinegar
 3. Stir your solution until the baking soda dissolves and it stops bubbling
 4. Place your pot on the stove and heat over medium low for a little over an hour, once you see little white crystal forming on the side of the pan take your solution off the heat and carefully pour into your measuring cup. Scrape some of the white crystals from the side of your pan and set aside.
 5. place your measuring cup in the refrigerator for approximately 45 minutes.
 6. After 45 minutes your solution will be cool enough to create your hot ice. Place your small pile of white crystals on a glass baking dish (this will activate the reaction) and very slowly pour your solution over it. You will instantly see crystals forming, the slower you pour the higher your ice "mountain" will grow!
- *The ice looks cold but will feel hot to touch, it is safe to touch and break, but make sure your little on keeps their hands out of their eyes and mouth. Once you play with it you can melt it down and do the experiment again, and

so they feel like they are sharing the power. "Would you like to wear your red shirt today or your blue one?" Both choices should be options that you are completely happy with.

2. During the Conflict (When Your Child Challenges Boundaries or Behaviors)

Respond Firmly but with Empathy & Respect: It's always a good idea to respond with respect & kindness. Even when your child continues to challenge something you have set a firm boundary on, you can be sympathetic to their desires or point of view and still stand firm. For instance:

Child: "But Mom, I'll be back from Joanie's before dinner. Why can't I just go?"

Parent: "I know you really want to go. You and Joanie always have so much fun together. But, I'm sorry, that's not going to happen tonight. Let's call Joanie's Mom later and see if we can work something out for Friday night."

Child: "But Moooooom!!!"

Parent: "I Love you!"

Redirect: The "But Moooooom!!!" could turn into endless whining or a list of all the reasons why you should relent and give in. This is a great time to distract your child with, "How would you like to help me make dinner, or go play Legos?" You might even offer to join him in an alternate activity.

3. After the Struggle for Power Has Calmed Down:

Reengage in Positive Ways: In the aftermath of a power struggle "incident" the first tendency when

again!

We found this awesome project at: playdoughtoplato.com

Ask your child lot's of questions about the experiment, if you have done the Getting Fizzy with it experiment they should have an idea of what happens when you mix vinegar and baking soda. This is a great experiment to expand their thinking and demonstrate how familiar ingredients can create an entirely new reaction! Don't forget to post your experience on our Facebook page.

Choking



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The frightening sound of a child choking makes most parents ready to spring into action, but if it happened to your child would you know you know what to do?

Most of the time a piece of food or a small object only partially blocks the trachea, is coughed up, and breathing returns to normal. However, sometimes an object can get into the trachea and completely block off the airway. If airflow is blocked and the brain is deprived of oxygen, it becomes a life-threatening emergency.

someone has tried to pull you into a power struggle is to either push back or withdraw. However, we only reinforce negative power cycles when we continue to sulk or withdraw and fail to reconnect. Showing an increase in love, which is the most beneficial thing in breaking down barriers and promoting a healthy sharing of power, is often the most difficult thing to initiate. After your child has disengaged from the struggle or you have successfully redirected them, do all you can to find ways to reconnect. Play with them, bake cookies, or just hug them and let them know how much they are loved. This routine practiced in the early years sets the stage for less dramatic / more peaceful resolutions as they reach the teen years.

It Could Play Out

Differently.....better.....next time
Let's go back to the fairy wings incident, you may have been able to prevent a struggle simply by choosing not to engage in the first place. Your daughter's wings may have been met with snickers from her classmates, her teacher may have asked her to remove them, or the photographer may have convinced her that the wings didn't match the background. Natural consequences would have come into play without any input from you, and ultimately your daughter would have gained some insightful experience (And bonus, you're not the bad guy!)
Most power struggles can be averted if we consistently apply

An infant or child may be choking & need help immediately if she:

- is unable to breathe
- is gasping or wheezing
- can't talk, cry, or make noise
- grabs at her throat or waves arms
- appears panicked
- turns blue
- becomes limp or unconscious

For an infant, sandwich the baby face down, with her head down, between both of your forearms, give a few firm pats to the back to help baby cough up the blockage. For a toddler / preschooler stand behind them and wrap your arms around their stomach. Place your closed fist just above their belly button and cover your fist with your other hand. Do the heimlich maneuver, which is 2-3 quick inward thrusts to the child's stomach. The logic being that the forced air will help expel the blockage in the airway.

If you are a parent you should be trained in CPR. Classes are offered through hospitals, schools, and your local Red Cross, American Heart Association or YMCA. You will learn to do the procedures described above correctly. Classes take only a few sessions and usually cover the basics: Airway, Breathing, & Circulation. You never know when an emergency will happen, and if it involves your child, you'll want to know what to do instead of helplessly standing by. You could save a life.

these 3 steps before, during, and after a struggle. Remember, it's a relational cycle. Your children will notice you are willing to share a little more of the power than you did before. In turn, your children will learn to wield power more responsibly and the parent / child bond will become stronger. Next time your child tries to pull you into a power struggle, stop trying to win the argument and instead seek to listen, solve problems, and grow. It's a "Win Win" situation!



Deshae Temple: January 2nd
Faith Hall: January 3rd
Dominick Johnson : January 6th
Christopher Johnson: January 6th
Shailene Hardy: January 18th
Devonte Williams Jr.: January 21st
Sophia Veneble: January 24th

Preventing Choking

Infants, toddlers, and preschoolers tend to put things in their mouths. The fact that they have smaller airways that are easily blocked, and tend to swallow things whole due to inexperienced chewing, puts children under 3 years of age at high risk for choking.

You can help minimize the risk of choking by:

- Avoiding foods like hot dogs, grapes, popcorn, hard candy, and raw carrots
- Serve children's food in small bites, cut meat and bulkier items for them

- Cook vegetables to make them easier to eat

- Teach children to sit down while eating and not to talk or laugh with their mouths full

- Routinely check the floor for small toys and objects that a baby or toddler might put in her mouth

- Choose safe, "age appropriate" toys for young children; manufactures are required by law to list age recommendations and small parts warnings

- Take a CPR class so you'll be prepared - just in case....



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