



**JOYFUL CARE**  
CHILDREN'S CENTER  
WHERE EVERY CHILD FITS IN



**Newsletter 2018**

### Dates to Remember

**February 14, 2018:**

Happy Valentine's Day  
Valentine's Day Class Parties



**February 15, 2018:**

Report Cards Go Home

**February 19, 2018:**

Presidents Day: Regular Hours

**February 23, 2018:**

Parent Teacher Conference Day: Center Closed

- Conference will be held from 1pm-4pm. Please sign up for your conference with your child's teacher.

#### **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.

**Baby Sign Language**

**Your Child's  
Development at 18  
months old**



Baby sign language is a great

way to enhance your baby's communication skills.

Start by teaching basic words like Mommy, Daddy, Eat, Drink, Sleep, Milk, More, and All Done. Pre-verbal infants can start to express their needs as soon as they can focus on hand movements and can cognitively link a certain gesture to a certain meaning.

In baby's first year, hand-eye coordination develops sooner than the acquisition of verbal skills and this is what makes it possible for babies to learn signing before they can actually talk.

Proponents of baby sign language contend that its use lessens a baby's frustration in trying to communicate and may help avoid tantrums as well. Studies have shown that babies who engage in BSL talk earlier, are more engaged in communication, do better in school, have higher IQs, and form a closer bond with their parents and extended family members. Down the line, BSL benefits a child's language development in several ways including increased vocabulary and more advanced literary skills. It enhances cognitive, social and emotional development as well.

There are many online resources,



Parents are always wondering if their child is growing and developing on target. To help parents, we've compiled these lists of some basic milestones that you should be able to expect from your child at this stage. When young children are growing and developing, it is completely normal for some children to develop more quickly or more slowly than others. Therefore, being a few months off of the "norm," is not necessarily cause for concern. Of course, if you are worried that your child may be behind, be sure to talk with your child's doctor.

**SOCIAL / EMOTIONAL / COMMUNICATION** - May cling to caregivers in new situations- May be afraid of stranger- Hugs, kisses, and shows affection to familiar people - Points to get others to notice something interesting - Likes to hand objects to others as a form of play - Likes to explore things alone, but with parents close by - Plays simple pretend games, such as feeding a doll - May have temper tantrums when he doesn't get his way -

including books, charts, flashcards, and DVDs that promote the use of BSL and ASL. Many provide brief videos to show parents how to begin using BSL with their babies. One of our centers favorite websites for BSL is:

[babysignlanguage.com](http://babysignlanguage.com)

They have a ton of freebies, and great, easy to follow videos for parent and caregivers alike.

## Book Review: Purple, Green & Yellow

### Purple, Green and Yellow

Robert Munsch

Hélène Desputeaux



#### PURPLE, GREEN, AND YELLOW

By Robert Munsch  
Illustrated by Helene Desputeaux

Brigid loves to draw and color, but she needs to convince her mother to buy her the very latest markers on the market. She promises not to draw on the walls, the floor, or herself - but can she keep that promise? Children will love to watch the adventure unfold as Brigid goes from "washable"

Says several single words Says "no" and shakes head - Points to show someone what he wants - Knows what everyday objects are used for; phone, spoon, cup - Can point to one or more body parts when asked; nose, eyes, toes - Can follow simple, one-step verbal command, "sit down," without gestures - Can scribble on paper on his own PHYSICAL DEVELOPMENT - Can walk alone, can push or pull toys while walking - May walk upstairs or run - Drinks from a cup - Holds and eats with a spoon - Can help undress himself We hope you have found this information helpful and informative. Please let us know if you have any questions or concerns.

## Science at Home: Plant Seeds



Kids are naturally curious, and planting a garden is one of the best ways to pique their interest. It doesn't take much space, a 4X4 foot space is manageable for most kids. You can even plant in flower boxes or pots, almost any container will do.

coloring markers, to "smelly" coloring markers, to super-indelible-never-come-off-until-you're-dead-and-maybe-even-later coloring markers. Some surfaces shouldn't be colored on! How will Brigid solve her dilemma and get things looking back to normal again?

This book is appropriate for pre-school through early grade school level. The story is a great conversation starter for topics such as art, keeping promises, or trying to solve problems several different ways. Great for reading out loud to a class, every page is filled with highly original and colorful illustrations. Special note: the Canadian spelling of colour and colouring is used throughout the book and is an interesting fact to point out to older students.

Published by Annick Press (U.S.) Ltd.

ISBN: 1-55037-256-4

Reviewed by Christine Banko

Christine Banko is a retired teacher with a background in Child

Development, Art, Special Education, and Learning Disabilities

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Discuss what you will grow, and then head to the garden center and watch their excitement when they see those colorful seed packets. Some of the best "above ground" choices for kids are: green beans, tomatoes, peppers, cucumbers, pumpkins, strawberries, melons, and eggplant. Sturdy "under ground" crops include carrots, onions, potatoes, beets, and radishes. More delicate plants like lettuces and spinach may take some trial and error, but its fun for kids to go out and "pick" some salad greens for dinner.

Remind them to water, weed, and check on their plants regularly. This is a great activity for children to see how things grow and understand how "farmers" contribute to the food chain. When you help children plant seeds, you help sprout their interest in nature.

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## Pets



Please Mom, can we keep him?! Kids will promise to do anything when trying to convince their parents to let them have a pet, but how much can kids really do? Realistically kids can help with feeding, watering, brushing,



Mrs. Ashley Fenton



Mrs. Emma Cummins



Ms. Shenine Hairston

picking up pet toys, cleaning kennels, playing with and exercising the pet, cleaning the yard, training, and helping to walk the dog. There are also things they can't do which parents must be willing to take on, such as, buying pet food, arranging vet appointments, administering meds, and caring for sick or injured pets.

Depending on your child's age, and with adult supervision, caring for a pet can be one of the very best experiences of childhood. Before making the big decision, make sure you choose a pet that will "fit" your family. Delicate pets such as birds, lizards, and exotic insects, are not good choices for young children, as their care and handling are not something a young child can understand. On the other hand, a large dog or a very frisky cat may be more than you or your child can handle, and may even be frightening to the child. You may be able to "test run" a pet by "fostering" a dog or cat from a local agency dedicated to finding forever homes for pets. While the pet is temporarily in your care, parents and children will get a good idea of what it would be like to care for a pet 24/7. If your children tend to be lax in caring for the pet, it may be better to wait till they are older. If parents take over the pet duties the children promised to do, it only teaches children that if they shirk their responsibilities, Mom or Dad will do it for them. While this is



For obtaining their Child Development Associate Credential!



often what happens, it sends the wrong message.

Pets are a big responsibility, but pet ownership also has many advantages. Specifically they can teach children how to be responsible for someone else. They offer us companionship and unconditional love. They help us stay fit. Pets will listen to all a child's secrets and never betray a confidence. They teach us compassion and how to care for others. They teach us how to put another's needs before our own. Pets help build a child's confidence by showing them how their daily care helps keep pets happy and healthy. Most kids are gentle and appropriate with animals; children who are overly rough or abusive with animals should be monitored closely. Children who torture or kill animals should be evaluated by a psychiatrist immediately.



Ms. Sydni Johnson: February 17th

Cody Tercero: February 21st

Dakota Beckner: February 24th

Children who learn to treat pets with patience & kindness learn to treat people the same way. Studies have shown that children who care for pets shown improvements in social, verbal, and non-verbal communication skills. There is also a positive correlation in increased confidence, self-esteem, responsible behavior, connection to nature, and respect for all living things. Pets also help foster more physical activity in children as well as love, loyalty, and affection. Best of all, It's wonderful when a pet shows true affection for a child, and what

child doesn't love to hug their pet !



## Buying Kids Shoes



Buying the right shoes for kids is very important because they are still growing, developing, and may be slightly lacking in the coordination department. Because a child's feet are tender and still growing, they need everyday protection. Shoes help by preventing slips, falls, and providing padding for active kids as they run, jump, and climb, on a daily basis. Shoes protect against serious injury to a child's feet.

As soon as children start going outside they need some form of foot protection. Babies who are not walking yet don't necessarily need shoes, but their feet need to be kept warm and protected. Toddlers will need real shoes before they start wandering around on their own. Here are nine tips to help you select appropriate shoes for your children:

1. Check Shoes Often - Younger children seldom verbalize when their shoes are starting to feel too tight. Monitor your child for other indications such as refusing to wear certain shoes, or crying every time they are put on. Shoes that are too small will prevent a child's feet from developing properly and may make walking painful.

2. Measure For The Right Size - Quality shoe stores will measure a child's foot for both length and width, but many department and discount stores have a "serve yourself" policy and merely provide a few benches and low mirrors in the shoe department, and the rest is up to you. If you're not going to a shoe store that measures children's feet, it may help to trace your child's feet on paper and bring those cut outs with you to compare against the soles of the shoes. Flashy shoes with cartoon characters, super heroes and other embellishments, may be your child's first choice, but don't let those things sway you. Have your child try on a few pairs to see which are the most comfortable and

sturdy. Allow about an extra half inch in the toe for growth. Have your child walk back and forth and watch for signs the shoes are too big, such as gaps around the top of the shoe or slippage of the back of the heel. Keep in mind, not all shoes are manufactured the same, so your child may take one size in a certain style, and a half size bigger in another style.

3. Avoid Shoes With No Backs - Although tiny flip flops and sandals are cute as can be, they don't stay on well. They may slip off while your child is walking or running in them and cause the child to trip or fall. If you are determined to buy this style, look for sandals with some protection for the heel, with a strap, buckle, or velcro closure around the ankle to keep sandals from slipping off. Kids lose enough things as it is, surely you don't want to look for lost flip flops every day!

4. Get Shoes That Are Easy To Put On - Younger children may not be able to tie shoes or to do it quickly. This can be exasperating when trying to leave the house with more than one child. Look for shoes with velcro or stretchy laces so kids can put them on unassisted. Slip on canvas shoes with elastic side gores may also work if they don't slip off easily. You might want to get a pair of tie shoes and a pair of "easy" for occasions when your child needs to get ready in a hurry.

5. Get Shoes With Good Traction - To help children with their lack of coordination, and help prevent falls look for shoes with a patterned or textured sole for good traction.

6. Look For Flexible Soles - Research has shown children need more flexible soles. Children's feet still have small bones and soft tendons. Stiff soles can prohibit proper growth. Very flexible soles do not offer much protection or support. The more active your child is the more supportive the soles should be.

7. Get Breathable Shoes - Look for shoes that are made of breathable materials like canvas, or that have vents. Most kids are very active and keep their shoes on for the majority of the day. Their shoes should allow their feet to breathe and get air.

8. Save Money On Shoes - Kids feet are constantly growing, so they're going to go through a lot of shoes. Before children reach 3 years old, their feet grow a half size every 2-3 months. Kids, 3 to 6 years old, grow half a size every 4 to 6 months. After the age of six the growth rate slows down a little, but some kids will go through more than 2 pairs of shoes each year because they wear them out so quickly. If you want to save money, don't have more than two pairs of shoes per child at one time. This reduces the number of shoes you will need to buy every time they wear out or outgrow them. Another option is to shop shoe sales. While there, buy the child's current shoes size as well as another pair a half size larger. This not only saves you the hassle of shopping twice, but you'll save on two pairs of shoes in the process.

9. Get Quality For Older Children - It's worth the money to buy quality shoes that will last awhile, once your child's growth rate slows down. The price of one sturdy pair of shoes is still less than the price of two less expensive pairs. Young children who outgrow their shoes quickly don't need expensive shoes because they will be replaced before they wear their current shoes out.

Happy Shopping !!



**Joyful Care Children's Center**  
*Where Every Child Fits In!*

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