



JOYFUL CARE
CHILDREN'S CENTER
WHERE EVERY CHILD FITS IN

October Newsletter 2018

Dates to Remember



October 25, 2018:
School Make-Up Day

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.

Picky Eaters



Are you dealing with a picky eater?
Here are Joyful Care Children's Center's Ten Tips for Picky Eaters

Does this sound like your preschooler? She/He refuses to eat



Special Offer:

In appreciation of your trust and confidence, we are excited to share our Parent Referral Program. You will receive a \$100 tuition credit forever new enrollment because of your referral. Each time a child is enrolled in our program because

anything but chicken nuggets or Mac n' cheese or he would rather play all day than eat anything at all?

1. Respect your child's appetite - or lack of one

Don't force your child to eat a meal or a snack. This will only set the stage for a power struggle over food. The last thing you want is for your child to associate mealtime with anxiety and frustration. Let your child become aware of his own hunger and fullness cues.

2. Stick to a routine.

Serve meals & snacks at about the same time each day. Milk or 100% juice can be offered with food, but offer water between meals & snacks. Filling up on milk, juice, or snacks throughout the day might decrease your child's appetite for meals.

3. Be patient with new foods

Your child may need repeated exposure to new foods before taking that first bite. Expert nutritionists say a child needs to try a new food 10 times before they develop a taste for it. They may take a taste and then spit it back out again, but always thank them for trying it as this is half the battle. Talk about the new food's color shape or texture, rather than how it tastes. Introduce new foods along with your child's favorite foods.

4. Make it fun

of your recommendation to other parents you will receive a \$100 tuition credit. To claim your special offer please pick up our ParentReferral Form.

Mom Time



Being a Mom is a tough job. You are caregiver, cook, nurse, house cleaner, chauffeur, and a hundred other things. It can be very rewarding, but it can also feel like a thankless job at times. It's rare to get any time to yourself. If you're feeling unappreciated, you need some "Me Time."

If you have young children it may be hard to get away, so you'll have to get creative. Get Dad to watch the kids, trade an afternoon of childcare with another Mom, hire a local sitter, or see if Grandparents can babysit. Then decide what *you* want to do with *your* time. It could be a day of pampering at the beauty salon, time at the gym, lunch with a friend, a painting class at the local craft store, or even a shopping spree.

The point is to schedule "Me Time"

Cut veggies into small or fun shapes; serve with a favorite dip or sauce. Serve a variety of brightly colored foods. Make polka dot potatoes by studding mashed potatoes with peas, or make a landscape of broccoli trees on a mashed potato hill. Offer breakfast foods (egg burrito) for dinner.

5. Recruit your child's help

Ask your child to help you pick out fruits and vegetables and other health foods at the grocery store. Enlist your child's help making dinner. Let them rinse fruits and vegetables, combine salad ingredients, or set the table.

6. Set a good example

If you eat a variety of health foods, your child is more likely to do the same.

7. Be Creative

Add grated carrots, zucchini or chopped peppers or broccoli to sauces, casseroles, and soups. Top cereal or yogurt with fruit slices. Make funny faces or garnishes out of vegetable shapes and cheese slices.

8. Minimize distractions

Turn off the TV and other electronic gadgets during meals to help your child focus on eating. Remember TV commercials might encourage your child to desire sugary, less nutritious food.

9. Don't offer dessert as a reward

on a regular basis to escape and rejuvenate. Taking a break from responsibilities and doing things you enjoy does wonders for your sanity. Aim for once or twice a month so you have something to look forward to. You need time just to be you. You will come back to your family refreshed and ready to take on motherhood again. As a Mom, you take care of everybody else. Take care of yourself too.

Temper Tantrums



Most parents wish they could disappear or become invisible when their child has a tantrum in public. Onlookers can be very judgmental, thinking that the child is spoiled and unruly or the parents are doing a poor job. Actually, neither of those notions are the case. Tantrums are common in children from 1 to 4 years old. They don't happen because the child deliberately wants to cause a scene, or because the parents have been lax in disciplining the child. The usual cause is due to the child's frustration in not being able to express what they want.

A child throwing a tantrum can become quite animated, literally

Withholding dessert makes it seem like it's the best part of the meal, and may increase your child's desire for sweets. Instead only have dessert a few nights a week, or include yogurt, fruit, or other healthy choices for dessert.

10. Don't be a short order cook

Preparing a separate meal when your child doesn't want to eat what the rest of the family is eating might *promote* picky eating. Encourage your child to stay at the table for the designated mealtime, even if she doesn't eat. Continue to offer healthy choices until they become familiar and preferred. Don't worry they *will* eat when they are hungry.

Still have questions?

If you are concerned your child's picky eating is compromising their growth and development, try keeping a food diary for 3 to 7 days. Show the results to your child's pediatrician. The big picture may ease your mind. Your child's eating habits most likely will not change overnight, but the small steps you take each day can promote a lifetime of healthy eating.

9M How can I Help My Child's Development?

throwing themselves on the floor, flailing their arms and legs, pinching, scratching, hitting or biting. They have lost the ability to express what they want and temporarily lose all control. Here are 10 tips to tame your child's tantrums:



Ignore the tantrum - In the middle of a tantrum emotions have taken over, that's why trying to reason with him won't work. Once the child calms down then you can talk. If the tantrum is happening in public or someplace other than your own home, try to isolate the child in a quiet place.

Give them space - Sometimes a kid just needs a way to get his anger out, so let him. Make sure there's nothing in the area he could get hurt on, and other than that don't get involved. Once he gets his feelings out, he will be able to calm himself and regain self-control.

Create a diversion - Act quickly to help your child forget that meltdown she just had. Whether it's pulling out toys from your purse, offering a snack, or quickly changing activities, any of these methods can help head off a tantrum or calm a child after the



HOW CAN I HELP MY BABY'S DEVELOPMENT ?

Baby will be much more active at this stage, stay close so she knows you are near

Continue feeding, sleeping, and diapering routines, they are comforting to your child

Watch how your baby reacts to new situations or different people, try not to put your baby in upsetting situations. Do the things that make your baby happy and comfortable

Provide lots of room for your baby to move and explore in a safe area

Put your baby close to things that she can pull up on safely

Make sure furniture, TVs, and electronics are secured and cannot topple over on baby

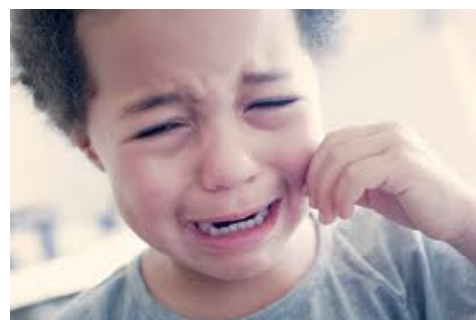
Describe your baby's emotions, "You are sad about blue teddy, let's see if we can find him in the toy box, then you'll feel better."

Use simple activities such as rolling a ball or stacking blocks to teach

fact.

Discipline without spanking - Spanking doesn't teach a child what he did wrong or what behavior is acceptable. Instead it teaches a child that his parents will hurt him if they don't like his behavior. After the child has had time to calm down, explain why his behavior was unacceptable, and suggest other ways he can make his needs known.

Find out what's really frustrating your kid - Kids under 2 years of age usually have a 50 word vocabulary. It's often hard for them to express what they want. They may be tired, hungry, feeling ill, or just trying to get a certain toy. Teaching your child how to sign a few basic words such as food, milk, more, tired, Mom, Dad, all done, can help your child express her needs when she can't speak them.



Hugs - It may seem like the last thing you'd want to do, but a good firm hug is very reassuring to a child and can really help settle them down quickly. Don't talk, it might turn in to a battle of wills, just wrap your arms around your child in a good sturdy hug.

cause and effect.

Use positive language - Instead of saying, "Don't stand on that, you'll fall." Say, "Please sit down, that's not safe."

Imitate your baby's sounds and words

Read and talk to your baby; let baby turn pages and "talk" about what she sees on each new page

Take turns when playing simple games such as "peek-a-boo," so baby will learn my turn - your turn

Describe what your baby is looking at, "Do you see the kitty? The kitty is sleeping."

When baby points to something, ask him about it. "Do you see the yellow truck? Do you want to play with the truck?"



HOW CAN I TELL IF MY CHILD IS SOCIALLY, EMOTIONALLY, & PHYSICALLY HEALTHY?

If your child exhibits some or most of the milestones listed above, rest assured that your baby is developing normally at his or her own pace. There is a wide range

Do they need a snack or a nap? - Two of the biggest tantrum triggers are being tired or hungry. When a child is physically in this state, any little thing can send them over the edge. If you see this happening around the same time every day, it might be wise to schedule a snack or nap everyday to reduce tantrum triggers.

Behavior incentives - Sometimes kids will be more inclined to be on their best behavior if they know a reward is involved. Recognizing that some situations are difficult for kids, like being quiet in church, staying seated at a restaurant, or not whining at the grocery store, and offering a "bribe" ahead of time will often result in good behavior. The time for negotiations however, is before the event, not in the middle of a full blown tantrum. For example, "If you can stay in your seat and behave at the restaurant, Mommy will make popcorn and watch a video with you when we get home."

Speak calmly - This is difficult in the heat of the moment, but it's the best thing you can do during a child's tantrum. If you lose your cool, the situation will only escalate into a power struggle that no one wins. What your child wants at this point is 100% of your attention. Talking calmly shows your child that you're not going to let her behavior get to you. Surprisingly, if you speak in a calm manner it will help *you* remain

of time for babies to develop different abilities, for example you may have heard or read that most babies walk by the time they are one year old.

However, some babies can walk at 8 months old while others don't walk till they are 15 months old. The same can be said for crawling, teething, and talking. Remember each child develops at their own pace.

If you are interacting with your baby on a regular basis, you are sure to see the progress they are making through their their increasing abilities and responses. Make notes on a special "Baby Calendar" to record when you first noticed a new ability or development. These become precious keepsakes, as well as a great source of information. Babies have a way of drawing us in and making us *want* to take care of them. Trust your parental instincts and interact with your baby as much as possible.

TALK TO YOUR PEDIATRICIAN IF YOUR BABY

- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys or other small items from one hand to the other
- Doesn't bear weight on legs with

calm, when what you'd really like to do is yell right back.

Change locations - Quickly getting your child away from the scene of the tantrum can often snap them out of it. If your child starts melting down over something he wants at the store, take him to a quiet corner of the store or outside until he calms down. If he does it again, remain calm, and follow the same strategy.

Musical Chores



Every Mom (and Dad) out there could use some help with the housework, but there are seldom any volunteers. It's time to make like "Tom Sawyer" and show your family how much fun doing chores can be.

Get the cleaning supplies out and assign everyone a chore or a room to clean according to age and / or skill level. (Be advised you may have to demonstrate the proper way to dust, sweep, take out the garbage, or wash a sink etc., and warn kids not to use harmful

support

Doesn't sit with assistance

Doesn't engage in games involving back and forth play or taking turns

Doesn't babble or produce simple sounds ("mama," "baba," or "dada")

Tell your Pediatrician or nurse if you notice any of these signs of *possible* developmental delay for this age. Your doctor can advise you what to do next, or you can contact your local Health Department to find out about **Early Intervention** programs in your area. for more information go to www.cdc.gov/concerned

Swimming Lessons



Swimming is fun for children of all ages, but it can also be very dangerous if they are not familiar with swimming in pools or lakes. Children tend to pick up information quickly (for instance learning a second language) when they are young. Learning how to swim when they are young is not just a way to get from one

chemicals.)

Now for the fun part, put on your favorite dance music (everyone can vote) and have fun dusting, loading the dishwasher or picking up stray toys in the living room. When your kids see you bustin' your best dance moves, they'll want to join in on the fun too. Meet periodically in the kitchen to check things off the list, pass inspection, or have a small snack. You make even want to make a game or a contest out of it and award prizes to the best helpers. Working together shows kids the value of helping each other to get the jobs done, and strengthens family bonds. as well!

Science at Home



Elephant Toothpaste

How does an elephant keep his tusks so clean? He uses his toothpaste just like you! How does he get it? Kids just like yours make it for him. This is a great example of a chemical reaction that creates a rapid expansion of foam. Grab your kids and your Jr. Science journal and start tracking your results today!

side of the pool to the other, it is a vital survival skill. Swimming lessons will teach your child how to be safe in and around water.

Ask other parents, preschool teachers, or your pediatrician for recommendations when looking for a place that offers swimming lessons. There may be community schools, your local YMCA, or actual swimming schools that offer classes in your area. Here are some things to look for:

Do a little research; ask to observe a swim class before you sign up.

Ask if *all* teachers are certified water safety instructors, and how many years of experience they have teaching young children.

Ask if a life guard is on duty during all classes (Some instructors may also be certified lifeguards).

Ask if the pool is heated; warm water is much less traumatic when little ones are jumping in the pool for the first time; also ask how deep the pool is, depths from 2ft. to 5ft. with a gradual drop off are best for teaching young children.

Ask about class size; for very young students, the ratio should be one instructor to 4 toddlers, with an additional lifeguard on duty. Younger children do better in smaller classes.

Most places offer lessons for babies, toddlers, preschoolers,

You will need

1/2 cup 20-volume hydrogen peroxide liquid (20-volume is a 6% solution, which can be found at a beauty supply store or hair salon)

1 Tablespoon of dry yeast

3 Tablespoons of warm water

Liquid dish washing soap

Food coloring

Method

1. Put on gloves and goggles. The concentrated hydrogen peroxide used in this experiment will burn the skin and eyes. It can also bleach fabric, so choose your clothing with that in mind.
2. Pour hydrogen peroxide into the bottle. Using a funnel might help
3. Add 8-10 drops of food coloring into the bottle.
4. Add about 1 tablespoon of liquid dish soap into the bottle and mix the solution by swishing it around.
5. Mix the warm water and the yeast in a separate small cup for about 30 seconds. This activates the yeast.
6. Mix with a spoon for 30 seconds, then remove any large lumps.

children, teens, and adults. Many will offer lessons for children with special needs who may need special equipment (flotation devices) to help them stay afloat in a pool.

A good instructor will assess student's swimming proficiency and provide instruction for their specific skill level. Ask how children are placed in classes, by age or by skill level.

Ask what the locker room / changing area is like and if they have private family changing rooms so parents can help kids dress.

Find out if there are any parent / child classes offered, if your child is under 5, she should not attend class alone. Signing up for one of these classes may make your child more at ease in the pool.

Parent / child classes are geared towards helping the parent teach the child how to be safe around water and how to teach the child basic swimming skills. A child should never be around water without adult supervision.

Be aware that your child will not be considered a proficient swimmer after just one set of classes. It takes time and lots of practice before they reach that point.

It might be a good idea to take a few dips with your child in a local pool or backyard pool to see how

7. Pour the yeast mixture into the bottle and stand back!

We found this recipe at: [wikihow.com](http://www.wikihow.com)

Make sure that you get out the safety equipment before you start this project. It's super messy so you may want to set up outside! Don't forget to post your experience on our Facebook page!



Children Birthdays

Bishop Gueston: Oct. 9th

Staff Birthdays

Mrs. Cara Fitzgerald: Oct. 18th

Mrs. Emma Cummins: Oct. 18th

Mrs. Ashley Fenton: Oct. 28th

they react to water before your first class. They may feel more at ease around a parent, but most experienced instructors know that many children are afraid of water at first.



Joyful Care Children's Center

Where Every Child Fits In!

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