

WINTER SUNSHINE

Aug/Sept/Oct 2007



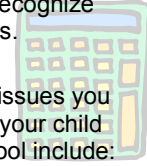
The end of summer means going back to school, or starting school for the first time, for many children. While it is often a welcome time for many parents after a long summer of having the kids in the house all day, other parents become a little sad at the thought of their kids going to school, especially if it is for the first time, or anxious when they consider what challenges their children will be facing.

In addition to the usual social and educational stresses of going to school, kids are faced with many other issues, including drug use, violence, suicide and bullies. Talking with your children about these issues at age appropriate times may help decrease their chances of becoming a victim to them.

It is also a good idea to regularly talk with your child about how school is going.

Regular communication will help you to recognize problems early, before they get out of control and when it is easier to intervene. Does your child like going to school? Are they making friends? How are their grades? Is there anything they don't like about school? What happens during breaks, such as recess, lunch and in

between classes? Break time is when children are most likely to be unsupervised and when problems are likely to occur, so asking open ended questions about what happens during these times may help you to recognize problem behaviors.



Other topics and issues you should review as your child goes back to school include:

Immunizations

As part of the preparation for your child going to school, you should find and review their immunization records. Are their shots current? Many schools are being rigid about not allowing children to attend school who do not meet their current immunization requirements. Preparing early and getting your child immunized can prevent a frantic call to your Pediatrician and a rush to get shots.



What shots does your child need to attend kindergarten or the first grade? In addition to the shots they received as an infant, school age children usually need booster doses of the MMR, DTaP and IPV vaccines. These boosters are commonly given at the 4-6 year old well child visits.

In addition to these boosters, your child may also need the chickenpox vaccine (Varivax) if they haven't already been immunized or had a natural case of chickenpox and the Hepatitis B series. Older children also require a tetanus booster. This is usually given around the age of twelve years.

Further questions please see talk to your physician.

About.com [Vincent Iannelli, M.D.](#), Your Guide to [Pediatrics](#).



15 Ways to Soothe a Fussy Baby

Get moving! Many babies respond positively to motion. Try rocking, walking or slow dancing with baby.

Place your baby in a wearable sling or carrier, and go about your business. Baby may find your proximity calming. And because your arms are free for other activities, it may help you maintain your own composure.

Play soft, calming music. Dim the lights, lower your voice, and put on a collection of lullabies or classical music. Nature sounds work well, too. It will calm both of you.

Get good vibrations! Many parents swear by vibrating baby rockers and carriers.

Try a change of scene. Tour the backyard, take a walk or a jog, or take a ride in the car.

Change baby's position. Some parents suggest lying baby face down across your lap, with a warm towel placed underneath.

Give baby a gentle massage. Babies crave human touch; some find massages truly relaxing.

Give baby a warm bath.

Try distracting your infant with a mirror or a drawing of a human face.

Allow baby comfort sucking. Offer baby a pacifier, your finger or her fist.

Try swaddling. Some babies love to be swaddled because it reminds them of the womb.

Run your appliances. White noise really works! A number of parents report that vacuum cleaners, dryers and dishwashers soothe their cranky infants.

Put your clothes dryer to work. Buckle your baby securely in his baby seat and place it on top of your operating clothes dryer, holding firmly onto the seat. (NEVER let go of the seat or leave baby unattended.)

Lie your infant down under a slowly circulating ceiling fan. The combined motion and sound may calm her.

If nothing works, lay baby in her crib for a while. Sometimes, all your "soothing" may actually only stimulate her further. You can go in every few minutes, offer reassurance and check on your infant. Taking a mini-break can be good for both of you.

Remember, it is important to take care of yourself as well during these first months. If possible, alternate shifts with your spouse or partner. If a relative or friend is willing to lend a pair of loving arms, seize the offer. Take a bath, go for a walk, have a soothing cup of tea. While it's not proven, some

experts hypothesize that babies may pick up on their parents' anxiety, which only makes things worse. It's not just okay to take a break...it's a necessity.

In closing: take heart! Most babies outgrow their fussy periods at about three months. And according to one study, babies who were considered difficult as infants developed into the most delightful toddlers!

www.onestepahead.com



Dance with Your Baby!

Why Not? A baby learns from movement they experience as they are being lifted, held, carried and cared for as well as the movements from their own body.

An infant's nervous system is not yet completely developed and they startle easily. A loud noise, a sudden movement or loss of support can be frightening to them. However, gentle rhythmic motion is soothing. This is why babies respond to being rocked or walked when they are uncomfortable or wakeful.

But dancing? Yes, dancing! Remember babies learn from being moved as well as from moving. A very young baby cannot yet learn from rapid or

jerky movements but she/he can learn from smoother, rhythmic changes of position.

So if you enjoy moving to the music, your baby will enjoy it too. Find some music that is soft and rhythmic. Hold your baby gently but firmly so that she/he feels secured. Then sway from side to side, move forward and backward, turn and twist in time to the music.

Your movements will stimulate the sense organs deep within the baby's ears. The sensations they experience will help them develop the position sense and balance they will need when they try to sit, stand, and walk later on. If you hum along with the music, your baby will get additional stimulation from the vibration of your chest.

If you enjoy moving to music, your pleasure will communicate itself to your baby as you hold them. Sweet music and gentle movements while holding your baby securely are the ingredients for some happy moments for you and your baby.

Where do you think they got the term, "Swing Baby Swing!"

(So not the information contained in this article was taken from "growing together" heartland area education agency II volume 15 no. 5')

Learning to Listen Author Unknown

We all know what it's like to get that phone call in the middle of the night. This night was no different. Jerking up to the ringing summons, I focused on the red, illuminated

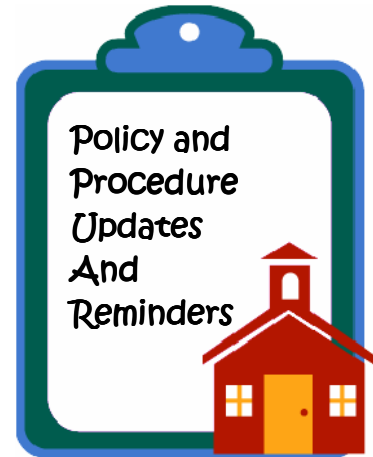
numbers of my clock. It was midnight and panicky thoughts filled my sleep-dazed mind as I grabbed the receiver. 'Hello?' My heart pounded, I gripped the phone tighter and eyed my husband, who was now turning to face my side of the bed. 'Mum?' The voice answered. I could hardly hear the whisper over the static. But my thoughts immediately went to my daughter. When the desperate sound of a young crying voice became clear on the line, I grabbed for my husband and squeezed his wrist. 'Mum, I know it's late. But don't ... don't say anything until I finish. And before you ask, yes I've been drinking. I nearly ran off the road a few miles back and...' I drew in a sharp, shallow breath, released my husband and pressed my hand against my forehead. Sleep still fogged my mind, and I attempted to fight back the panic. Something wasn't right. '... and I got so scared. All I could think of was how it would hurt you if a policeman came to your door and said I'd been killed. I want to come home. I know running away was wrong. I know you've been worried sick. I should have called you days ago but I was afraid, afraid ...'

Sobs of deep-felt emotion flowed from the receiver and poured into my heart. Immediately I pictured my daughter's face in my mind, and my fogged senses seemed to clear, 'I think ' 'No! Please let me finish! Please!' She pleaded, not so much in anger, but in desperation. I paused and tried to think what to say. Before I could go on, she continued. 'I'm pregnant, Mum. I know I shouldn't be drinking now ... especially now, but I'm scared, Mum. So scared!' The voice broke again, and I bit into my lip, feeling my own eyes fill with moisture. I looked up at my husband, who sat silently mouthing, 'Who is it?' I shook my head and when I didn't answer, he jumped up and left the room, returning seconds later with a portable phone held to his ear. She must have heard the click in the line because she asked, 'Are you still there? Please don't hang up on me! I need you. I feel so alone.' I clutched the phone and stared at my husband, seeking guidance. 'I'm here, I wouldn't hang up,' I said. 'I should have told you, mum. I know I should have told you. But, when we talk, you just keep telling me what I should do. You read all

those pamphlets on how to talk about sex and all, but all you do is talk. You don't listen to me. You never let me tell you how I feel. It is as if my feelings aren't important. Because you're my mother you think you have all the answers. But sometimes I don't need answers. I just want someone to listen.' I swallowed the lump in my throat and stared at the how-to-talk-to-your-kids pamphlets scattered on my nightstand. 'I'm listening,' I whispered. 'You know, back there on the road after I got the car under control, I started thinking about the baby and taking care of it. Then I saw this phone booth and it was as if I could hear you preaching to me about how people shouldn't drink and drive. So I called a taxi. I want to come home.' 'That's good honey,' I said, relief filling my chest. My husband came closer, sat down beside me and laced his fingers through mine. 'But you know, I think I can drive now.' 'No!' I snapped. My muscles stiffened and I tightened the clasp on my husband's hand. 'Please, wait for the taxi. Don't hang up on me until the taxi gets there.' 'I just want to come home, Mum.' 'I know. But do this for

your Mum. Wait for the taxi, please.' I listened to the silence in fear. When I didn't hear her answer, I bit into my lip and closed my eyes. Somehow I had to stop her from driving. 'There's the taxi now.' Only when I heard someone in the background asking about a Yellow Cab did I feel my tension easing. 'I'm coming home, Mum.' There was a click, and the phone went silent. Moving from the bed, tears forming in my eyes, I walked out into the hall and went to stand in my 16-year-old daughter's room. My husband came from behind, wrapped his arms around me and rested his chin on the top of my head. I wiped the tears from my cheeks. 'We have to learn to listen,' I said to him. He studied me for a second, and then asked, 'Do you think she'll ever know she dialed the wrong number?' I looked at our sleeping daughter, then back at him. 'Maybe it wasn't such a wrong number.' 'Mum, Dad, what are you doing?' The muffled voice came from under the covers. I walked over to my daughter, who now sat up staring into the darkness. "We're practicing," I answered. "Practicing what?" she mumbled and lay back on the

mattress, but her eyes already closed in slumber. "Listening," I whispered and brushed a hand over her cheek.



* If you have recently had a change with your home/work phone number, address, jobs, or cell phone, please notify the office in writing of those changes so we maintain current information for the safety and security of your child.

* Children must be signed in and out by their parents/guardians and escorted to their room when arriving and leaving the Center.

* Infant and children who require the use of disposable diapers or pull-ups will have a personal supply brought from home during the first week of each month. That supply will be marked for

identification. Parents will also need to bring one container of baby wipers with those diapers.

* Please remember that when you see your child's blanket in their cubby, it is time to take it home and wash it. Please return it the following day so they may use it during naptime.

* Pick up time for all programs will be by 5:30 p.m. If you are late you will be charged \$15.00 per child, for each additional 15 minutes.

Payments must be made to the Center immediately in cash.

Please DO NOT include this with your weekly child care fees.

* The Center opens our doors at 6:00 a.m. If you should arrive prior to this time and our doors are unlocked, please stay with your child until 6:00 am. Our staff needs a few minutes to gather supplies to ready themselves for the day.

* If your child for any reason leaves the Center during the day are considered gone and WILL NOT return. So please remember this when making doctor appointments, etc... that it might be best to make them toward the end of the day.

* To keep within the rules and regulations set forth by the Department of Human Services, we cannot allow parents or children into the kitchen area for health and safety reasons. Please ask a staff member to assist you if you need to get medication from the refrigerator.

* Please remove all unnecessary items from your child's cubby at least weekly, preferable daily. The cubbies get so full your child has a difficult time placing their preschool items in them to show mom and dad.

* Payment is expected every Monday for the week your children are attending. Late payments will be assessed after 5:30 p.m. Monday evening. When making payment, please place your check inside the payment box unless you are paying with cash.

When parents place envelopes in the payment box it makes it difficult for others to get their payment into the box. Also, Vickie and I have an "in basket" outside our office door secured to the wall. If you have items you want us to have please place those items there and not in the payment box.



PRESCHOOL

THE QUALITY OF OUR PRESCHOOL PROGRAM IS PARAMOUNT HERE AT THE NANNIES.

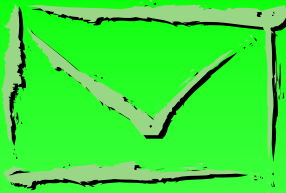
PROFESSIONAL OVERSIGHT IS PROVIDED TO EACH CHILD/CLASS AND MAINTAINED DAILY. WE ENSURE EACH CLASS HAS A WELL INTEGRATED PROGRAM WITH A LANGUAGE PLAYGROUND TO PROMOTE PROFICIENCY IN THE CHILDREN'S LANGUAGE SKILLS. WE ALSO FACILITATE THE DEVELOPMENT OF THE CHILD'S CONCENTRATION ABILITIES TO HELP ACQUIRE A SELF-IMAGE AS THAT OF AN INDEPENDENT PERSON. WE ENSURE THAT THE CHILD GAINS THE PRIMARY CONCEPTS OF SET, MAPPING, NUMBER, AND ORDER THROUGH CONSTANT MANIPULATION OF THE MATERIAL. WE ENCOURAGE AND DEVELOP A GRADUAL PROGRESSION OF SKILLS BY THE PERCEPTION OF DIFFERENCES, PERCEPTION AND SIMILARITIES, AND THE ABILITY TO USE COMPLEX MATCHING SKILLS. THE NANNIES ENCOURAGE THE USE OF LARGE MOTOR SKILL, THE ABILITY TO LISTEN AND TO FOLLOW INSTRUCTIONS, DEVELOPING PATIENCE



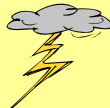
AND ENJOY GROUP PARTICIPATION AND GRACEFULLY ACCEPT DEFEAT. VICKIE AND I ASSUME THE OVERALL FUNCTION OF THE CENTER, SUPERVISING STAFF, DESIGNING CURRICULUM AND ASSIST IN ADMINISTERING THE PROGRAMS. WE ENSURE SERVICES ARE PROVIDED FOR THE CHILDREN WITHIN THE CENTER'S STATEMENT OF PURPOSES AND OBJECTIVES. WE ALSO ENSURE YOUR CHILD'S SAFETY AND PROTECTION. WE BELIEVE THE PURPOSE OF THE NANNIES PRESCHOOL IS TO BE CREATIVE, COURAGEOUS INNOVATORS IN THE DELIVERY AND PROMOTION OF QUALITY EDUCATIONAL SERVICES IN THE MORAL, INTELLECTUAL AND PHYSICAL DEVELOPMENT OF CHILDREN. PROVIDING ACTIVITIES THAT WILL RENDER CARE, SUPERVISION AND GUIDANCE AND THEREBY BENEFIT THE CHILD, THE PARENT AND THE COMMUNITY.

IT IS OUR BELIEF THAT EACH CHILD IS A SPECIAL SNOWFLAKE OR FINGERPRINT. YOU'LL ALWAYS FIND EACH ONE DIFFERENT AND ONE OF A KIND.

PRESCHOOL BEGINS TUESDAY SEPTEMBER 5, 2007 AND CONTINUES UNTIL THE LAST WEEK OF MAY 2008.



We do a lot of communication through your child's cubby. Please make sure you are reading ALL correspondence including those taped to their cubby. If there are questions you have regarding any correspondence please feel free to check with Ms. Vickie or myself, we will be more than happy to help you in any way we can.



Severe Weather/Tornado Safety

During incimate weather we realize that your child's safety is of your up most concern. However,, the center requests that parents refrain from calling during a tornado warning. This will enable the staff to focus on the children's safety and security without distraction. If there is a concern we will notify you immediately.



Annual registration fees will be due the first week in August 2007. Please include \$35.00/child with your child's weekly tuition. Those parents who have enrolled their child within the past 6 months (February 2007) are exempt from this annual registration fee.



PRESCHOOL SUPPLIES

One of our goals here at the Nannies is to help parents decrease stress levels thereby allowing them an increase in quality time spent with their children. One of the ways we try to decrease stress and ensure that each student has the appropriate materials necessary to be organized and ready to learn, The Nannies will purchase all preschool supplies necessary for student in the Firefly and Ladybug rooms. The cost of this supply packet is \$15.00/preschool child. Please make your payment PRIOR to Friday August 17, 2007. You may include this payment with your weekly tuition.



Kindergarteners for 2007-2008 school year.

The children appear to be really enjoying their summer session, however, everything comes to end at some point. With only a few weeks until school begins we would like to touch base with you again in regards to your plans for your child this school year. Each year we have numerous calls from parents inquiring about our school program. Since we try to cater to our current parents, we need to know how many children will continue attending the Center this fall. This information will help us route vans and know if we can accommodate children who do not attend at this time. We have some "new" schoolers (kindergartners) so we need to review things that are specific to children in school. If your child rides the bus: the first week or so of school, we assign an older child to your kindergartner to assure they get on and off of the bus at the right place. This seems to work really well. If your child attends Four Mile Elementary or St. Joseph's: the bus picks the children up between 7:40 am (St. Joseph) and 8:30 am (Four Mile) at the entrance of the Center's parking lot. Our staff attends to the children while they wait for the bus and the bus leaves. Every Wednesday the children of Four Mile get out of school at 1:55 pm and return to the entrance of our parking lot. Again, our staff waits for them as they disembark from the bus and into the building. On the other days (Monday,

Tuesdays, Thursday, and Friday.) the children will return from school at approximately 4:00 pm. If your child attends Pleasant Hill, Delaware, Willowbrook, or Clay Elementary, our staff will take your child(ren) to and from school in one of our vans. All vans have appropriate restraint systems in place. We will immediately notify you if your child is not available to be picked up by our van or is not delivered by the bus after school. Please continue to use the Schooler's (Hornets) communication sheet located under the bulletin board in the main lobby for any communication you need to convey to your child's before or after school teacher. This communication sheet is reserved for school aged children only. Our teacher's will initial the sheet after they read it to let you know they read it. The rate for the before and after school program is \$75.00/wk/child. This rate includes an after school snack, transportation to and from school and a "spot" at the Center for various reasons, such as no school day or days when the children get out of school early. If the children do not have school on a particular day there is an additional \$30.00 drop in charge. We post "sign up sheets" for scheduled "no school days" on the Hornet's Bulletin Board to assist us with staffing and food prep. If you sign your school age child up you must prepay for the day. If there is more than one day of "no school", your rate never exceeds the weekly rate of \$110.00/wk. The rate for before and after school is \$55.00/wk/child. If you request your child to come during breaks only, you will need to call well before each break to check if there is an opening available. Just a reminder: Your school age child is no

longer considered full time so they are not eligible for an annual free vacation week. To ensure your child's fall reservation, you will need to complete and return the registration form prior to July 20, 2007. (Those have been provided to you in your child's cubby.

A vertical graphic with a yellow background and a red border. It features several horizontal red bars of varying lengths. The text "Watch for our next Newsletter in November 2007" is written in a stylized, orange font with a black outline, centered within the graphic.

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