

Our Staff

Amber Freismuth & Jeannine Morris	4K
Maria Burrow	3's/4's
Denise Patterson	3's
Krista Klas	2's
Amanda Herrick	Infants/ Toddlers
Karen Braker	Assistant Teacher
Teagan McCallum	Assistant Teacher
Gabe Behymer	Assistant Teacher
Brittney Roser	Assistant Teacher
Karen Wolfgang	Admin. Assistant
Renae Henning	Admin.

Setting Limits for Little Ones

From Renae's Desk

Our first experience with the developmental screening tool, Ages & Stages Questionnaires (ASQ), was a great success. One of our team take aways was the amount of parenting advice we gave to parents directly from things we saw on the ASQ. We are happy that so many of you see us as a resource for parenting. As parents, remember you are your child's first teacher. We are pleased to be a partner in your parenting journey.

Limit setting and guiding children's behaviors can be a touchy subject for some. We believe it need not be. Children don't come with manuals when they arrive. It's sometimes hard to know what to say or what to do at different times.

As children grow, a paramount need they have is for safety and security. One way we can give them this is by consistently setting limits. When children know the expectations, they don't have as much disagreement or unsettlement. When we are firm with our expectations in the grocery

store, or walking in a parking lot, in time they understand why. At two they don't fully understand WHY you are asking, but they trust you. We are building trust and guiding our children when we set these limits.

Sometimes we see negative behavior come out when we are setting limits. Resist giving in because you just don't want the "fight". Instead, think ahead and give the child choices. Pick a choice that is acceptable to you and them. This way the power struggle leaves. Many times we enter into power struggles with 2 and 3 year olds that we will never "win". We become frustrated; they are frustrated; no one "wins".

If we have in mind some choices for various scenarios, this type of interaction becomes easier with practice. Now then, there will be times that you just can't give a child a choice, but with practice in the previous technique, your child is more likely to listen because there is a trust that has been built within your relationship.

It's important that we remember we are parents, not

friends of our children. We want our children to be happy, of course, but we also want our children to learn independence, resilience and self regulation. These skills are tough. They come with "BIG FEELINGS". At times, sometimes unpleasant feelings.

When setting limits for children, help them label the feelings they are experiencing. "I see that you are mad. I'm sorry you are mad. It's okay to be mad, but it's not okay to throw toys.", for example is a matter of fact labelling of emotion.

Give plenty of love and positive attention when you see it. Label the positive behavior: "I see how safe you are walking with me to the store! This makes me so happy!" Refrain from simply "good job" as that doesn't really let the child know exactly what was good.

We have over 175 years combined early childhood experience. We are here to help and support you in the good times and difficult times. You can count on our help!

Renae



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Loose Parts

Recently Ms. Denise attended a great presentation about a technique gaining popularity in early care and education.

The philosophy is based on helping children be independent thinkers and owning their creativity.

Ms. Denise is looking to collect a number of “everyday” items. In large quantities, these things hold much creative power with an intentional teacher

to help guide children’s ideas.

Here is a beginning list:

- * Popsicle sticks/ tongue depressors
- * Buttons of various sizes and shapes
- * Spring/clip clothespins
- * Paint stirrers
- * Empty wooden thread spools
- * Chip clips
- * Colored plastic bottle caps (milk, juice,

squeezey fruit)

- * Colored paper clips

The idea is that collectively children can use their creativity to sort, build, explore with things found in the world.

Sometimes a break from plastic “store bought” toys is healthy to let our imaginations grow.

If you can help Ms. Denise, she’ll be sure to share her experiences in loose parts with pictures of their work.

Technology Improvements

We are excited to begin upgrading our communication methods at Community Care! We have a grant from Young Star, Wisconsin’s Quality Rating System, and our spring Kringle Fundraiser to help us defray the cost of our upgrades. Each teacher will be using an ipad and the app, Bright Wheel. You can explore it on the internet at

www.mybrightwheel.com.

We’ll be sharing information about the app as we get our technology ready!

Our ipads will also allow us to take pictures readily to share with parents. We

love sharing our activities on our facebook page! If you haven’t liked it yet, please check us out. If you feel inclined, post a review for us! Thank you for supporting our new endeavor!



Community Helpers

Do you have a job in the community that would be great to share with our kids here? Do you know someone that is a “community helper”? For April and May we are looking for talents in our Community Care Fami-

ly. Maybe you have a hobby that would be interesting to our children. For example, we know someone who plays a banjo who is coming to play. We know a family who raises baby goats. We

are looking for interesting things to enhance our discussions about our community and the people in it.

Contact Ms. Renae to share your ideas! We want to share together!

Hurrying Children

David Elkind, the author of the well-known book, *The Hurried Child*, wrote this in an article in *Psychology Today*: "Hurrying children is a problem that has always been with us. It was recognized and commented on by our most gifted educational theorists. In response to hurrying, they have all returned to the same fundamental principle, namely, that child rearing and education should be adapted to the growing needs, interests, and abilities of children...Freidrich Froebel, inventor of the kindergarten,

wrote, 'The, child, the boy, the man should know no other endeavor, but to be at every stage of development, what that stage calls for.' Famed Italian Educator, Maria Montessori said, 'The Child's work is to create the man that is to be. The adult will be a fully harmonious individual only if he has been able, at each preceding stage, to live as nature intended him to.'

"The irony is that no one believes in hurrying children. No parent, educator,

or legislator I ever spoke to believes in pressuring children to do things well beyond what they are capable of doing. 'I don't believe in hurrying children, but,' and there is always a but. A parent says, 'I don't believe in hurrying, but if I don't put my child in soccer, he will have no one to play with and won't make the team.' And the educator says 'I don't believe in hurrying, but the curriculum says I have to teach reading in kindergarten.' The legislator says she does not believe in hurrying,

but that is what her constituents want. ,If we want healthy, happy children who can compete in an increasingly global economy, we have to get beyond the but. We have to use what we know about healthy child rearing and education."

Source: "[The Price of Hurrying Children](#)," by David Elkind, Ph.D., *Psychology Today*, June 27, 2008.

Spring Concert

We look forward to our Spring Concert each year!

You and your family are cordially invited to join us at Beaver Dam Middle School on Friday, April 13, 2018 at 6 p.m.

Each class will perform for our families. We will have light refreshments afterwards. It is such a fun night for families!

We also have a silent auction that we hold before

and after the show. If you have a donation for our auction, we'd love to have your basket.

Each class has a "theme" for a basket that they collect donations for. It's a

fun night to socialize AND support our mission. Community Care is a non profit early care and education center. We use all of the funds we raise for our work with the children. We look forward to a BIG turnout for the show!!

Calendar of Events

March 26-March 30— Spring Break BDUSD

April 11-- 4K Field Trip to Appleton Children's Museum

April 13—6 p.m.—Annual Spring Concert at the Middle School Auditorium

April 16 to 20—National Week of the Young Child

May 8—Mother's Day Night

May 17— Last Day of Community Care 4K

May 17—Evening—4K Kindergarten Send-Off --Time to be announced



Breakfast & Lunch Menu

Below are the breakfast and lunch menus. Minor changes may occur. Please consult the bulletin board in the entry way for the week's current menu.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of March 19-23	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Salisbury Steak Wheat Bread Carrots Baby Red Potato Milk	<u>Breakfast</u> Waffle Fruit Milk <u>Lunch</u> Chicken Noodle Soup Apricots Lettuce Salad Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Baked Chicken Wheat Bread Mashed Potatoes Corn Milk	<u>Breakfast</u> Banana Bread or Cereal Fruit Milk <u>Lunch</u> Meatloaf Brown Rice Peaches Green Beans Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Fish Sandwich Wheat Bun Pears Peas Milk
Week of March 26-30	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Roast Pork Biscuit Apple Cranberry Sauce Cucumber Sticks Milk	<u>Breakfast</u> Waffle Fruit Milk <u>Lunch</u> Turkey, Ham & Cheddar Croissant Orange Broccoli Salad Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Tuna Noodle Casserole Dinner Roll Apple Baby Carrots Milk	<u>Breakfast</u> Banana Bread or Cereal Fruit Milk <u>Lunch</u> Scalloped Potato Sliced Ham Wheat Bread Spinach Salad Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Chicken Alfredo Rotini Noodles Peaches Broccoli Milk
Week of April 2-6	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Roast Beef w/Cheddar Wheat Bread Tropical Fruit Carrot Sticks Milk	<u>Breakfast</u> Waffle Fruit Milk <u>Lunch</u> Scrambled Eggs Oatmeal Banana Roasted Potatoes Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Shredded Pork Wheat Bun Pineapple Bean Blend Milk	<u>Breakfast</u> Banana Bread or Cereal Fruit Milk <u>Lunch</u> Beef Taco Lettuce, Cheese Soft Tortilla Fresh Apple Fajita Veggies Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> White Chicken Chili Flat Bread Fruit Cocktail Broccoli and Cauliflower Milk