

# Friends Child Care Center

May 2012



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Dear Parents,

Early Childhood Action Day took place on May 1, 2012 in Harrisburg. Several of our teachers traveled with me by chartered bus with many other early childhood providers, teachers, parents and children. We spent the day participating in a number of advocacy activities which included legislative visits, attending advocacy workshops and a rally in the Rotunda of the Capital. The proposed cuts to already underfunded early childhood programs and initiatives are more than a little concerning. Already, the waiting list for CCIS (state funding) is staggering and those who have the funding are in danger of losing it. What can you do to help? I'm glad you asked! I invite you to reach out to your area policymakers on behalf of yourself or others who depend on funding support so that parents can work and all children have access to high quality early childhood programs.

The auction is just 3 days away! From what I've seen of live and silent auction items, classroom baskets and personalized group crafts, you don't want to miss this event! It's not too late to purchase tickets. Simply go to our web page and click on the PayPal button or visit us in the office with cash or a check. The proceeds from this annual fundraising and social event will support current cultural arts programming (dance, music and Spanish) and possibly the addition of Yoga Child and Soccer Shots for next year. Join us for Open Bar, heavy hors d'oeuvres and fun!

Instructional swim has begun for our Puddle Jumpers, Triangles and Quads. The 1st swim session took place on April 30<sup>th</sup>. Due to the heavy interest this session, we had to add an additional swim day, which is on Fridays, in order to keep group numbers low. Quads will have their second session on this day. The children were introduced (or re-introduced) to pool and swimmer safety rules, blowing bubbles in the water, using their arms to scoop water and kicking. They were also given time to simply play! I am very happy about the level of enthusiasm from our young swimmers and grateful that we can offer this invaluable program. As a reminder, please send your child dressed in his/her bathing suit on swim days. It is also helpful for towels, swimsuits, clothing and undergarments be labeled with your child's name. Thanks greatly.

FCCC will be closed on May 11th for staff in-service. We have an experienced trainer coming in to facilitate a mini seminar on teambuilding, avoiding burn out and communication. Please mark your calendars and make child care arrangements.

The Quads and Triangles will be performing The Very Hungry Caterpillar in this year's End of the Year Celebration scheduled on May 31, 2012 at 10:30am. The children have been rehearsing their lines and songs for the past few weeks here at school, at home and with their Friends Select book buddies. All are invited to celebrate our preschoolers and participate in a school wide barbecue in the courtyard following. Quad parents should look to receive invitations in the mail and an emailed invite will go to all others within the next couple of weeks. I love this time of year!

March's bake sale was a terrific success as we raised \$560.00! This success is largely attributed to all of our faithful bakers and supporters. I'd also like to send a huge thank you to staff and parents who table sat throughout the week.

Finally, I recently came across an article on self-regulation in children and thought I'd share it with you all. I've included it below. Parenting is quite rewarding and challenging. There's more than one way to doing it correctly and I personally glean a little knowledge from multiple viewpoints that suit my comfort level and personal family values. Enjoy.

Happy Mother's Day!!

*Rachel O'Neal Coats*  
FCCC Director



## Teaching Children Self-Regulation

One of parents' most important responsibilities is helping children learn to govern themselves. According to experts, the best parenting combines firm expectations and reasonable freedom for children to make their own choices. When parents provide a good balance between rules and freedom, children learn to act responsibly of their own free will, even when parents aren't around.

### Options, Not Commands

Children have an inborn desire for independence, and wise parents respect and respond to this need. Accordingly, children best learn how to make good choices when they're given options within acceptable limits. Most child rearing experts recommend that children be given as many choices as possible and appropriate for their age level. Parents who issue orders or commands can stunt their children's ability to make choices for themselves. Instead, parents should look for opportunities to create options for their children, and then let them decide.

This kind of parenting shows children that their independent thoughts and feelings are valued and matter. It also encourages children to see adults as providers of help and guidance rather than forces of control and domination. And, perhaps most importantly, it fosters a sense of freedom, which in turn fosters a sense of responsibility and helps children enjoy life more.

### The Power of Freedom

Studies show that as children are given freedom to make choices, they become more willing to follow parental guidance. According to Hart and Newell, "When children and teens are given latitude for decision-making in areas that matter less, they are more likely to feel trusted and empowered to choose rightly and conform to parental expectations in areas that matter more."

Parents should keep in mind their children's personalities and maturity as they decide how much freedom to allow. Even when given reasonable freedom, some children still feel constrained and unfree. Another child given the same amount of freedom might feel too free. It is the perception of freedom that is so important for parents to help their child acquire, and they need to be sensitive to each individual child's personality in this respect.

Giving children reasonable freedom teaches them how to handle their freedom within a safe environment. If they make mistakes, their parents are there to explain what went wrong and to give them another chance. It's possible that children who are given generous freedom will make more mistakes than those who are told what to do more, but research shows that greater freedom helps children become stronger and more mature individuals.

### Age-Appropriate Independence

As children grow, they should be given more and more independence. At a young age children can select the clothes they wear, food they eat, places to sit, and other small decisions. Older children can have more of a say in choosing appropriate times to be at home, when and where to study, and which friends to associate with. The goal is to prepare children for the day they will leave their family and live without parental control.

### Practical Suggestions

Here are practical suggestions for helping children learn to govern themselves:

Provide options and choices whenever possible. Allow choices within reasonable limits. For example, it wouldn't be wise to give your pre-schooler the option of going home from the park or not. Instead, when you decide it's time to go home, ask if he wants to hop, skip, or race you to the car. Give your older children options such as cleaning their rooms in the morning or when they get home from school.

Give your children reminders and warnings. When you provide prompts, you help your children make good choices. For example, buy them a watch with an alarm so they won't forget when it's time to come home for dinner.

Anticipate problems. Try to predict situations that will tempt your children to misbehave and talk with them about it ahead of time. For example, before you go into the grocery store, let them know you will not buy treats because it will spoil their dinner. Reasoning with them beforehand can prevent whining and tantrums in the check-out line.

With older children, consult rather than command. When older children and teenagers are faced with choices, they respond much better to discussion and suggestions than to lectures and orders. Try these steps:

1. Listen attentively and reflect back what they are feeling. ("So, it sounds to me like you're upset because ...")
2. Use statements with "I" instead of "you." ("I don't understand why you suddenly want to quit the team" instead of "You're just a quitter")
3. Communicate your thoughts about potential options and consequences rather than make pronouncements. ("I'm wondering how you're going to make the college team if you quit playing ball," instead of "You won't make the college team if you quit.")
4. Leave room for them to solve the problem themselves. ("What do you want to happen?" "What are you going to do about this?")

Written by Megan Northrup, Research Assistant, and edited by Stephen F. Duncan, Professor, School of Family Life, Brigham Young University.



Our babies are growing fast and learning new things everyday...

More and more of our older babies are taking steps. We now have 2 babies who are walking with ease; and 1 who is taking more and more steps alone each day. Our crawling babies are starting to walk with ease pushing toys (and furniture) as well as pulling up and walking around furniture holding on. Some of our new crawlers who have just recently started are fast already. They are cruising around the room like a pro.

Several of our young babies are starting to sit alone without a boppy pillow for a few seconds. Most of our younger babies are starting solid food like: cereal, fruits, and veggies. Which are sometimes a hit and others, not so much. They are also pushing themselves up using their arms when on the floor for tummy time. And they are trying to hold their own bottles.

All of our babies are becoming more verbal whether it be cooing or saying simple words like mama and dada.

As for our new babies who have recently started... they are adjusting very well. There is less crying throughout the day and more smiles as they are getting used to us.

Happy birthday wishes go out to Danielle on 5/7, Jackson on 5/8, Charlotte on 5/22, and Abigail on 5/29.



Now that it's spring and the summer is approaching, the world becomes a colorful place. So, for the month of May, the Bear Cubs will be focusing on colors. Each week we will choose one color to focus on. Our activities consist of reading books on colors, creating art with finger painting, sponge painting, gluing different color items such as cotton balls, tissue paper, construction paper, feathers, etc. We also will create colors by mixing two different color paints together and watch the paint turn into a new color. Aside from all of this, we will also be working on a special project for Mother's Day.

We are happy to announce that Calum is doing well. He cried a little, but overall he is doing well for his first time in school. I did notice the last week of April, he only cried during the morning separation from his parents. Calum is starting to adjust to his new environment, teachers, friends and daily routines.



The Cuddle Cubs' theme for the month of May will be "Once Upon A Time". We will read lots of nursery rhymes and fairy tales, such as "Goldilocks and The Three Bears", "The Three Billy Goats Gruff" and "The Three Little Pigs" and "The Gingerbread Man". We will act out the stories and do some art projects revolving around different ones. Maybe we will even make some porridge and gingerbread men!

The Cuddle Cubs will also be working on something special for our mommies for Mother's Day!

Happy Birthday Stella!! – May 21<sup>st</sup>  
Happy Birthday Deegan!! – May 27<sup>th</sup>

Happy Mother's Day!!

Reminders: Please remember to label your child's jackets and to update their extra clothes according to size and season.

Also, please remember to apply sunscreen to your child before they come to school.



Throughout the month of May, the Puddle Jumpers will continue with planting and tending to their garden and become familiar with different bugs/insects. In addition, we talk about mothers and their importance in the lives of their children. Photos of mothers as well as children's paintings and drawings of mothers will be displayed around the room. Our goal is to build your child's verbal, listening, and memory skills as well as self-esteem

Activities for the month will include:

Art: Bug/ insect collages, butterfly prints, mothers collage, painting/drawing of moms, and putting together Mother's Day gifts.

Cooking: Make a fruit salad. Make chocolate covered bugs. Make ants on a log. Shuck and cook corn. Make bug juice and bug pops. Make a toss salad.

Math: How many legs does an ant have? How many legs does a spider have? How many Puddle jumper moms are there? How many moms drive to work? How many moms take the train or bus? How many moms walk to work?

Dramatic Play: Move like your favorite bugs/ insects. Flight of the Bumble Bee.

Science: Name some insects/bugs that are good for your garden. Name some insects/bugs that destroy your growing plants. Look at insects/bugs with a magnifier. Do earth worms have legs? We will attract ants with some food scraps or sugar.

Happy Birthday Nadia! On May 9th, put three Candles on her cake.  
Happy Birthday Nora! On May 28th, put three candles on her cake.  
Happy Birthday Cordella! On May 13th, put a few on her cake.



The Triangles and Quad's are preparing for a fun filled month of May. We will continue to focus on "Things That Grow." We will learn how to a variety of animals mature to adulthood. Hopefully, we will have the opportunity to plant vegetable seeds and observe their growth. The preschoolers are gearing up for our chick eggs to arrive. We will take notes, as we watch the eggs hatch.

We are looking forward to beginning swim class at the Sweat gym this month. Before you know it, we will become pro's in the water! In addition, the Quad's and Triangle's will be practicing for our big performance of The Very Hungry Caterpillar. Everyone is excited for this upcoming celebration!

May Events: Nate the Great at the Irvine Auditorium- May 30

End of the Year Celebration (The Very Hungry Caterpillar) - May 31

\*School will be closed on May 11 for Staff In-Service Day and May 28 in honor of Memorial Day.

Happy Birthday to Nadia on 5/9 and Nora on 5/28!!!

Wish List: Old Men's Clothing for Dress-Up Area

Happy Mother's Day!



# Friends Childcare Center

1501 Cherry Street  
Philadelphia, PA 19102  
Fax (215)864-6973

## Phone:

Office	(215) 241-7011 7108
Care Bears	(215) 241-7013
Bear Cubs	(215) 241-7012
Cuddle Cubs	(215) 241-7027
Puddle Jumpers	(215) 241-7007
Triangles	(215) 241-7012
Quads	(215) 241-7012

## E-mail:

fccdirector@friendschildcare.org  
fccoffice@friendschildcare.org  
fccfinance@friendschildcare.org



[www.friendschildcare.org](http://www.friendschildcare.org)

## Our Happy Family:

Markita, Kyra, Erica, Nathalie, Toni  
Michelle, Linda, Carla  
Shannon, Barbara, Laura, Lea, Vickie  
Cordella, Grace, Bobbie, Meghan  
Teresa, Susan, Missy, Bjay, Shadae, Jamal  
Raechel, Susan, Eileen  
Subs: Robin Bell, Gail Centola, Lameika Headen



# Reminders & Announcements

## Reminders & Announcements

- ❖ Every Wednesday is pizza day.
- ❖ Check children's mail slots every day.
- ❖ FCCC Website is [www.friendschildcare.org](http://www.friendschildcare.org), Username: **fCCCparent**, Password: **letmein**  
\*Please visit our website to download forms, check upcoming calendar events and look at archived & Current newsletters.\*
- ❖ Friends Child Care Center is now on Facebook. Check us out for upcoming Fundraising Events.  
<http://www.facebook.com/pages/Friends-Child-Care-Center/197767671575>
- ❖ Resource Library: CHECK IT OUT at [www.librarything.com](http://www.librarything.com), Username: **fCCC**, Password: **1501Cherry**
- ❖ The Following Classrooms are Nut-Free Zones: **PUDDLE JUMPERS, TRIANGLES & QUADS.**
- ❖ The **PUDDLE JUMPER** Room is a Shell Fish/Fish Free Zone.
- ❖ **FCCC 4<sup>TH</sup> ANNUAL AUCTION & SOCIAL:** Friday, May 4<sup>th</sup>, 2012 at Ladder 15, 5:30-8:30pm.
- ❖ **Auction Tickets:** are available online or at the FCCC office.
- ❖ **Quiver Farms Egg Hatching Project:** Eggs are scheduled to arrive on Tuesday, May 8<sup>th</sup>.
- ❖ **In-Service Day:** FCCC is closed on Friday, May 11, 2012.
- ❖ **Instructional Swim-Session Two:** For PJs, TRs, & QUs, return forms & payment by 5/18/12. Classes begin 6/4/12. Space is limited.
- ❖ **PNO:** May 4<sup>th</sup>. 'Pajama Jam.' This month's PNO will run until 9:00pm, so Auction attendees will have time to get back to the center for pick up.
- ❖ **Coffee with the Director:** Wednesday, May 23<sup>rd</sup>, 7:30-9:30am.
- ❖ **Memorial Day:** FCCC is closed on Monday, May 28<sup>th</sup>.
- ❖ **Nate the Great:** Preschoolers will see this production at the Irvine Auditorium.
- ❖ **End of Year Celebration:** Our Quads will have an End of Year Celebration on Thursday, May 31<sup>st</sup> – Details to follow. A center-wide barbecue will follow the event for all families in our Courtyard.
- ❖ **Care Bear Transitions** will begin on May 18<sup>th</sup> & the rest of FCCC will begin **Transitions** on May 25<sup>th</sup>.
- ❖ **Remember to show ID cards upon entrance to the building or stop and sign in if you don't have your card. This is an important security measure for the safety of our children.**



# FCCC Fundraiser News



## FCCC Fundraiser

T Shirts are on Sale  
\$10.00 T shirts

Stop by the office to purchase your FCCC T Shirts.  
Thank you for your support.

### A Simple Fundraising Idea to Help FCCC:

Did you know that if you use [www.goodsearch.com](http://www.goodsearch.com) as your search engine instead of yahoo or google that you can help earn money for Friends Child Care Center? That's right! Goodsearch.com (and goodshop.com for shopping) will pay FCCC for each time you search (or shop). Be sure to select Friends Child Care Center (Philadelphia, PA) as your designated cause.

If we all start using goodsearch - FCCC can actually make significant money. **Change your default search engine TODAY.** (Goodsearch is powered by yahoo search, so the search results are accurate.) If you shop online - try [www.goodshop.com](http://www.goodshop.com) - many popular stores have links on goodshop and if you shop from here FCCC will receive a percentage of the amount you spend. (Gap, Best Buy, Target, Omaha Steaks and lots of companies partner with Goodshop.com).



### Parent's Night Out: 'Pajama Jam'

The next PNO is **Friday, May 4, 2012**. Please sign up by **Wednesday, May 2, 2012**. PNO is a great way for the parents & children of FCCC to do something fun! The PNO will start at 5:30 and end at 9:00 PM. The cost will be:

\$30 for one child, \$45 for 2 children and \$60 for 3 children

Upcoming PNOs:

6/15 'Movie Night'

**THANKS IN ADVANCE FOR YOUR SUPPORT TO FRIENDS CHILD CARE CENTER!**

