

Thoughts of Love

DEAR FAMILIES,

For many across the country, this month brings with it thoughts of love. For any child, the greatest gift that you can give is that of unconditional love; to instill the belief that no matter what, they are worthy of being loved by someone else.

All too often, parenting is a tireless and thankless job – the gifts of which can be few (and far between) and often not seen until a child is a grown person out in the world. In honor of the job you do, we would like to share some quotes to thank you for the love you give to the children in your lives.

When I was very young, most of my heroes wore capes, flew through the air, or picked up buildings with one arm. They were spectacular and got a lot of attention. But as I grew, my heroes changed, so that now I can honestly say that anyone who does anything to help a child is a hero to me.

– Fred Rogers

Love is something that you can leave behind when you die. It's that powerful.

– John (Fire) Lame Deer

Beauty in its truest form is seeing the world through a child's eyes: seeing the excitement, the wonder, and the innocence. When I allow myself to do that, I am my happiest.

– Laurie Numedahl-Meuwissen

With every deed you are sowing a seed, though the harvest you may never see.

– Ella Wheeler Wilcox

Light tomorrow with today!

– Elizabeth Barrett Browning

Respectfully,
The Education Team

If you would like to respond to anything you read, have parenting questions or child development topics that you'd like to see explored in future issues of this monthly newsletter, please email us at education@childtime.com. We would love to hear from you!



Image costs \$300

THE CHILDTIME CONNECTION

February 2010

A SIMPLE COPING MECHANISM

As adults, we go through a lot these days. We have had salary cuts or even lost our jobs. Our parents are aging and we need to spend more time supporting them. Maybe we are worried about our marriage or meeting our bills. These are big changes in our lives; but we need to remember that children also go through changes that affect them like divorce, moving to another city, losing a pet or saying goodbye to a parent being deployed overseas. A change in routine can greatly affect children. So from time to time, it's important to ask yourself, "What changes are big enough to really affect my children?"

Some children will hide their emotions instead of revealing their feelings. It is important for adults to know how to support children in coping with their feelings. Helping children write about their feelings or thoughts is a great way for them to express what is going on inside of them. When you help your child tell "his story," make sure you:

- Write legibly using standard spelling
- Sit so that he can watch as his words are written down
- Read the dictation back to your child while he tracks the print
- Encourage your child to "read" or re-tell his story to you, or at least ask if he needs to add anything or talk about what you or he wrote.

Here is an example of how to help:

Four-year-old Haley charges into the classroom with her backpack and lunch box flailing behind. Her coat is on inside out. One pigtail is intact, but the other withers under a too-loose elastic band. "Move!" she declares loudly, bumping into several children while on the way to her cubby.

As the other children get settled into the daily routine, Ms. Smith, Haley's teacher, asks Haley to tell her about her morning. Haley narrates the details of oversleeping and hunting for misplaced shoes, and Ms. Smith records the words on paper. Finally, Haley concludes with a triumphant "The end!"

Ms. Smith reads the entire story back to Haley, pointing to each word as she reads: "I had a crazy morning today..."

Haley says with amazement, "Hey! My story is funny! Can I show it to my mommy?" Ms. Smith hands the paper to Haley, who draws a picture at the bottom of the page. (Young Children, January 2008)

Haley may have had a number of reasons why she overslept that morning from her dad moving out recently to her dog having recently died. Her dog always woke her up by licking her face and she is not used to the new alarm her mom bought her. Whatever the reason, first being able to talk about her experience, and then to write about it, helped her gain clarity, describe her morning out loud, and express her feelings before being able to let it all go.

So try this simple coping mechanism with your child. Sharing and expressing feelings and thoughts will help your child cope with any changes in his or her life. By validating your child's feelings and providing a safe environment in which to express them are great ways to assist your child as they cope with events in their lives.

CHILDTIME'S THE EMPOWERED CHILD™ CURRICULUM PHILOSOPHY

The Empowered Child™ curriculum supports your child by developing the critical thinking and problem-solving skills needed to succeed in kindergarten, throughout elementary education and across a lifetime of learning. Childtime teachers plan lessons in many important academic disciplines, including:

READING & WRITING

Your child learns to love and understand the written word by journal-writing, experiencing wonderful books, storytelling and participating in regular large and small group activities that focus on letter shapes and sounds.

MATHEMATICS

By counting, patterning, sorting, classifying, estimating and predicting, your child develops foundational math skills and an appreciation for the world of numbers.

SCIENCE

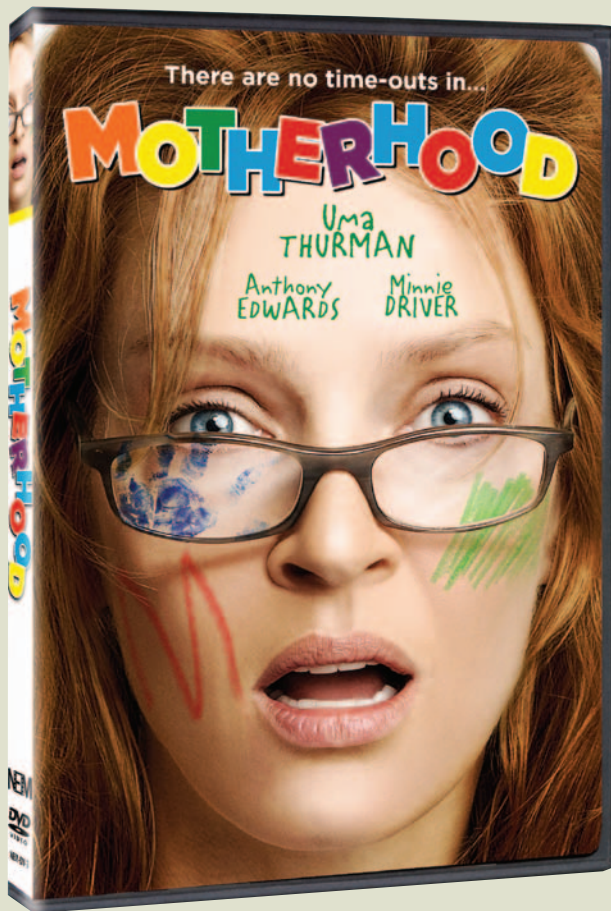
Performing experiments, investigating properties and observing cause and effect help your child build scientific thinking skills and a connection with the natural world.

Through The Empowered Child curriculum, children feel valued for who they are. Students leave our program well-prepared for their future education, empowered to acquire the skills they will need to become responsible members of their community, creative problem solvers and life-long learners.

If you have questions about the Childtime classroom experience, please speak with your director or contact us at info@childtime.com.



www.childtime.com



MOTHERHOOD COMING TO DVD & BLU-RAY

Uma Thurman, Anthony Edwards and Minnie Driver star in MOTHERHOOD, a hysterical new film for anyone who's ever had kids... Being a mom is never easy. Eliza Welsh (Thurman), a former fiction writer-turned-mommy-blogger realizes this first-hand on a seemingly endless day where she must plan a birthday party, deal with her scatter-brain husband, save her car from being towed, and write an essay for a parenting magazine before the fast-approaching deadline. That's MOTHERHOOD!

Available in stores everywhere on February 23, 2010.
SPECIAL ADDED VALUE OFFERS INSIDE EVERY DVD

EXTEND THE CHILDTIME EXPERIENCE INTO YOUR HOME

There are many ways to support your child's development at home. Here are some activities you can do together that will support your child's growth.

Infant – The next time you give your child a bath, say this chant to them. “*Hickory dickory dock. The mouse ran up the clock. The clock struck one, the mouse ran down. Hickory dickory dock.*” Take the bar of soap or wash cloth you are using and move it up and down your child's arm as you are saying, ‘the mouse ran down.’ Slide the soap or wash towel down their leg and into the water as you are saying, ‘the mouse ran down.’ Have the item make a splash in the water.

Beginning Steps/Exploration Station – Look into a mirror with your child. Have them do different things in front of the mirror as they watch their face. Some things to try: smile, stick out your tongue, open and close your mouth, look at your teeth, puff out your cheeks, or let your child think of some fun things to do in front of the mirror.

Early Learners – Chant or sing the following song using the tune of London Bridge is Falling Down. “*I can do a funny trick, funny trick, funny trick. I can do a funny trick. Here's what I can do* (jump up and down).” Repeat the chant and add a second action after jumping up and down. Keep saying the chant while adding on – shake a leg, clap your hands, turn around, or let your child come up with some actions to do.

Skill Builders/Kindergarten Connection – Clap a pattern with your hands and see if your child can repeat it. Switch roles and have your child clap a pattern for you to repeat. You could also try snapping your fingers, stomping your feet or clicking your tongue in a pattern.

Discovery Club – Gather some ice cubes (or help your child fill small plastic containers with water and freeze them) and place them in a bowl. Encourage your child to stack the ice cubes onto a plate making ice structures.

FOCUS ON LEARNING AT CHILDTIME®

At Childtime, we know that children learn through hands-on activities that allow them to solve problems, experiment with cause and effect, and apply principles of trial and error. Our teachers create environments and plan activities that support children's abilities to construct their own knowledge. Look at the nearby photo of children engaged in an activity involving toilet paper. What might your child have learned through an activity like this?

In this hands-on activity, the children explored and learned about mummies, which they were reading and learning about in their classroom. They also practiced teamwork and problem-solving skills. The children needed each other to wrap themselves up like a mummy. They also had to figure out how to make the wrap stay on their bodies, and then how to get out of it. Because this was a fun and meaningful project, they will not only remember what they learned about mummies, but also the associated literacy and math factors.

Even more important than the scientific and social studies facts they learned about mummies were the changes that took place in the children's brains as they worked together to solve a problem. As we make discoveries, our brains develop so that we are able to make more connections and continue to learn more and more.

