

Children Are Our Specialty

CHAOS

From Small Beginnings, Come
great things

September 2015

Happy September!

Back to school and our fall routines. It seems like fall might be here whether we are ready or not!

The next CHAOS training is Thursday, September 17. We are pleased to bring 4-C's to Janesville for the Family Engagement training. Please note that this is a 3 hour training at 6pm - 9pm. The rest of our trainings will start at regular time and be 2 hours from 6:30-8:30.

Peggy Heeren will be presenting the October training Everything Infant & Toddler. Looking ahead we'll host the popular Make & Take activities workshop and potluck dinner in November along with elections. Please consider contributing as a board member. There's always room for your ideas and help.

We are asking for member input for the March 2016 training. Is there a topic you would like covered? Need more information on? Please let us know! You can email Stacy at slransom@charter.net or post on our Facebook page at: <https://www.facebook.com/Childrenareourspecialty>

Membership fees are due again in September. Please invite your coworkers and family providers you may have contact with. We are glad to welcome new members and know that CHAOS has a lot to offer to our members.

Stacy

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Meeting Dates (All Meetings in BTC Room 1315)

Thursday September 17th: Family Engagement: Support families, as a child's first and most important educator. Strengthen the partnership between families and their child's early education program. Promote healthy relations. Implement the knowledge and skills gained from Family Engagement training. **Non-members \$15. Presented by 4c's from 6-9 pm.**

Thursday October 15th: Everything Infant and Toddler Infants and Toddlers learn through their senses and this class will provide teachers with ideas, age appropriate learning activities, infant/toddlers and importance of teacher interaction during play. Picture books, sensory activities, art ideas and more for infants and toddlers.

Presented by Peggy Heeron 6:30-8:30

Thursday November 19th: Make & Take, Potluck Dinner & Board Elections Create a new learning activity at each station that you can take home and use right away for small groups or circle time. Hands on workshop. Materials provided Presented by Stacy Ransom 6:30-8:30

Thursday December 10th: Holiday Gathering Location to be determined. Bring a \$10 gift if you would like to participate in gift exchange

Thursday January 21st: Saying Goodbye Helping children with separation anxiety by learning why children experience it and ways for children of all ages to say goodbye to families. Presented by Stacy Ransom 6:30-8:30

Thursday February 18th: Physical Activity This workshop with focus on physical activity and getting kids moving. Presenter TBD 6:30-8:30

Thursday March 17th: Topic TBD 6:30-8:30

Thursday April 21st: Child Abuse Awareness presented by Stacy Ransom 6:30-8:30

Thursday May 12th: Provider Appreciation: More info to follow 6:30-8:30

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Encouraging Children on their transition back to school!

Going back to school may mean a number of negative things to your child – no more sleeping in, spending less time with friends, having to study and having to sit in a classroom all day. It is the rare child who actually looks forward to attending school. And that means most parents need to help motivate their child to get excited about, or at least interested in, attending school.

Many times kids don't want to share with their parents what they did during the day, especially if they feel like they have nothing good to tell them. This can be frustrating to parents, who want their children to both communicate with them and get something useful out of their day at school.

Motivating your child for school is not always an easy task, and your child may never be as enthusiastic about school as you would like, but there are some things you can do to get your child to at least show some interest in their education.

21 ways to encourage a child!

1. Thumbs up
2. You're on the right track now!
3. You've worked so hard on that!
4. You know just what to do!
5. Oh, that turned out well!
6. That's coming along nicely!
7. I'm proud of the way you worked today!
8. You've just about got it!
9. That's the best you've ever done!
10. Nothing can stop you now!
11. That's it!
12. Now you've got it figured out!
13. That's quite an improvement!
14. I knew you could do it!
15. One more time and you'll have it!
16. I love hearing your words!
17. What a super star you are!
18. You solved the problem!
19. Keep working on it!
20. Now you have it!
21. I bet you're proud of yourself!

5 Tips on Education Encouragement!

1. Ask Questions and Be Enthusiastic
2. Get Them Involved in Activities
3. Teach Them the Benefits of Education
4. Celebrate Achievements
5. Set Realistic Goals for Your Child

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Tips to help parents and children over come separation anxiety!

Never sneak out of the room. Your child won't be happy when he figures out you're gone.

Never make promises or bargains you can't keep. Don't say you'll be sitting on the bench outside if you won't.

Keep things stable. Don't introduce any other new thing into the routine.

Expect regression. Your child might be great the first week and drag their heels the second, or they might be completely potty trained but start having accidents.

Most of all, shake, shake, shake off the guilt. Your child will stop crying a lot sooner than you think.



Getting children back into a sleep schedule

Start early Since summer break often gets kids out of their sleep routine. "About three weeks prior to the start of school, children should be re-oriented to the 'school-day' schedule.

Set the time If your household's standard rising time is 6 to 6:30 a.m., that means the bedtime for most children will be 8 p.m. Do your best to stick to this

Turn off electronics To help your kids wind down, all electronics - TV, video games, computers, and cell phones - should be shut off an hour earlier. "In addition, all electronic distractions should be removed from the child's room and from his or her access at night, "This cannot be emphasized enough, as very commonly, children will stay awake well beyond what parents realize."

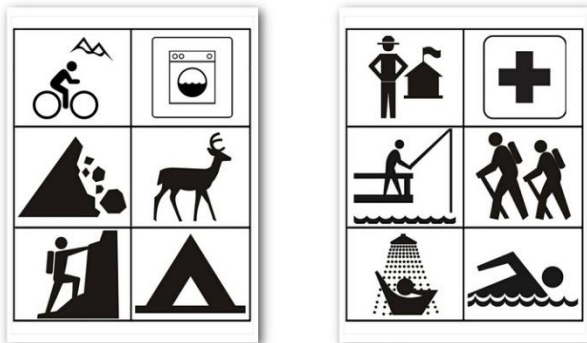
Nix any caffeine Caffeine is a stimulant that can keep kids up at night. "It is best that children don't consume caffeine," "If they do, however, it should not occur after lunchtime."

Set the rules Kids will try to push the envelope it's best to stick to your guns about the sleep schedule. "Be sure to set clear limits," "For example, make clear the number of stories to be read, the time for lights out, and acceptable reasons to call for parents. Let them know what the rules are, and stick with them."

Practice what you preach Of course, one of the best ways to get your kids to adopt good sleep habits is to follow them yourself. "The best way to get kids to stick with the program is for parents to do it, too," "Call it the 'back-to-school sleep plan,' and everyone participates."

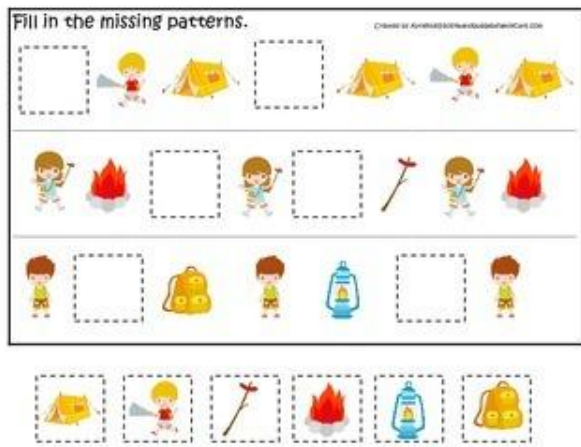
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Camping Memory Game



This fun camping matching game to do with the kids that teaches them about important camping themes.

You will find the printable PDF and instructions on www.nuttinbutpreschool.com



Pattern worksheet that focuses on fun camping things.

<https://mcdn1.teacherspayteachers.com/t/humbitem/Camping-themed-Fill-in-the-Missing-Pattern-preschool-educational-game-1307382/original-1307382-1.jpg>



Tissue paper and twig campfire project



Delicious Smore's Dip for Snack Time

<http://www.fiveheartshome.com/2014/08/10/smores-dip-baked-in-skillet-oven/>

Link to recipe!!

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Provider Health Topic of the Month: Essential Oils

When used properly, the power of essential oils lies in their ability to deliver the beneficial healing properties of certain plants in a direct and highly concentrated form. The healing applications of essential oils are many, from antibacterial defense to pain relief and emotional therapy, depending on the type of oil. From a scientific perspective, oils are effective because 50 million smell receptors inside the nasal cavity connect to the brain's Limbic System - an area responsible for emotions, memory and sexual arousal. Whether improving mood or overall health, a winning strategy begins with stress reduction. And for the physical body that interprets stress as pain, these five essential oils know just where it hurts:

Lavender

Easily the most popular of all essential oils, lavender is known as the "universal oil." With its calming, earthy, lightly sweet and freshly floral scent, it is widely beloved for its relaxing and balancing effects on both the physical and emotional bodies. It may also be used as a pain reliever for muscles and joints, or as an antiseptic on minor cuts, burns, bug bites and stings.

Frankincense

With its comforting warm, exotic aroma, Frankincense's most common use is stress relief; however, it may also be applied topically to the skin to rejuvenate cells and repair scar tissue, or used to calm certain respiratory conditions such as asthma, coughing and bronchitis.

Rose

Another highly versatile essential oil, this one may be even more costly. In addition to providing relief from both stress and depression, the many uses of rose oil include the treatment of eczema and menopausal symptoms.

Chamomile

Though both the Roman and German types of chamomile essential oils are well suited for calming the nerves and supporting digestive health, there are some important differences between the two. Where the Roman variety is superior in addressing mental anxiety, paranoia and hostility, the German variety excels more in the treatment of irritated skin.

Vanilla

If the pure scent of warm vanilla makes you feel right at home, some aroma therapists say it is because vanilla is the closest in fragrance and flavor to mothers' milk. With the ability to both soothe in tranquil relaxation and stimulate mental clarity, this rich aroma can vary in its therapeutic effects. Vanilla essential oil has also proven effective in relieving upset stomachs and reducing cravings for sweets.

Learn more:

http://www.naturalnews.com/040462_essential_oils_stress_relief_Frankincense.html#ixzz3hs9wrnGH