

CHAOSES

# Children Are Our Specialty

CHOOSE TO BE HAPPY, IT  
TURNS THE DAY AROUND!

OCTOBER 2015

I hope with the cooler weather comes fresh inspiration in your work. In early childhood education, it doesn't take long to get burned out. Before the holidays come and life gets extra busy, consider these ways to avoid burn out:

- Simplify your life.
- Avoid over-commitment and over-responsibility
- Learn how to say "NO".
- Delegate your duties, have others help you.
- Eat right, exercise, get enough sleep
- Relax and breathe

Easier said than done, I know!

My group has been learning about friends and feelings. Here's a little rhyme that can be used during group time. *Friends, friends, One, two, three. All my friends are here with me.*

Our next meeting is Thurs, October 15. Peggy Heeren will be presenting "Everything Infant & Toddler". See you there!

Stacy

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# Children Are Our Specialty

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Meeting Dates (All Meetings in BTC Room 1315)

### Thursday October 15<sup>th</sup>: 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 19<sup>th</sup>: 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 10<sup>th</sup>: Holiday Gathering Location to be determined. Bring a \$10 gift if you would like to participate in gift exchange

Thursday January 21<sup>st</sup>: 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 18<sup>th</sup>: Physical Activity This workshop with focus on physical activity and getting kids moving. Presenter TBD 6:30-8:30

Thursday March 17<sup>th</sup>: Topic TBD 6:30-8:30

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

Thursday May 12<sup>th</sup>: Provider Appreciation: More info to follow 6:30-8:30

# Children Are Our Specialty

## OCTOBER IS SUDDEN INFANT DEATH SYNDROME AWARENESS MONTH!

### What is sudden infant death syndrome?

The death of a seemingly healthy baby in its sleep, due to an apparent spontaneous cessation of breathing.

### What is the cause of Sudden Infant Death Syndrome?

Although the cause is unknown, it appears that SIDS may be associated with abnormalities in the portion of an infant's brain that controls breathing and arousal from sleep.

### Preventing Sudden Infant Death Syndrome

- **Back to sleep.** Place your baby to sleep resting on his or her back, rather than on the stomach or side.
- **Keep the crib as bare as possible.** Use a firm mattress and avoid placing your baby on thick, fluffy padding. Don't leave pillows or stuffed animals in the crib.
- **Don't overheat baby.** To keep your baby warm, try a sleep sack or other sleep clothing that doesn't require additional covers. If you use a blanket, make it lightweight.
- **Baby should sleep alone.** Your baby's sleeping in the same room with you is a great idea, but adult beds aren't safe for infants. A baby can become trapped and suffocate.
- **Breast-feed your baby, if possible.** Breast-feeding for at least six months lowers the risk of SIDS.
- **Offer a pacifier.** Sucking on a pacifier at naptime and bedtime may reduce the risk of SIDS. If your baby's not interested in the pacifier, don't force it.

### Risk Factors of Sudden Infant Death Syndrome

Although sudden infant death syndrome can strike any infant, researchers have identified several factors that may increase a baby's risk. They include:

- **Sex.** Boys are more likely to die of SIDS.
- **Age.** Infants are most vulnerable during the second and third months of life.
- **Race.** For reasons that aren't well-understood, black, American Indian or Eskimo infants are more likely to develop SIDS.
- **Family history.** Babies who've had siblings or cousins die of SIDS are at higher risk of SIDS.
- **Secondhand smoke.** Babies who live with smokers have a higher risk of SIDS.
- **Being premature.** Both being born early and having low birth weight increase your baby's chances of SIDS.

Info from  
[mayoclinic.com](http://mayoclinic.com)

# Children Are Our Specialty

October is also Fire Awareness month

These are great tips to have at your daycare  
and share with your families!

## Be Prepared

**Make an escape plan.** Work with your family to plan how to get out of your home if there is a fire.

**Plan two ways out of every room.** The first way out should be a door.

**Choose a meeting place.** Pick a safe and easy-to-remember spot outside your home where you will meet your family after you get out.

**Practice!** Every escape path needs to be planned and practiced

**Test smoke alarms.** Test smoke alarms monthly and remember to change the batteries twice a year.

## Be safe

Get out fast!

Follow your escape plan

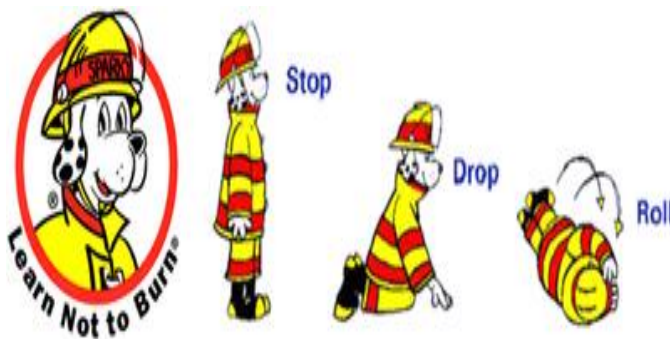
Feel the door before you open

Stay low to the floor

Call 9-1-1

Stay out!

**And remember if you're on fire to STOP DROP and ROLL!**



# Children Are Our Specialty

## Halloween Safety Tips

**S**words and knives should be short soft and flexible

**A**void trick or treating alone, walk in groups or with an adult

**F**asten reflective tape to costumes or bags

**E**xamine all treats before eating them

**H**old a flashlight to help you see others

**A**lways test makeup in a small area to prevent irritation

**L**ook both ways before crossing the street

**L**ower risk of injury by wearing walking shoes

**O**nly walk on sidewalks

**W**ear fitting masks to avoid blocked vision

**E**at only factory wrapped treats

**E**nter home only with trusted adults

**N**ever walk near lit candles or luminaries

### Most popular kid's costumes

- |                    |                    |
|--------------------|--------------------|
| 1. Princess        | 9. Batman          |
| 2. Spider Man      | 10. Star Wars      |
| 3. Witch           | 11. Fairy          |
| 4. Pirate          | 12. Tinker Bell    |
| 5. Disney Princess | 13. Ninja Warrior  |
| 6. Ghost           | 14. Buzz Lightyear |
| 7. Pumpkin         | 15. Ladybug        |
| 8. Vampire         |                    |



# Children Are Our Specialty



## Frankenstein foot prints

Paint the bottom of the kids feet green and place the side by side on the paper. Once they dry add the face to make them look like Frankenstein.



## Q-tip Skeleton

Provide the kids with a skeleton head made out of white paper. Also provide them with a pile of q-tips. Allow the kids to use their imagination and create their own skeleton picture.



Turn simple fruit cups into jack o lanterns



Banana Ghosts on a stick

# Children Are Our Specialty

Provider Health Topic of the Month: Yoga

## Benefits of Yoga

1. Improves flexibility
2. Builds muscle strength
3. Perfects your posture
4. Prevents cartilage and joint breakdown
5. Protects your spine
6. Betters your bone health
7. Increases your blood flow
8. Boosts immunity
9. Ups your heart rate
10. Drops your blood pressure
11. Makes you happier
12. Lowers blood sugar
13. Helps you focus
14. Improves balance
15. Helps you sleep deeper
16. Gives you peace of mind
17. Increases self- esteem

*"When stress is  
at its highest, just  
know it will  
always go down"*

## Top 3 Yoga Positions

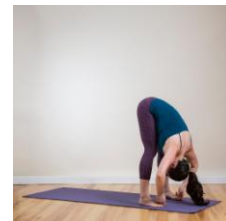
### 1. Downward Facing Dog

- a. This position brings oxygenated blood to your whole body, leaving you feeling energized and refreshed.



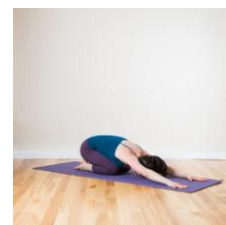
### 2. Standing Forward Bend

- a. When in this pose imagine that all your stressors are rolling off your back onto the floor



### 3. Childs Pose

- a. Come to your knees, deep breathe, and relax in a long luxurious Childs Pose. This will offer a big stretch to tense and wound- up shoulders



webmd.com