



PCHC Spotlight

September 2009

SEPTEMBER NEWS

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Grandparents Day is this Month

Grandparents are special! We are honoring them this month by inviting all grandparents to lunch of Sept. 15th. If your child has a grandparent that is able to attend, please sign them up in your child's classroom. I know the children will be excited to have them visit.

Help us Save the Earth!

We will soon have a "Paper Retriever" Bin outside our building. We can recycle all paper – junk mail, scrap paper, newspapers, catalogs, etc. Please do not bring cardboard or paper towels. You may start bringing your items any time and place them in the bin inside the door at the reception area.

We will also have a bin with our empty cans and milk jugs. If you have easy access to a recycling program at your home, please take a can or milk jug with you so that we don't have to throw these items in our regular trash receptacle.

October is Re-enrollment Month

A re-enrollment fee of \$75.00 is due for each child by October 5th, if you enrolled prior to May 31st, 2009. You may pay this at any time, but you will be invoiced for this on October 5th.

As we settle down into our routines, each teacher will provide an initial assessment to determine the skill level of each child. This assessment will be used as a benchmark for our first developmental assessment and parent conferences in January.

Ms. Pat (Director)
pseiple@homeworkcenters.com

Referral Program

PCHC now offers a \$50 credit to current families who refer new families to the Center. Contact Ms. Pat for detailed information about the program

PCHC accepts credit card payments for tuition. You may pay by Visa, MasterCard, or Discover. Credit card payments are processed on Mondays each week.

Sept. Birthdays

2- Jacey	20 - DaShawn
6 - Jeevani	24 - Marshall
14 - Ryen	29 - Ethan S.
15 - Brady	29 - Joshua



Classroom Updates

Incredible Infants

Our infant room is really busy. We are looking forward to moving to our new space. Thanks to the parents for being understanding. We will be using our infant curriculum to help your child grow and develop during this school year. We will work on motor and language development, social and self-help skill and provide many sensory opportunities. There will be lots of time for snuggling, too!

Ms. Pamela- Infant Teacher

Tiny Toddlers

Welcome to a fantastic year with our toddlers! This month we will focus on "From Home to School". We will learn about what our school looks like, the people at our school and what we do at school. We will learn about what our homes look like and who lives in our homes. Next we will learn about body parts, how we take care of ourselves, our routines and our feelings. Finally, we will learn about friends and things we like to do with our friends.

Ms. Shannon - Toddler Teacher

Terrific Twos

This month the children will learn about exercising, eating healthy and all about our body parts. We will talk about how to be a friend and learn about our families. The children will taste lots of healthy foods and participate in many other sensory activities. Our art projects will include sponge painting apples, body tracers, hand and leaf prints and much, much more.

Ms Sarah and Miss Tia



Cosmic Kids

Some old friends have left us and some new friends have joined us. We would like to welcome everyone to the Cosmic Kids Classroom. We will have lots of fun and learning opportunities too! Our Theme for September will be (Time for School). Topics will include "What will school be like?", "Who am I?", "What will my friends be like?", and "How will I learn?"

Tidbits of our daily routine: learning the alphabet, counting, colors, shapes, sign language, spelling our name and much more. Once we get back into our routine, we will start our cooking projects on Fridays. A sign up sheet will be posted as you come into our classroom.

Parents, we will be doing initial assessments in September. Information may be sent home or we may request a meeting to discuss your child's progress and what the expectations will be.

We look forward to a wonderful year filled with an abundance of learning possibilities.

Ms. Kim and Ms. Jackie

Fabulous Fours

Welcome to a new school year and a new classroom for most of you. I'd like to start this month's newsletter by taking a minute to introduce myself. My name is Alicia Rader. I've been in the childcare for almost nine years. I have experience and training for Infants through school-age. I love working with children and truly enjoy my job!

We have a very active month ahead getting acquainted and building a new routine. We will start the month by reviewing the expectations for our classroom – always try to be fair and safe while learning. We will move on to name recognition, and building positive self-esteem through understanding ourselves. We will make a birthday display and discuss when our birthdays are and what our birthday means. During the third week, we will be working on friendship and the many different types of friend one can have. Finally, we will rap up the month with an introduction of the five senses that will carry us into October.

Last, but certainly not least, if you have questions or concern, please feel free to ask.

Thank-you,
Ms. Alicia and Ms. Mandy

Sensational School-agers

Welcome to a new season at the PCHC Homework Center. Over the summer, we learned new and innovative study techniques and we look forward to helping your children. We help with homework on Mon.-Thurs. and plan fun activities on Fridays.

Our school-age group has grown and we are waiting to move into our new space. There will be a room for grades 3-7 with Ms. Mac as the teacher and there will be a room for grades K-3 with Ms. Amber as the teacher.

When school is closed, we provide care at PCHC for an additional cost. We plan crafts and special activities for these days. Watch the parent bulletin board for details.

We look forward to working with your child this year.

Thank- you, Ms. Mac and Ms. Amber

PARENT EDUCATION TIDBITS

All About Biting ...

You've just discovered that you have a pint-sized biter on your hands. Isn't it amazing how those tiny teeth that once caused so much excitement and celebration can now cause so much fear and frustration? Biting, however, is quite common among young children. It happens for different reasons with different children and under different circumstances. Understanding the reason for your child's biting is the first step to changing his or her behavior.

Why children bite ...

Infants and toddlers learn by touching, smelling, hearing, and tasting. If an infant is given a toy, one of the first places the infant puts it is in the mouth. Tasting or "mouthing" things is something that all children do. Children this age do not always understand the difference between gnawing on a toy and biting someone.

Children generally begin teething about age 4 to 7 months. Swelling gums can be tender and can cause a great deal of discomfort. Infants sometimes find relief from this discomfort by chewing on something. Sometimes the object they chomp on is a real person! Children this age may not understand the difference between chewing on a person or a toy.

About age 12 months, infants become interested in finding out what happens when they do something. When they bang a spoon on the table, they discover that it makes a loud sound. When they drop a toy from their crib, they discover that it falls. They also may discover that when they bite someone, they get a loud scream of protest!

Older toddlers may bite to get attention. When children are in situations in which they do not receive enough positive attention and daily interaction, they often find a way to make others sit up and take notice. Being ignored is not fun. Biting is a quick way to become the center of attention, even if it is negative attention.

Older toddlers love to imitate others and find it a great way to learn new things. Sometimes children see others bite and decided to try it themselves. When an adult bites back in punishment, it generally does not stop the biting, but rather teaches the child that biting is OK.

Toddlers are trying hard to be independent. "Mine" and "Me do it" are favorite words. Learning to do things without help, making choices, and needing control over a situation are part of growing up. Biting is a powerful way to control others. If you want a toy or want a playmate to leave you alone or move out of your way, biting helps you get what you want.

Young children often experience frustration. Growing up is a real struggle. Toddlers don't have good control over their bodies yet. A loving pat sometimes turns into a push or a whack. Toddlers don't talk well yet. They have trouble asking for things or requesting help. They haven't learned how to play with others. When you don't have words to express your feelings, sometimes you show others by hitting, pushing or biting.

What parents can do ...

Use the who, what, when, where, and how method to discover what is really happening. When does the biting occur? Who is involved? Where does it happen? What happens before or afterward? How is the situation handled?

If you determine that the biting occurs as the result of exploration or teething, you may want to provide the child with a cloth or teething ring to gnaw on. If your child seems to bite when tired or hungry, you may want to look at your daily routine to be sure that he or she is getting enough sleep and nourishment.

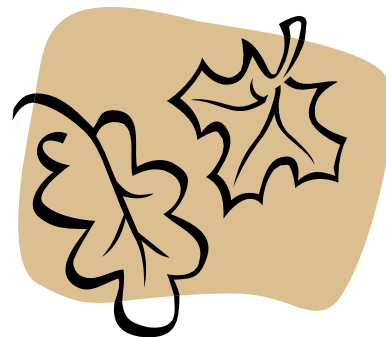
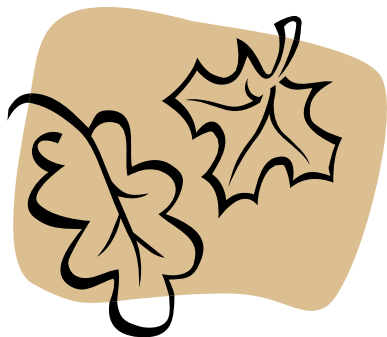
If biting happens when two children fight over a toy telephone, you may want to purchase another phone. Trying to make very young children share doesn't usually work. If attention seems to be the main cause for biting, try to spend time with your child when he or she is doing more positive things. Snuggle up and read a book together or roll back and forth.

If the child is experiencing a stressful situation, make life as supportive and normal as possible. Some other activities may relieve the stress. Some examples are rolling, squishing, and pounding play dough or splashing in the bathtub. It takes time and patience for healing to occur in traumatic situations.

A final note ...

Biting is a difficult and uncomfortable issue to deal with for parents. If your child is the victim, you may feel angry and outraged. If your child is the biter, you may feel embarrassed and frustrated. Take heart! Most toddlers who bite do so only a short while. Paying close attention to the reason will help you come up with some useful solutions. Soon your toddler will have learned important new skills for communicating and getting along with others.

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Upcoming Events

September 2009

September 7	Closed for Labor Day
September 15	Grandparents Luncheon
September 28	AACPS Closed (PCHC Open)
September 28	Initial Assessment due for 2's, 3's, and 4's
October	Fall Fundraiser Begins – Art to Remember
October 5	Annual registration fee of \$75.00 due
October 28	Life Touch Portraits for all ages

Administration

*Florence Freeman, MBA
President/CEO*

ffreeman@homeworkcenters.com

*Pat Seiple
Director*

pseiple@homeworkcenters.com

*Tamerah (Mia) Lane
Assistant Director*

tlane@homeworkcenters.com

