

Important Dates

July 4th Independence Day
July 5th Center Closed
July 15th Fire Drill
July 20th Tornado Drill

MONTHLY
NEWSLETTER FOR
BRIGHT BEGINNINGS CHILD
DEVELOPMENT CENTER

Bright Beginnings

July

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this issue

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Greetings from the Director

When was the last time you made homemade ice cream? Last month my family found a large electric ice cream maker for \$28 and purchased the rock salt, ice, milk, cream, etc. Our children were fascinated watching the machine do its magic. Soon, we had this creamy, light-tasting vanilla ice cream that was so good I skipped the toppings. I knew with the first bite that when I arrive in Heaven, there will be ice cream. It was delicious and pure, and with all natural ingredients and no preservatives it makes a healthy treat as well.

This exploration with making ice cream was prompted by my apprehension of preservatives and additives in the foods my family was eating. I viewed a website which summarized research that has shown that one serving of processed meat per day increases one's chance for colorectal cancer by 21%. Further investigation led me to find more health risks caused by additives in processed meat as well as other foods.

I encourage you to read food labels and research the products you see listed. If you make informed choices, you will find that many of the foods in your kitchen pantry can easily be substituted with safer choices. Begin your research with dyes or the preservatives Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT).

You will find, through your research, that many dyes are used simply to make the foods look better. Some of these dyes show strong evidence of harmful effects, ranging from hyperactivity to cancer. You will also note that the preservatives BHA and BHT are common preservatives added to our food. BHT, for example, is in almost every cold cereal.

Japan has banned the use of BHA completely as well as all BHT in baby foods.

Once you read the list of major health complications from food dyes, BHA and BHT, I hope that you will continue your research and make careful choices for you and your family.

Please know that Bright Beginnings makes informed food choices as we plan menus and purchase foods. We offer many fresh fruits and vegetables and never serve processed meats. Most of our menu items are made from scratch with wholesome ingredients. Also, once a week, when we serve cold cereal, we serve Cheerios which is not only heart healthy, but contains only natural preservatives. We are proud to help keep your child healthy!

Websites to visit:

- cspinet.org
- cancerproject.org
- natural-health-restored.com
- healthyeatingadvisor.com
- http://en.wikipedia.org/wiki/Food_additive

Christina Horton
Site Director



Infant

Greetings from the incredible infants in Ms. Catha and Ms. Angela's room. We have enjoyed a great summer thus far and we know that it is only going to get better. Our days are very busy and we are getting used to one another while having a lot of fun in the process. We are learning how to share space and how to play in groups to enjoy each other's company. It is always interesting how even babies like to play on their own, but also love playing with each other.

During the month of July we will be decorating and painting in patriotic colors and making flags to commemorate Independence Day.

Our daily activities include reading, singing, playing sensory games and much more. Please feel free to come and join us. The child care environment feels so much safer to a child if a parent comes to play during

the day. This can also be done when you drop off or pick up your child, spend a few moments and play or talk about things in the room, you are always welcome and stay as long as you want, your child will love it.

With the addition of a few more children in our infant room, communication between parents and caregivers becomes even more important. If there is anything that you would like us to know about your child please let us know and we will be sure to note your children's file. This practice ensures that anyone coming in during the day to help out will be kept informed.

Thank you for allowing us the pleasure of your child's company each day.

God bless,

Ms. Catha & Ms. Angela

Toddler 1

Snap! Crackle! Pop! No, it's not Rice Kipsies that's the sound of fireworks. Happy Birthday America! We will be closed on the 5th and reopen on the 6th. We hope everyone has a safe and happy 4th of July.

This month we will promote children's development and learning through exploring. Through our daily routines and by asking open ended questions. An example of an open ended question would be when you ask your child about his or her art work, for example, just by saying "Tell me about your picture.", you will be amazed by what they will say or express about their art that you wouldn't have known simply by saying you liked the picture. Did you know

that even before children are verbal, questions are understood and they help increase cognitive development and future vocabulary.

We will continue to work on our self-help skills like washing our hands, serving ourselves, and picking up our toys after play.

If you have any questions please feel free to stop in or to call, my hours are 7:30-4:30 Monday through Friday. Thank you for letting me teach your child, it is so fulfilling to see these precious toddlers grow!

Ms. Kathi

Toddler 2

Hello, Terrific Toddlers and Parents. My name is Mary Galloway. Your children and I are going to be starting our adventure together in Toddler 2 this month.

I started on my bachelor's degree at the University of Central Oklahoma and I am now completing this at Rogers State. I will be obtaining my Child Development Associate (CDA) this August.

This month we are going to be studying all about summer time and will be outside enjoying the weather as much as we can. It would be very helpful to bring sunscreen, flip flops or water shoes, a swimming suit, and towel to leave at school this month.

Please remember to be sure we have at least one extra set of clothes at the center for your child as well.

I am thankful to have this opportunity to help your children grow and learn each day. I would encourage everyone to take a few minutes and play or talk about the artwork or colors in our room with your child each day, or weekly if you can. A few minutes shared with your child in the classroom is wonderful for both of you.

I hope everyone has a fun and safe Independence Day.

Ms. Mary

Kitchen Corner

The essence of a healthy diet can be summed up with three words: variety, moderation, and balance. To make it easy to follow these simple principles, the United States Department of Agriculture (USDA) has put together the Food Guide Pyramid, which divides food into six basic groups, and recommends a number of daily servings for each. These servings are of a moderate size, and if a person selects a variety of foods from each group, there should be no problem in achieving a balanced diet. Still, there are a lot of people who try to follow the Food Pyramid guidelines that ask questions like: "Where do fast foods like pizza and sub sandwiches fit in?" and "Won't eating 11 servings of starchy grains a day cause me to gain weight?". This is where portion size matters. For instance, a piece of pizza may meet a dairy, vegetable, meat, and one or more bread servings for your daily allowance.

In addition to the Food Guide Pyramid, the USDA has established these guidelines for healthy Americans:

1. Eat a variety of foods.
2. Maintain a healthy weight.
3. Choose a diet with plenty of vegetables, fruits, and grains.
4. Choose a diet low in fat, saturated fats, and cholesterol.
5. Use sugar and salt in moderation.

Reference the article on the next page as the USDA has changed the food pyramid guidelines since most of us learned about it in grade school.

We are what we eat as the old saying goes! Until next time, have a safe and happy July!

Fireworks Safety for kids

As delightful as fireworks can be, they can also be extremely dangerous. Some children may only be aware of the beauty aspect and may not be aware how much injury and damage fireworks can actually cause. To make sure your children are smart about fireworks, it is important to share some safety tips with them.

Do Not Touch Fireworks

Kids should never touch fireworks under any circumstances. Even with adult supervision, all it can take is a child to make one quick wrong move for a fun situation to turn dangerous. Children should be taught that, until they are of legal age for buying fireworks, they should not handle them at all.

Never Treat Fireworks as a Toy

Although fireworks may seem like a toy, they are not something to play with. With the high risk of injury that could happen, it is important to make sure that children understand the danger of fireworks. They should learn how to properly manage the fireworks so when they are adults, they know how to handle them. Some children may believe that even playing with them for a second is OK, but that is all it can take for something to go wrong.

Stay at a Safe Distance From Fireworks

Whether the child is at a public fireworks display or is viewing a private display, they should make sure to stand at a safe distance. Should something go wrong with the fireworks, they need to make sure they can get away quickly and without injury. A good distance is at least 20 feet.



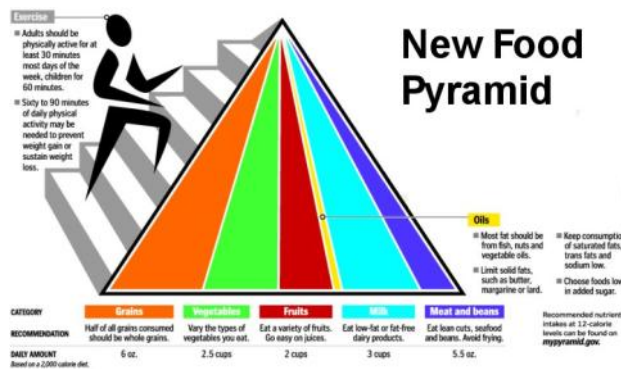
Use Fireworks Outdoors

Fireworks should never be used indoors. Not only is there the risk for personal injury, but there is also a huge risk of a fire starting. It is a good idea to inform children that should they use fireworks as an adult, they should never, under any circumstances, use them indoors. Even when using them outdoors, they should make sure to stay far away from any buildings or anything flammable, such as trees.

Read more: Fireworks Safety for Kids | eHow.com http://www.ehow.com/about_5218489_fireworks-safety-kids.html#ixzz0qvZF1prj



The NEW Food Pyramid



A balanced diet is one that includes all the food groups of the food pyramid. There are now two food pyramids. The U.S. Department of Agriculture (USDA) changed the food pyramid in spring 2005 because they wanted to convey a better example of how to eat healthier. The pyramid is based on the best available scientific facts concerning links between diet and good health. This new food pyramid addresses flaws in the original USDA food pyramid and offers better up to date information allowing people to better follow guidelines concerning what they should eat.

The New Food Pyramid is a tool to educate people to eat a more balanced diet from a greater variety of food portions without counting calories. The USDA has now expanded the four food groups to six groups and expanded the number of servings to meet the calorie needs of most people.

The new food pyramid is more flexible and accurate than the one we had a few years ago. The reason being that one image of a pyramid with markings of what your daily intake should be can not apply to everyone. It all depends on a person's lifestyle and how much exercise they get involved in during a week. It also depends on if a person is trying to lose weight or gain weight. If a person is trying to gain weight then they should proceed to having the highest amounts of recommended servings, if a person is trying to lose weight then they should try to aim for the lowest recommended servings per day. To have a good idea of what you should be eating and how much of it you should be eating. You can view this interactive guide which was made by the United States Department of Agriculture at <http://www.mypyramid.gov/>.



Delaware Child Development now has a facebook page. In your search bar just enter "Delaware Child Development" and become a fan to receive updates and brief tidbits of information from our organization.

facebook

www.delawarechild.org

1-866-254-9864

Preschool

Love the red, white and blue, Happy Independence Day! The preschool class is really enjoying the summer weather, with the exception of the humidity! I hope you Daddies and Grandpas enjoyed your special day. You deserve it!

Throughout the summer we will spend a great deal of our time learning outdoors and take advantage of teachable moments in nature. Summer is a great time to do fun things outside. I know some of my favorite memories as a child included fishing, lightening bug hunts and picking those darling dandelions. Summer time is also a great time for nature walks. In any of your summertime fun if you snap a photo or bring home something special from nature, perhaps your child would enjoy bringing it to school to share with us.

As always, thank you for the sharing your child with me each day, it's a privilege.

Ms. Misty

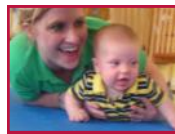
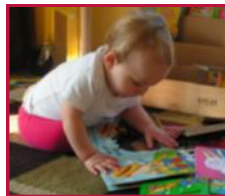
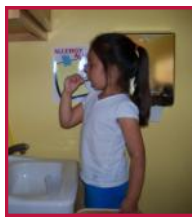
Bright Beginnings
Child Development Center

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July is National:

Ice Cream Month
Family Reunion Month
Blue Berry Month
Baked Bean Month
Social Wellness Month
Make a Difference to
Children Month



Thank you for sharing your children with us!

Pre-K

The month of June was a hot one and I suspect July will be much the same. During the steamy days of summer we will be outside more and every Friday we plan to enjoy water play. Please send a bathing suit, towel, sunscreen and flip flops or water shoes with your child on Fridays. Some parents prefer to leave a spare swim suit and sunscreen in their child's cubby, please do so if this is more convenient for your family.

We have incorporated the following lesson plan for July; during the first week we will be learning and celebrating Independence Day, the second week we will be discovering Ice Cream as July is National Ice Cream Month, which naturally leads us into week three and talking about cows as the 18th is Cow Appreciation Day; and finally we will close out the month learning about Beatrix Potter, who's birthday is July 28th. As you can see we will have a fun, learning packed month!

Ms. Bridget

July Birthdays

Jentry Pendergraft	5 th
* Katelyn Barnwell	9 th
Kassidy Aery	15 th
Lucy Mitchell	16 th
McKaylee Johnson	19 th
* Ashley Hunter	23 rd
* Catha Ashepak	28 th
* Wanda Scholtens	29 th
* Sarah Locke	30 th

