

Important Dates

July 4th Independence Day
July 5th Center Closed

MONTHLY
NEWSLETTER FOR
DELAWARE CHILD
DEVELOPMENT CENTER

Turtle Talk

July

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this issue

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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

Have a fun and safe Fourth of July!



Infant

We know that very hot weather is in store for us during July. While going outdoors is a great learning experience for your child, visits will be kept to a minimum to ensure your child's safety.

Lots of fun is in store for this month as we will be listening to patriotic music, and doing patriotic art. We will continue to work on sitting up this month as well; this is a big milestone for little ones as it opens the door for many more growth development opportunities. If you want to help your little one practice sitting up at home, make sure the area is safe, provide toys, and stay close for those occasional tip-over's. Sitting up takes lots of practice but before long your child will have this balancing act down to an art.

I wish you all a wonderful and safe month of July.

Until next time,

**Ms Marguerite
& Ms. Codi**

Infant 1

At six to nine months of age babies still love to put things in their mouth, but they are getting better at using their hands for holding, dropping, and throwing. As you introduce your baby to solids, give her a chance to hold her own spoon and cup, so she can begin the basics of self-help skills. The results are sure to be messy at first, but soon she'll be able to feed herself without needing a hose for cleaning up! Your baby also likes to play with you, as well as other babies her own age, so supply her with lots of opportunities for social interaction. She may have a little stranger anxiety or fear of parent separation; help her work through it by playing games that teach social development and object permanence.

If you have any questions or concerns please free to call me.

Ms. Priscilla

Toddler

Greetings from the toddlers. We will start this month off with a bang, Independence Day! With the start of summer comes watermelon, BBQ's, spending more time with friends and family and of course, fireworks. Keep safety in mind and have a great time!

We will continue water play this month which is a great enjoyment for the children and a learning experience by itself. Children learn social skills, such as taking turns (with the water hose), or they might help each other fill up a bucket. Water play helps keep children cool, while they have fun. For safety reasons we do not use swimming or wading pools. The children enjoy the sprinkler and also filling up buckets with the water hose. This can also cause mud which is a great item for sensory play if they don't mind getting dirty.

We wish everyone a safe and happy holiday. See you next month.

Ms. Karen

Toddler 1

We're going to celebrate July with a bang. The children will make fireworks paintings and stars and stripes with red and blue. We will be saying the Pledge of Allegiance. At this age children will not know the meaning but will be doing the actions instead. This month we will promote children's development and learning by explaining what we are doing through our routines and asking questions, even to nonverbal children. An example of this is before changing diapers we announce that it is time to change diapers and call a child's name.

We would like to welcome Tristen and Devin to our classroom.

Ms. Donna & Ms. Kathy

Summer Time Snack

The 4th of July is here. It is a time for celebrating our independence and freedom. As we get together with our families and friends lets support our Soldiers that are fighting for us to keep our freedom.

We are always trying to find fun, new ideas to take to our picnics and I think the Jellin'-Mellin' snacks will make fireworks for the kids, enjoy!

Jellin'-Mellin' Snacks

1 cantaloupe cut lengthwise in half
¾ cup boiling water
1 pkg. (3oz.) Jello Cherry flavor
½ cup cold water

Directions

Remove seeds from melon halves; cut thin slice from bottom of each. Scoop out melon flesh, leaving 1-inch thick shells. Place upside down on paper towels to drain. Add boiling water to Jello, stir 2 minutes until completely dissolved. Stir in cold water. Refrigerate 15 minutes or until slightly thickened. Pour into melon shells. Refrigerate 3 hours or until Jello is firm. Cut into wedges.

May also use honeydew melon and lime flavored Jello.

Makes 8 servings



Toddler 2

Happy 4th of July to everyone! Just a reminder that we will be closed on Monday, July 5th so that we can enjoy the holiday with our families. Be safe and have a great holiday! I would like to welcome Ms. Tabitha to our classroom, please come by and say "Hi!" to her.

Summer is now in full force and it is hot but that's ok, we are playing in the water and the children LOVE it. Parents, please remember that we do go outside in the morning and afternoon so make sure that your child has plenty of sunscreen for us to put on them. Also, please make sure that you have water shoes for your child, so that they can play in the water, please, NO FLIP FLOPS. Since it is so hot in the afternoons the children are playing in water then as well so we will be putting their water shoes back on in the afternoon to keep their shoes and socks dry. Also, please make sure that your child has extra clothes in case they do get water on them so that we can make sure that they are changed and ready for you to pick them up.

If you have any questions or concerns you can reach us at the center @ 337-6550 between the hours of 6:15am - 3:15pm or you can email Ms. Geri at goltz@delawarechild.org. Have a great 4th of July holiday! Until next time...

Ms. Geri, Ms. Lisa,
Ms. Tabitha & Ms. Melissa

Kitchen Corner

Hello from the Kitchen. Summer is finally here and has it brought on the HEAT. I know this is a busy time of the year, but please remember to use sunscreen and drink plenty of water.

Did you know that research has shown that low-fat chocolate milk is **good** or **better** than those expensive sports drinks for refueling after active playtime and workouts? Like sports drinks, the milk offers electrolytes and ideal carb-to-protein ratio to rejuvenate weary muscles. Plus, it is packed with vitamin D, calcium and protein. Here are a few fun and healthy ideas to try.

Smoothies Whirl - mix low-fat yogurt, fruit and ice in the blender to create this one-of-a-kind - and yummy smoothie.

Kooky Kabobs - Spear pieces of turkey and cheese with pretzel sticks, dip into honey mustard.

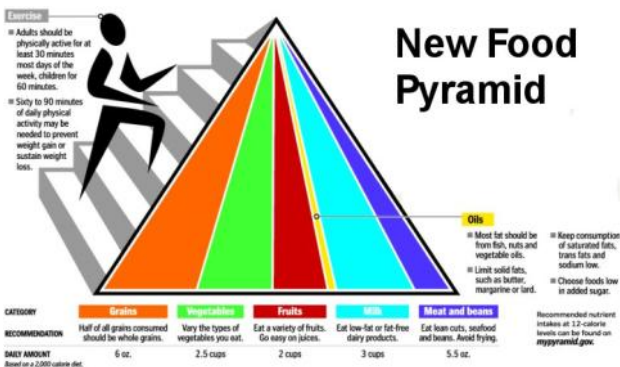
Terrific Trail Mix - Combine whole grain cereal with nuts, mini pretzels and dried fruit.

Enjoy the summer and have a safe and happy 4th of July.

Until next Month,

Ms. Brenda

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.

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www.delawarechild.org

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Preschool

Many of our preschool children will be moving on to either Pre-K or Kindergarten at the Public Schools in the fall, which will creep up on us very quickly. I will do my best to help the children be as prepared as possible so they may succeed in their new environment.

One of the very basic, yet necessary skills the children need is to develop strong social and emotional Skills. These skills are much more than simply being able to get along with others. For example, Creative Curriculum breaks these skills into two categories, Sense of Self and Responsibility for Self and Others.

Sense of Self contains four areas of development. The first is ability to adjust to new situations. One example of this is accepting changes in daily schedules and showing independence in school. Second is the ability to trust adults, meaning the children are aware that adults are there to help them when they encounter difficulty and to provide them with guidance throughout the day. Next is the ability to manage their own feelings in a manner that is safe and effective for each individual child. Not every child will be able to manage feelings in the same manner this is where teachers and parents step in to help the child come to a suitable solution that works for the child. The last component of this category is the ability

to stand up for their rights. Examples of this are using words to solve conflicts and taking preventative actions to protect their rights (leaving toys home so others do not damage them etc.).

Responsibility of Self and Others is divided into five categories as follows; demonstrating self direction, like choosing an appropriate activity of one's own choosing and completing tasks. Taking responsibility for personal well being, like washing hands after using the restroom, placing items in cubbies upon arrival and changing their clothing without any help. Respecting and caring for one's environment consists of returning things to their appropriate places and being respectful of the equipment in their environment. Following classroom routines is a big one, this not only helps the individual child but the other children in the class as well. The last component of this category is following the classroom rules which are very simple and easy for the children to understand.

It takes both parents and teachers for children to be successful not only in school but in life as well. The early years are the most crucial for building a foundations the children will carry with them for the rest of their lives.

Ms. Alicia

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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

July Birthdays

Makenzi V.	1 st
Olivia N.	17 th
Baylee L.	22 nd
Dillon M.	23 rd



We apologize for omitting a special birthday last month.

Happy Belated
Birthday Kinsley
June 22nd

Thank you for sharing your children with us!

