

# Child Care Center

Where Children Spread Their Wings.

[www.childcarecenter.ilstu.edu](http://www.childcarecenter.ilstu.edu)

Turner News

Spring 2016

## Project Update from Lisa, Pam & Jessica



In **Phase One** of the project: **How Dogs Help Us**, we shared stories about our experiences with dogs. The documentation panels 1-20 in the hallway follow the children's conversations and pictures they brought in of their dogs or friend's dogs. During this phase, the children started asking questions about the training of dogs, and writing and illustrating stories about dogs. We then did an idea web (panel 21) which helps the teachers see where there are gaps in the children's knowledge on dogs.

The teachers then made arrangements for expert visitors, and set up experiences for the children to help uncover the answers or knowledge they are seeking as we moved into Phase Two.



During **Phase Two** we had nine dogs that visited our classroom. Five were pets and four were



service dogs. The children brainstormed questions for the owners to answer. They had questions about how dogs were born, if they had belly buttons, and what types of medicines do dogs take, so we had a retired veterinarian in to answer these questions. The children discovered how dogs are



trained to be service companions for children with autism, children with medical issues, and K-9

partners for police officers.

The children represented some answers to their questions on the bulletin board in the form of three graphs: girl/boy dogs, age of the dogs, and whether the dogs had clothes/no clothes. Children show their attainment of knowledge best through play, and



the teachers observed significant amounts of training scenarios, visiting a vets office and being police dogs in their dramatic play.



We are now entering **Phase Three** of the project. During this phase we will choose a medium to convey what

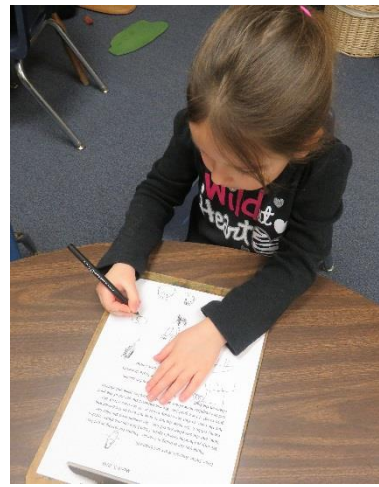
we have learned during the project. This culminating event could be a mural, a book, a museum, a stage show, a display of some sort, any way we can represent what we would like to share with others about How Dogs Help Us.

One of the many thank you letters composed by the children during this project. This letter was written after Officer Bachman & Gunner's visit.

Dear Officer Bachman and Gunner,

Thank you for showing us how Gunner sniffs the boxes, he knew which box it was. Thank you for coming. We noticed how good of listener Gunner is. We learned Gunner lives at Officer Bachman's house and lives outside in a dog house. We thought it was funny Gunner didn't like beds and would chew them. We learned Gunner had to get screened before he came over to the United States on an airplane. Gunner has to get special treats and food at the vet because he has a sensitive stomach. It was neat that Gunner got 4<sup>th</sup> place in the Doggy Olympics and can swim. And Gunner wears different collars for different jobs. Gunner can't play with other dogs because he is a police dog. His favorite thing is playing with his tennis ball. Thanks for the stickers! And Gunner has a 12lb. vest when he works, but doesn't wear other clothes. Gunner sits in the back of the car because he eats the head rest.

Thank you from the,  
ISU Child Care Center





## News from Carrie's Desk....

Where has the semester gone? We know the end of spring semester is fast approaching and this is a very busy time of year for many of you. We have had a few families moving to new homes, getting ready for new siblings, and a few children who know they will be leaving the child care center in a few short weeks, not to mention parents who are busy wrapping up their semester. All of these events can cause some stress for yourselves and your children. I've included a tip sheet, at the end of our newsletter that may be helpful handling these stressful times.

I want to thank all of our families that were able to join us for the Medical Play Day family night on March 30<sup>th</sup>. We had a great turn out and many fun activities planned by the students in the Child Life Club. I talked with several of your children the following morning about what their favorite activities from the evening were. It sounded like everyone had a great time. I know the students in the Child Life Club enjoyed the evening and are looking forward to future events with the ISU CCC.

Thank you also to everyone who participated in parent-teacher conferences. I've heard there were a lot of great conversations regarding what your children are doing at home and school. Please remember you can request a conference regarding your child's development at any time and do not have to wait for the next conference time if you have any questions or concerns.

The ISU CCC will be celebrating NAEYC's Week of the Young Child from April 11<sup>th</sup> – 15<sup>th</sup>. This is an annual celebration hosted by the National Association for the Education of Young Children that celebrates early learning, young children, their families and teachers. This year, NAEYC has suggested activities for each day of the week. You can view more information about activities you can do at home by visiting their website: <http://www.naeyc.org/woyc>. There are links to resources for each day's activities. While we

feel we celebrate early learning EVERY day at the ISU CCC, we do encourage you to celebrate at home and we will focus on the following themes for each day next week.



**Music Monday** – sing, dance, celebrate and learn. We will celebrate this day at music time before lunch.

**Taco Tuesday** – Healthy eating and fitness at home and school. We will be eating fruit tacos for afternoon snack. See our fruit taco recipe below.



**Work Together Wednesday** – Work together, build together, learn together. We will celebrate by noticing when children are working well together, which happens often, every day!



**Artsy Thursday** – Think, problem solve, create. Weather permitting, we will encourage creative art outside, otherwise we will focus on creative art indoors.

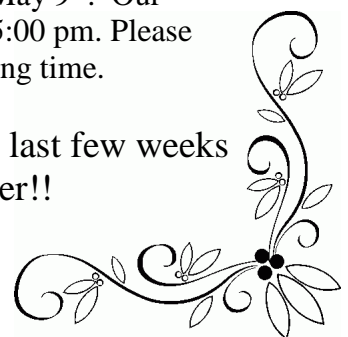


**Family Friday** – Sharing family stories. We are encouraging each family to help your child create a story of their own. Your children enjoy making books (simply staple some squares of paper together). Encourage your child to draw/illustrate a story and then tell you the story. You can write their story dictation on each page. Have your child bring their book on Friday to share with their friends!



Just a reminder to all of our families who will be staying with us for the summer, we will begin our summer hours on Monday, May 9<sup>th</sup>. Our summer hours are 7:30 am – 5:00 pm. Please note the half hour earlier closing time.

Good luck to all of in the last few weeks of the semester!!



## Mini Fruit Tacos

<http://www.mrfood.com/Fruit-Recipes/Mini-Fruit-Tacos>



### What You'll Need (makes 12 tacos):

2 (10 inch) flour tortillas  
2 tablespoons sugar  
1/8 teaspoon ground cinnamon  
Cooking spray  
1/2 cup chopped fresh strawberries  
1/2 cup fresh raspberries, cut in half  
1/2 cup fresh blueberries  
1 kiwi, peeled and chopped  
1/2 cup vanilla yogurt

### What TO Do:

1. Preheat oven to 350 degrees F. Place tortillas on a flat work surface. Using a 3-inch round cookie cutter, cut 6 circles out of each tortilla. If you don't have the correct size cookie cutter, use a juice glass and a knife.
2. In a small mixing bowl, mix sugar and cinnamon. Lightly spray each tortilla with cooking spray, then sprinkle evenly with sugar and cinnamon mixture.
3. Gently bend each tortilla in half and place in muffin cups, open side down, so it looks like an upside down taco.
4. Bake 6-8 minutes, or until crisp; let cool. Gently remove from muffin cups and place on serving platter.
5. Meanwhile, in a medium bowl, combine fruit. Right before serving, spoon fruit evenly into each taco, then drizzle with yogurt. Serve immediately.

## WZND Radio Students Help the Child Care Kids

At the fall Turkey Bowl fundraising event, students from the WZND radio station raised \$1800 for the ISU Child Care Center. We REALLY appreciate these students' efforts and continued support of the child care center. Each year, we determine what equipment may need to be replaced or other ways to enhance our existing equipment and materials. This year, we chose to

replace some of the shelving units in the literacy center. Our shelving units arrived just before spring break and are absolutely beautiful! We have a little more storage space which allows us to better organize materials for easier access by children. Since 1996, WZND had raised over \$34,000 for the ISU Child Care Center!



In addition to fundraising efforts, WZND students came in March for the annual spring Egg Hunt with your children. The college students arrived with around 188 eggs filled with candy and hid them on the playground. They then helped your children find 9 eggs each. We aren't sure who had more fun, your children or the WZND students! Either way, fun was had by all and the WZND students enjoyed their extra time to play with the children outside.



# *Parenting & Higher Education: Coping with finals week stress*

## *Tips from Illinois State University Child Care Center*



Finals week is tough for all students and faculty/staff. **But it's even harder for those of you who juggle parenting responsibilities in addition to study and work/teaching/research tasks.**

During the 2 weeks before finals it isn't unusual for stress to show in your energy level, parenting style....and in your child's behavior. Just when you need children to be their most cooperative, they become their most demanding. Here are some tips for keeping stress at home to a minimum... At least as much as is possible during finals time.

1. Plan a **timeline** NOW for work, studying and completing or grading projects. Break household, education and work tasks into small achievable chunks. Create a "to do" checklist so you can check completed tasks off for a sense of control and accomplishment.
2. Also schedule blocks of **QUALITY one on one time** with your child. When you're busy studying or grading long hours, children might act up just for your attention. Be pro-active and provide them plenty of time when you can spare it.
3. **Keep daily routines as consistent and predictable** as possible. Children thrive on stability. Unfortunately, final exams week means a lot of schedules change. When possible, keep daily routines **REGULAR**. If a schedule changes, or a night time caregiver will be used, prepare children at least one day ahead so they know what to expect.
4. Schedule time for children (and YOU) to **sleep, eat nutritionally and exercise daily**. If you deprive yourself of this, you'll be crankier and short-tempered. (And then you'll feel guilty for snapping at your child.) If your child doesn't get basic physical needs met, they'll be less cooperative and be tempted to whine.
5. **PLAN for RELAXATION TIME NOW**. A walk to the ice cream store, across the Quad or along the Constitution Trail relieves stress. Go to the park and swing---even 15 minutes will help relieve family stress.
6. If you feel overwhelmed in terms of academics or personal life, reach out to campus resources, such as learning centers, Student Health Services or Student Counseling Services.
7. In addition to all that, it doesn't hurt to **cross your fingers** that all will go well! Good luck, we know you can do it!!!