

Illinois State University

Child Care Center

Where Children Spread Their Wings.

www.childcarecenter.ilstu.edu

Turner News

April 2013

Curriculum/Project Update

The children enjoyed wandering around Turner Hall and counting a variety of items throughout the building.

Since we have been back from spring break the children have been involved in the FCS 250 student's 2nd round of activity plans. These students have done a really nice job of planning activities that touch on many areas of the curriculum. Our children enjoyed art, science, cooking, language and some movement activities in the last couple of weeks.



The FCS 250 students will plan one more round of activities later this month, to complete the requirements for their class. Even though they are required to plan activities, we think they are having fun at the same time!

Peanut Butter Balls

- 1 c. dry milk
- 1 c. peanut butter
- ½ c. honey
- ½ t. vanilla
- 2/3 c. chopped peanuts
- 1 c. wheat germ



Mix all ingredients and place in refrigerator. Form into balls and enjoy!

Spring Weather Means Mud!

Our play yard tends to be a little muddy in the spring, especially after it rains. So, don't be surprised if your child comes home with dirty clothes and shoes. If you'd like to leave their snow boots here for really muddy days, that's fine....or you could bring in a pair of rain boots to leave for outside play on muddy days. The children are also enjoying being back in the sandbox...so be sure to empty shoes over a garbage can!



Website to Explore

There is an article in the April 5, 2013 Pantagraph about a website developed by some people with Bloomington-Normal ties. The website information says:



“Our mission is to entertain, educate, and inspire you to Grow Your Giggle™ with Vivi LeDish!™

This site provides interactive tools designed to give children a daily, digestible dose of kitchen and wellness education (served with a side of giggle)!. We want kids to *make a quick stop every day and get back out and play!*™”

<http://www.viviledish.com/>

News from Karen, Child Care Coach

Fall '13 Child Care Registration Has Begun

We're now accepting Fall '13 Child Enrollment Applications. **PLEASE SPREAD THE WORD** to fellow campus students and colleagues who need our services. THANKS!

Finals Week is quickly approaching

Finals week is about a month away. Your class & study schedule will likely change. Two weeks before final exam week I'll post a **FINALIS WEEK SCHEDULE SIGN UP SHEET**. This will allow you to schedule attendance according to your needs. You'll be billed your regular amount unless you request full time care when you normally use part time care. **Finals week hours are: 7:30 a.m. to 5:30 p.m. M-R and 7:30 a.m. to noon on Friday, May 10.**

Teachers Attending Nature Education Conference May 10th

Team Teachers Pam, Barb, Lisa and Teacher Aide Connie will be attending a "**NATURE EXPLORE!**" on **May 10th** so they can gather some great new teaching ideas. Our sub Nancy Wolter, a couple aides and myself will be holding down the fort till our noon closure that day.

Thanks for participating in Parent-Teacher Conferences!

As our academic year winds up, we want you to know it's been a delight living and learning with your kids, and a pleasure getting to know you. Your participation in parent-teacher conferences helps solidify our parent-program partnerships. But more than anything thanks to everyone for sharing your children with us. We appreciate your trust, faith and support.

Family Nature Exploration Days Coming Up at Sugar Grove

The following Saturdays have been set aside for family nature exploring at the Sugar Grove Nature Center: April 6, May 4, and June 1st. It's free and no registration required. It runs from 10 a.m. to 3 p.m. If you'd like a guided tour, make there by 11 a.m. Turtles are fed at 1 p.m.! www.sugargrovenaturecenter.org

SuperHero Walk to Benefit Child Protection Network!

In a lovely spot in Bloomington, the whole family can dress up as their favorite SuperHeros and walk for a good cause for kids. Details: 309-827-6950 or www.evergreen-cemetery.com.

May Graduates: CONGRATULATIONS!

You've made your dream come true! We wish you MUCH future success. Before the semester ends, please be sure to leave your future address with us. We LOVE keeping in touch with alumni. You wouldn't believe how lively our weekly staff meetings get when we pass around photos of your children as they grow and progress through school. It's one of the most rewarding aspects of our job!

Tips for Coping with the Stress of Finals Week (or any week of the year!)

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

1. Plan a **timeline** NOW for studying and completing projects, or grading –whichever the case may be.
2. Schedule blocks of **QUALITY one on one time** with your child. When you're busy studying and working 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**. 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 more challenging.
5. **PLAN for RELAXATION TIME NOW**. A walk to the ice cream store or on Constitution trail relieves stress. Go to the park and swing---even for 15 minutes.
6. After doing all that, it doesn't hurt to **cross your fingers** that all will go well.

Fool Proof Play Dough

2 $\frac{3}{4}$ c. flour
½ c. salt
1 Tbsp. alum
2 pkg. unsweetened Kool-aid
3 Tbsp. cooking oil
2 c. boiling water

Mix dry ingredients. Add oil and water. Stir quickly.
Mix well. When cool, mix/knead with your hands. Store in air tight container.

Not harmful when swallowed.