

CO-OP CAPERS

The Newsletter of the Williamsburg Parent Cooperative Preschool

ATTENTION PARENTS: The Parent Education Committee of Williamsburg Parent Cooperative Preschool presents...



**Please
join us!**

Positive Parenting

Thursday, January 15, 2009

7:00-8:30 p.m.

Miles Hall

St. Martin's Episcopal Church

Presenter

Jodie Davis is a parent from our one-day, two's class and a former Child Development Specialist. She is a certified trainer in Prudential Positive Parenting, Shaken Baby Syndrome, and SIDS.

Subject

Parenting, one of the most rewarding jobs around, is also one of the most demanding. No one is born knowing how to parent; it's something we all have to learn. Positive Parenting will offer one more way for mothers and fathers and other caregivers to gain the important knowledge they need.

Topics Covered

Communication: Words and Actions

It's a real challenge to communicate effectively with young children. Learning a few new skills can make things go much more smoothly at home. Children will also benefit in many ways from learning these skills as parents model them.

Building a Solid Self Image

Most parents want their children to develop a healthy self-concept, though understanding the difference between self-esteem and behavior can be difficult. Parents may not have well-formulated ideas on how to foster this most important trait in their children.

Setting Yourself Up for Success: Changing Chaos to Calm (if session time permits)

100% calm is not our goal. Our goal is to look for ways to manipulate the child's environment to produce some degree of calm and make child rearing easier.

**Attend for
a chance to
win a year's
worth of
bagels!**

courtesy of
Panera Bread
(over \$150 value)

**PICTURE REMINDER
FOR PARENTS & TEACHERS**

I am the co-op historian and haven't yet received any pictures in the folder labeled "pictures" on the bulletin board downstairs. I invite everyone to put pictures or, if you prefer, a CD into the folder. I will be putting the pictures together soon. Please label the photos if possible or at least indicate the class so I can group them. Thank you so much!

—Amy Ware, 345-5920

**INTERESTED IN HELPING OTHERS
AND EMPOWERING YOURSELF?**

Jennifer Youngs, whose son is in the 3 day 3's class, heard Dr. Susan Love speak on the Today show. She is heading up a volunteer organization called an Army of Women in the fight against breast cancer. If you go to armyofwomen.org you can sign up to receive emails about volunteer opportunities in your area to help in the research needed to fight breast cancer—a very simple way to help make a difference in the future of women everywhere. When you sign up and receive an email, you simply chose to participate or chose not to participate, leaving the finally decision firmly in your own hands. But it leaves a window open to help researchers find a cure.



HELP NEEDED FOR HOUSE FIRE VICTIMS

Stephanie Castleman-Dry (a former Co-op Mom, a genuinely committed community service person and a teacher who has worked with the children who were injured in the fire) is trying to get clothes and personal items for a family who has recently suffered a house fire. There are three boys (9 months, 4 years—size 5,



and 5 years—size 6) and one girl (8 years—size 8-10). Anything you can donate would be greatly appreciated. Please bring donations to St. Martin's and Stephanie will pick them up there. The family says they don't need toys due to CHKD's generosity, but they need everything else—their home was a total loss. A local moving company, Lee Movers, has set aside a storage unit for them if someone wants to donate any large items.

For more information, contact Susan Axtell.



CO-OP CALENDAR

December 18 to January 2	NO SCHOOL—Winter Vacation
January 1 (R)	January Tuition Payment Due
January 5 (M)	School Re-opens
January 19 (M)	NO SCHOOL—Martin Luther King’s Birthday
January 29 (R)	NO SCHOOL—Teacher Work Day, Mid-Year Clean-up
February 2 (M)	February Tuition Payment Due Registration deadline for current Co-ops
February 5 - 6 (R, F)	School Picture Days
February 8 (Su)	Pizza Pajama Party Night
February 9 (M)	Registration deadline for former Co-ops
February 16 (M)	Registration deadline for new families

Deadlines for submissions to Co-op Capers are as follows: 2/27, 3/27, & 5/3. Please contact Lora-lee Clark, 258-3254 for further information. We welcome news of local opportunities for family activities and/or any parent- or child-related materials. Submissions via e-mail are strongly encouraged: loralee13@verizon.net

Strike it Rich!

An iron-rich diet – rather than supplements – is the most effective way to prevent and treat iron deficiency. Children ages 1 to 3 need 7 milligrams of iron daily, while 4-year-olds need 10 mg. But don’t get bogged down counting milligrams. Here are a few of the iron-rich foods your toddler should be eating:

- Iron-fortified cereals (Cheerios)
- Red meat
- Dark poultry
- Canned light tuna
- Salmon
- Eggs
- Beans and peas
- Dried fruits like apricots, raisins and prunes
- Leafy green vegetables
- Blackstrap molasses (try it basted on poultry or mixed into black beans)

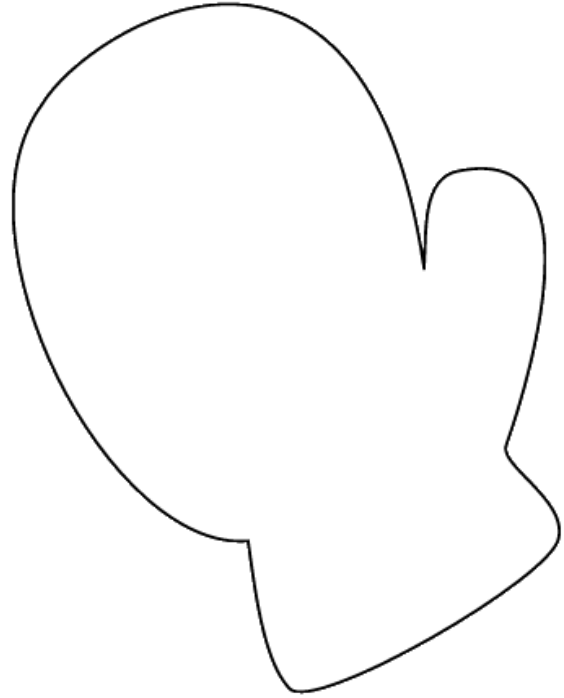
—Toddler Magazine, Fall 2008

Crafty Kids: Music, Poetry, and Mittens

Using this mitten template, trace two mittens per child. Supply them with crayons, markers or colored pencils and sing or recite the Three Little Kittens poem below. While they are listening, have them draw what they think the kittens' mittens look like.

When they have finished, you or they can draw a kitten and glue the mittens onto her paws.

Now what about some mittens Santa wears? Or a snowman? Their fantasy mittens?



Three little kittens, they lost their mittens,
And they began to cry: "O mother dear,
We fear, we fear, That we have lost our mittens."

What? Lost your mittens! You naughty kittens!
Then you shall have no pie. "Mee-ow, mee-ow, mee-ow."

Three little kittens, they found their mittens,
And they began to cry: "O mother dear, See here, see here!
See! we have found our mittens."

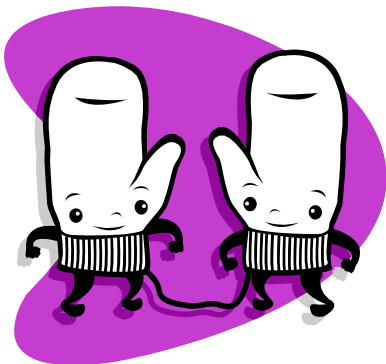
Put on your mittens you silly kittens, and you may have
some pie. "Purr-r, purr-r, purr-r."

The three little kittens put on their mittens,
And soon ate up the pie; "O mother dear, We greatly fear,
Our mittens we have soiled."

What? Soiled your mittens! You naughty kittens!
Then they began to sigh, "Mee-ow, mee-ow, mee-ow."

The three little kittens, they washed their mittens,
And hung them out to dry; "O mother dear, Do you not hear,
That we have washed our mittens?"

What? Washed your mittens! Oh, you're good kittens.
But I smell a mouse close by; Hush! hush!
"Mee-ow, mee-ow. We smell a mouse close by,
"Mee-ow, mee-ow, mee-ow."



Not much is known about the origin of mittens. However, one account has it that mittens were invented by George Washington during his winter encampment at Valley Forge 1777-1778. When his troops complained of cold hands, he gave an order to use what little cloth his army had by making a "a standard glove, which, when made without fingers, shall cover the entire hand." The mittens were made quickly, and sustained the continental army throughout the rest of the winter.

—Wikipedia.org

EARTH CORNER: Warm Winter Welcome



Winter's on the way. What can you do to make backyard wild-life stick around? Plenty! Here are some tips:

Fill the Feeder: For many creatures, winter means less food. And less daylight can mean less time for food hunting. Birds appreciate an easy treat, especially if your yard becomes covered with snow or ice.

Leave 'Em Standing: Clumps of dead flowers, grasses, and vines make cozy hideouts for birds, rabbits, and other creatures. Tiny bees and other insects use the stems as winter homes—unless hungry birds find them. Come spring, birds will use the dried plant bits to make nests.

Pile It On: Clean up rocks or fallen branches from your yard. Then pile them up, with the biggest stuff at the bottom. *Presto*—a comfy home for hibernating butterflies, beetles, snakes, lizards, and toads. Birds and other small creatures can find shelter there too.

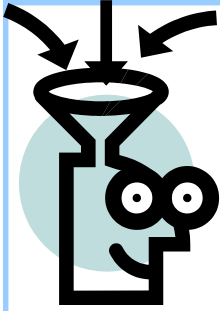
Hang a House: Birds such as chickadees or bluebirds might snuggle up in a birdhouse for warmth on a cold winter's night. A birdhouse makes a good storm shelter too.

FAMILY TIME: HOW TO HAVE AN INDOOR CIRCUS

KIDS CAN CLOWN AROUND LIKE THE PROS WITH THESE IDEAS:

- **PEACOCK FEATHER BALANCE:** EVEN YOUNG KIDS CAN BALANCE AN OVERSIZED FEATHER (FOUND AT CRAFT STORES) ON THEIR PALM. THE SECRET IS TO WATCH THE TOP OF THE FEATHER AND MOVE IN THE SAME DIRECTION IT DOES.
- **BALLOON JUGGLING:** GIVE KIDS THREE BALLOONS AND CHALLENGE THEM TO "JUGGLE"
- **TIGHTROPE TIME:** PLACE A LONG STRIP OF MASKING TAPE ON THE FLOOR AND CHALLENGE KIDS TO TIGHTROPE.
- **CRAZY CATCH:** PLAY CATCH. . .HAVE KIDS WEAR FLOPPY RUBBER DISHWASHING GLOVES AND TOSS A BALL TO ONE ANOTHER.
- **CLOWN SHOES:** STUFF NEWSPAPER BALLS INTO THE ENDS OF TOO-BIG SOCKS. KIDS CAN WADDLE AROUND LIKE PENGUINS.

—NICK'S PARENTS CONNECT, SEPTEMBER 2008



Helping children discover their world: Social learning during the preschool years

Some of the greatest sources of learning for young children are what they know best: their families and the people and places in their neighborhoods. Social learning begins the moment a mother and child gaze into each other's eyes at birth and continues throughout the early childhood years as children form new relationships, learn to communicate and explore the world around them.

With almost every new experience, children form understandings that relate to geography, civics and history. To preschoolers, geography lessons come in the form of walks around town that teach them about where the post office is located in relation to home.

Beginning civics education happens in the sandbox at the playground where children learn to take turns and be mindful of others feelings. History is often as simple as the telling of the story of the day they were born or adopted or pointing out how much they have grown or what they can do now but couldn't do last week.

Families play a vital role in helping young children learn the social "ins and outs" of the world in which they live. [Here are some at-home activities that encourage social learning:](#)

- Discuss with your children how each person is unique & important in your family. Talk about what each member does within the family & at work or school.
- Mark special occasions, religious holidays & family traditions. Children learn about continuity & security from holiday & other family traditions. They also learn a lot about what is valued by their families. Events that bring friends & family together teach young children the importance you place on loving and giving.
- Celebrate national holidays. Child-friendly explanations of such celebrations as Memorial Day, the Fourth of July & Veteran's Day can help increase children's awareness of national heritage. Something as simple as a game of I Spy with the American flag as the search object can help children learn to recognize the symbols of our nation.
- Talk about varied family situations, such as adopted children, single-parent families, divorced or remarried families.
- Take your child with you when you vote or go to public meetings.
- Use reference materials, such as globes and maps, to help your children understand the larger world around them. For instance, "This big green mass is the United States." "Here is the Atlantic Ocean." "Grandma and Grandpa live here, in Tulsa."
- Help your children create a family tree. Draw a picture of a tree with plenty of branches on poster board. Children can cut leaves and apples from construction paper or color in ones that you've drawn. Once glued to the branches on the tree, these can be decorated with photos or your children's drawings of themselves and other family members. Hang the finished tree in a common space for your family to share.

- Create simple scrapbooks with children that highlight their family & friendships as well as what makes them unique: memory books featuring family and friends can easily be made by slipping pictures of the people special to your children into an inexpensive photo album. Simple scrapbooks also can be made by binding together a series of your children's illustrations of family and friends using a three-hole punch, reinforcing tabs for the holes & yarn. Pages can be laminated or preserved with clear contact paper to increase durability. Preschool-aged children may like to dictate or try their hand at writing the text.
- Begin to teach space relationships by helping children draw a simple map of their rooms, or take a walk around the neighborhood & then draw together a map of the homes, businesses, streets & landmarks that you have seen.

The basic social skills learned early on as a member of a family and during forays around town are expanded as children become part of a group in a daycare setting or at preschool. A quality preschool or daycare program will tap into young children's natural curiosity to learn more about the people, places and things they see every day. Some of the preschool experiences that enhance children's social skills and knowledge include play. Through play children learn to share, take turns and cooperate. Playing with such toys as dolls and kitchen play sets lets children try out different family roles and responsibilities. Props and accessories, such as tools, doctor's kits, cash registers and dress-up clothing give children opportunities to play at being the people they see in their lives.

Discussions about classroom rules help provide early lessons in citizenship by teaching children about the needs of the group and how decisions that govern them are made.

Ever curious, preschoolers question how things are made, how they work, and who makes them. During preschool, children can learn in more detail about the things and people they see every day. For example, children might take a class trip to the local fire station to learn first hand about how firefighters work and help keep the community safe.

Though children may be familiar with the holidays that their own families celebrate, such as Christmas, Hanukkah or Kwanzaa, preschool units on multicultural holiday celebrations allow them to sample foods, learn symbols or play games associated with a range of winter time holidays.



Books about community

- Children Just Like Me by Susan Elizabeth Copsey
- City Green by Dyanne Disalvo-Ryan
- All the Colors of the Earth by Sheila Hamanaka
- The Doorbell Rang by Pat Hutchins
- How Pizza Came to Queens by Dayal Kaur Khalsa
- Jobs People Do by Christopher Maynard
- Career Day by Anne F. Rockwell
- A Chair for My Mother by Vera B. Williams

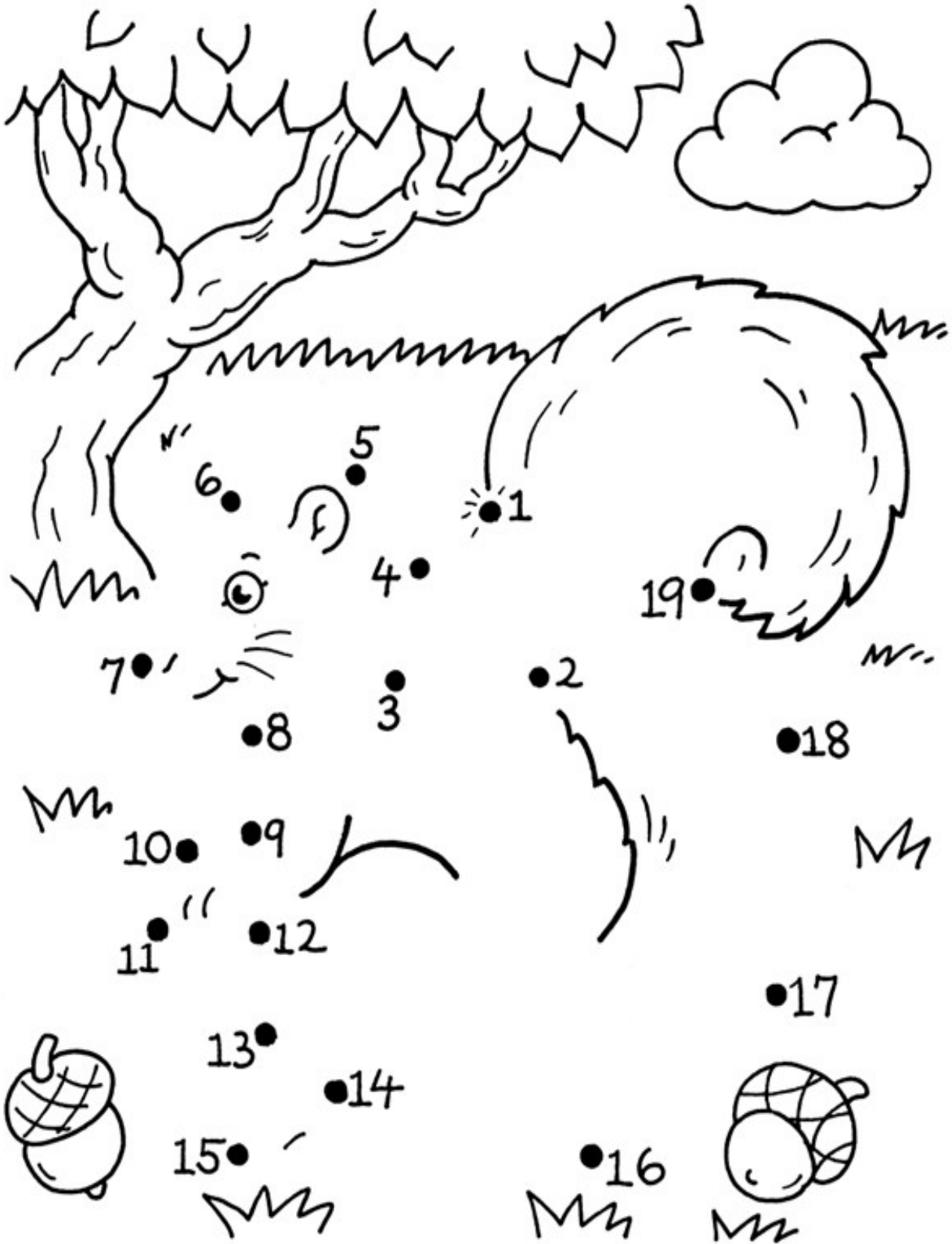
Books that celebrate children's unique qualities:

- I Like Me! by Nancy White Carlson
- Today I Feel Silly and Other Moods That Make My Day by Jamie Lee Curtis
- On the Day You Were Born by Debra Frasier
- A to Z: Do You Ever Feel Like Me? by Bonnie Hausman
- Eyes, Toes, Fingers and Nose:
- A First Book All About You by Judy Hindley
- I Love You the Purplest by Barbara M. Josse
- The Colors of Us by Karen Katz

Books about family:

- Going Home by Eve Bunting
- Papa, Please Get the Moon for Me by Eric Carle
- Dancin' in the Kitchen by Frank P. Christian and Wendy Gelsanliter
- Tell Me Again About the Night I Was Born by Jamie Lee Curtis
- Mama, Do You Love Me? by Barbara M. Josse
- Over the Moon: An Adoption Tale by Karen Katz
- I Love You Like Crazy Cakes by Rose A. Lewis
- Guess How Much I Love You by Sam McBratney
- Chicken Sunday by Patricia Polacco

—Source: guilderlandschools.org/ - parent corner



My bushy tail's a help to me
 When jumping high from tree to tree.