From the Director

Welcome Fall

Fall is a busy time for families. There are new schedules, new teachers, and new expectations. This can be a stressful time for young children since they don’t have many years of experience with new beginnings. As parents you can share a role in helping your child feel safe and secure in their new setting.

- You can help your child adjust to change by being enthusiastic about the change. If you are positive and confident about the new experience, your child will be too.
- Start daily routines that will add continuity. A regular sleep and morning routine will help your child feel safe in the consistency of home routines.
- Make extra time to spend with your child on arrival, especially during the first weeks. Children don’t rush well. When you slow down your pace, you will have time to enjoy each other before rushing off to your busy lives.

And finally have fun and enjoy your children. Schedule family time into your lives. This time you should spend interacting or relating (watching T.V. doesn’t count). Your children are young for such a brief period of time. Enjoy every moment!

Classroom Halloween Parties

It has been a wonderful tradition at the Center to have a Halloween celebration at the end of the month, in which children can dress up and join in the fun of the holiday. The preschool classes have been invited to trick or treat on campus and will be visiting the Public Safety Offices. This is fun for the children as the department decorates their offices for the holiday. Our younger children will be have small festivities in their classrooms. Because of the potential for over stimulation, we are keeping this a child /teacher only event. Teachers will be taking pictures throughout the day to share with you on the parent board.

If you would like your child to dress up for the day you may send a costume to school and the teachers will help dress him/her. No make-up or masks will be permitted because some children may be frightened by unusual faces and make-up. Costume props such as swords or guns are also not allowed.

Donations of the following treats would be greatly appreciated: raisins in boxes, stickers, small toys, pencils, fruit roll-ups, party favors, soft candy or small candy bars. You can ask your teacher what they would recommend for donations. Please remember no hard candy or gum is allowed because they may become choking hazards.

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Halloween Safety Tips

- Have adult supervision. Accompany your kids if you don’t think they’re old enough to trick-or-treat on their own.
- There is safety in numbers. If they’re old enough to trick-or-treat without an adult, tell your kids to stay in a group.
- Map out your plan. Designate a route before your kids begin trick-or-treating, and make sure they stick to it.
- Take the long way ‘round. Have your kids trick-or-treat in areas where there are a lot of people around. They should also avoid taking short-cuts through alleyways and parking lots.
- Try tick-or-treat-friendly homes. Ensure your kids only visit houses with lights on. And, you might also suggest the houses they visit have some sort of Halloween decoration on the porch.
- Stay outside. Make sure your kids don’t go inside someone’s house. They can get their candy from the porch.
- Remain visible. Dress your kids in a bright costume so others can see them. If their costume is dark, have your kids wear reflective strips or carry a glow stick or flashlight.
- Remember, shorter = safer. Goes without saying but just in case you forget, ensure your kids’ costumes aren’t so long that they can trip over them.
- Don’t cover the face. Instead of masks, have your kids wear make-up so they can see better.
- Quality-check treats. Check your kids’ candy before they eat it. Throw out any candy that is not in its original wrapper or looks like it has been tampered with.
- Say "no" to strangers. Tell your kids to never accept a ride or go anywhere with a stranger.
- Obey the law. Encourage your kids to follow all the regular rules for walking around. That includes looking both ways before crossing, obeying all traffic laws and using cross walks and crossing lights where available.

Health Watch!

GET YOUR FLU SHOT

Vaccination is the best way to protect yourself and others from the flu. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months of age and older get vaccinated each year against the flu. For current recommendations regarding who should and shouldn’t get vaccinated visit the CDC.

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Have a great time!