



## community connection

February 2012

*Special point of interest:* It's (unofficially) EVENT MONTH! Read about what's going on this month throughout the newsletter; a complete listing is on page 2.

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### CLOSURE DATES

**MARCH 16:**  
PROFESSIONAL  
DEVELOPMENT DAY

### The Ohio State University

## The "Science" Behind Science in the Classroom

Science concepts actually begin to develop in early infancy. Just like learning to read or count, learning about science is a process. Science is a way of understanding the world, a system for acquiring knowledge using observation and experimentation to describe and explain natural phenomena. Infants begin this process as they explore their environment, using all five senses to navigate their way. They learn about space as they begin to crawl, stand and walk; they learn about size (their own relative to most other things is *small!*) and shape as some objects roll and others lie still, some fit inside one another and others do not. They begin to understand how things work...

Toddlers begin to sort and collect. They learn to categorize objects by type, size, color, etc. They like to

fill and dump. In-out; up-down; over-under. They begin to understand...

In preschool children begin to use methods to collect information and come to conclusions. They conduct observations, ask questions, use charts to organize data, use trial and error and they talk about the "why" of what happens not just the

"what". They begin to understand...

It is in the preschool years that the more traditional science concepts are emphasized. The Ohio Department of Education's Pre-Kindergarten Content Standards (adopted April 12, 2011) are the framework for early care and education. Creative learning experiences and teaching strategies are used to engage children and develop proficiency in:

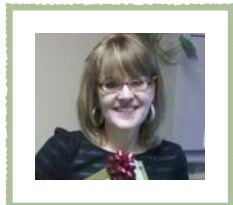
- Observation and inquiry about the natural environment;
- Planning and conducting simple investigations;
- Employing simple equipment and tools to gather data and extend the senses;
- Using appropriate mathematics with data to construct reasonable explanations;
- Communicating about observations, investigations and explanations; and
- Reviewing and asking questions about the observations and explanations of others.

Activities that explore the natural environment are readily available and filled with limitless learning potential.

**WINTER WEDNESDAY**  
**WEDNESDAY, FEBRUARY 15**  
**4:30-5:45 PM**

Join us for hands-on snow and ice activities for all ages—regardless of the weather!

## From Amy & Jean



**Amy Brandon**  
Associate Director



**Jean Dodson**  
Associate Director

Who knew the shortest month of the year would be one of the busiest for the Child Care Program? Maybe it was the thought of being closed up for the cold winter months (because who knew that it would be almost spring-like this season?) that drove the need to plan lots of indoor activities. Or maybe it was just a coincidence that occurred when a number of people planned some really interesting and fun events unbeknownst to the others who were doing the same thing (that's what happened, by the way). Regardless, we're making good use of this leap year as February is filled with things for children and parents to do!

This month's newsletter is focused around the topics of our month of events. We hope the articles will tell some of the back story as to why we chose to plan these events. We hope they provide not only some foundational information but even some new information. We also hope to entice you to attend at least one event.

Whether you are the parent of an infant, toddler, preschooler or Kindergartener, there is something planned for you and your family.

We hope to see you soon!

## February Events Listing

Information about our February events is sprinkled throughout our newsletter and listed here in its entirety. We truly hope that you and your family will join us for at least one event.

### KINDERGARTEN INFORMATION MEETINGS

- WEDNESDAY, FEBRUARY 1  
5:00-5:45PM  
BUCKEYE VILLAGE
- THURSDAY, FEBRUARY 2  
5:00-5:45PM  
ACKERMAN ROAD

### WINTER OLYMPICS

- MONDAY, FEBRUARY 6  
4:30-5:45PM

### THE BRAIN AND BEHAVIOR

- TUESDAY, FEBRUARY 7  
4:30-5:30PM

### WINTER WEDNESDAY

- WEDNESDAY, FEBRUARY 15  
4:30-5:45PM  
ACKERMAN ROAD AND  
BUCKEYE VILLAGE

### FEEDING WITH LOVE AND GOOD SENSE-PARTS 1 & 2

- TUESDAY, FEBRUARY 28  
4:45-5:45PM

### FEEDING WITH LOVE AND GOOD SENSE-PART 3

- WEDNESDAY, FEBRUARY 29  
4:45-5:45PM

## ...Science

(Continued from page 1)

Content standards in Earth and Space Science, Physical Science and Life, Science can be met through experiences outdoors and indoors with plants, animals and objects.



As you can see, the learning of "science" gets more complex with age. The materials might be just the same—sand and water for instance—but the outcomes will be very different. It is the process of learning about science that lays the foundation for later learning. A foundation that supports all the content areas, not just science.

## Infant & Toddler Feeding

Little in life creates more anxiety (and of course joy!) than becoming a parent for the first time. According to the Raising Children Network, "Becoming a parent for the first time is a bit like throwing your life up into the air and then catching extra bits on the way down." So much to learn, so much to do and so many responsibilities!

As early childhood educators, we get it. We also get that we can best serve our families by not only by providing a caring and safe place for your infant and toddler, but by being a resource for parent questions and concerns.

Lately those questions have centered around feeding and mealtimes. How do you know when your infant is ready for solids foods? How much should you feed your child? What foods are best? To answer those questions and more, we have invited some experts from OSU's Medical Dietetics to present three educational sessions for infant

and toddler parents based on concepts developed by internationally recognized authority on eating and feeding, Ellyn Satter.

### FEEDING WITH LOVE AND GOOD SENSE

#### PARTS 1 & 2

TUESDAY, FEBRUARY 28

#### PART 3

WEDNESDAY, FEBRUARY 29

4:45-5:45 PM

For parents of infants less than 6 months:

- **PART 1**-INFANT GROWTH AND FEEDING RECOMMENDATIONS

For parents of infants 6 - 12 months:

- **PART 2**-YOUR CHILD'S EATING SKILLS AND FOOD PREFERENCES

For toddler parents:

- **PART 3**-HELPING YOUR TODDLER TRANSITION TO A HAPPY FAMILY TABLE

### ABOUT THE SOURCE

Ellyn Satter pioneered the concepts of the feeding relationship and eating competence including the *division of responsibility in feeding*.

*"Parents are responsible for the what, when and where of feeding; Children are responsible for the how much and whether of eating"*

~Ellyn Satter

Visit

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

## Did You Know?

*Connection is the corner stone  
for cooperation*

### ABOUT THE EDUCATORS

Dr. Bailey, creator of Conscious Discipline, is an award-winning author and internationally recognized expert in childhood education and developmental psychology.

Visit  
[www.consciousdiscipline.com](http://www.consciousdiscipline.com)

Megan Hemmeler is a Certified Conscious Discipline® Instructor and founder of Brain & Behavior Consulting.

Visit  
[www.brainbehaviorconsulting.com](http://www.brainbehaviorconsulting.com)

On our August 2011 Professional Development Day, staff were treated to a day-long training on the topic of Conscious Discipline by Megan Hemmeler, founder of Brain & Behavior Consulting and a Certified Conscious Discipline® Instructor. Created by Dr. Becky Bailey, Conscious Discipline is a comprehensive self-regulation program that integrates social-emotional learning and discipline. Key to the program are the importance of brain-body states and adult relationships.

*I Love You Rituals* are activities designed to address both key components. More specifically, the four goals for *I Love You Rituals* are to:

- Optimize children's brain power for success
- Increase learning potential and effectiveness
- Create loving rituals
- Strengthen the bond between adults and children

Performing a ritual creates a moment of connection and unconditional acceptance. Rituals are fun, interactive and sometimes silly chants, songs and games that parents and teachers alike can share with the children in their lives to show how much they care.

The finger play ritual below is from Dr. Becky Bailey's book, *I Love You Rituals*.

### ROUND AND ROUND THE GARDEN

Begin by holding your child's hand in your hand, palm up.

**Round and round the garden** (draw circles on the child's hand with your index finger as you say the words)

**Goes the teddy bear** (continue drawing circles in cadence with the chant)

**One step, two step** (walk your fingers up the child's arm heading for the armpit)

**Tickle under there** (give a gentle tickle under the child's arm)

Learn more *I Love Rituals* and other ways to build connections with your child when Megan Hemmeler presents her workshop, *The Brain and Behavior*, the first in our *Healthy Child, Healthy Parent* series, on Tuesday, February 7th.

### THE BRAIN AND BEHAVIOR TUESDAY, FEBRUARY 7 4:30-5:30 PM

Do you struggle with getting your child ready in the morning or into bed in the evening? Trouble transitioning between activities? Attend this workshop by Megan Hemmeler to learn about discipline from a brain perspective and simple strategies for managing behavior during difficult moments.

## Random Acts of Fitness

Ever heard the saying "random acts of kindness?" What if we changed that a little to accommodate New Years Resolutions and begin doing "Random Acts of Fitness" for ourselves!

It's that time of year again when so many Americans set health and wellness goals. Some goals include losing weight or exercising more or simply eating healthier. However, these goals typically require a change in our behavior, which is the hard part. This is often why so many become discouraged and lose sight of their goals before they begin to change.

Change takes time...

Don't give up yet!!

Begin again today.

Begin again by doing one "random acts of fitness." What does this mean? These are purposeful acts of physical activity that we squeeze randomly into our busy days. No gym needed!

Here are a few ideas that people have shared which I call...*random acts of fitness*.

- Do squats while unloading the dishwasher...dish by dish! You will get a small strength workout for your legs at the same time you are loading the dishwasher.
- Boycott the elevators...and walk! Its the little things that make the biggest difference!
- Use the treadmill at random times. Every minute adds up...5 minutes here and 10 minutes there, all count!
- March in place while waiting for the microwave.
- Rotate your ankles while at computer. Feel the stretch in your lower calves..ahh!
- Lean against the wall on your tiptoes, then push your hips toward wall and squeeze buttocks tight. Firm that fanny!

Whether you're doing a random act of kindness or a random act of fitness...it's often the little things that make the biggest difference in our lives! Begin again today!

~ Shari L. Gallup, M.S., Extension Educator specializing in Health and Wellness, Ohio State University Extension

### WINTER OLYMPICS MONDAY, FEBRUARY 6 4:30-5:45 PM

And how about a *deliberate* fitness opportunity? Join us for some active indoor play and have fun "curling", "skating", "skiing", "playing hockey" and more, winter Olympic-style!  
Jackie Goodway, Associate Professor and supervisor of our Preschool Motor Program, and students from PAES will host this fun fitness event for the whole family.

### ABOUT THE SOURCE

OSU Extension Family and Consumer Sciences is an educational group that partners with individuals, families, communities, business and industry, and organizations to strengthen lives. With a focus on Healthy People, Healthy Finances and Healthy Relationships, they provide accessible and reliable research-based information to help people help themselves.

Visit  
[www.osufcs.wordpress.com/2012/01/](http://www.osufcs.wordpress.com/2012/01/)



## 2012 HOLIDAY & CLOSURES CALENDAR

### JANUARY 2

New Year's Day

### JANUARY 16

Martin Luther King Jr.  
Day

### MARCH 16

Professional  
Development Day

### MAY 28

Memorial Day

### JULY 4

Independence Day

### AUGUST 10

Professional Development  
Day

### SEPTEMBER 3

Labor Day

### NOVEMBER 12

Veteran's Day

### NOVEMBER 22

Thanksgiving Day

### NOVEMBER 23

Columbus Day  
(observance)

### DECEMBER 24

President's Day  
(observance)

### DECEMBER 25

Christmas Day

## Customer Service Awards

C4 Teaching Staff: Brook Rome, parent in C4, nominated all the teaching staff for the wonderful experience her daughter had in their toddler classroom and for their "amazing job" helping her transition to preschool. "We have always had excellent communication from them, both on a daily basis in person but also with their weekly newsletter which I often forward on for grandparents to enjoy," writes Brook. "I just really want to recognize their efforts!"

#### C4 Staff:

- Eric Thompson
- Hilary Keegan
- Rachel Berridge
- Alexa Gudelsky
- Teretha Lusear
- Megan Sunderman
- Alexandria Vincent

Congratulations one and all!

A1 Teaching Staff: The Russell Family, Angela, Luke (and their children Charlie and Sam!), nominated Krista Dearth, Colby King, and Jill Born for the care

provided for Sam during his time in A1. "Our son, Sam, was in their classroom up until last August when he moved on to toddlers. They recently presented our family with a wonderful portfolio full of pictures, art, notes and memories of Sam's time in the infant classroom. We so appreciate their time and effort to create this for us. It is so fun to look back and see all that he has learned and how he has grown and we know that their care and love played a big part in his development. Thank you, thank you for all that you do as teachers in the classrooms and throughout the center as a whole!"

Congratulations Krista, Colby and Jill!



To recognize a member of our child care community for demonstrating outstanding customer service, please email Amy Brandon at [abrandon@hr.osu.edu](mailto:abrandon@hr.osu.edu) or complete a nomination form available in our program offices.

### PROGRAM DIRECTORY

<http://hr.osu.edu/cc/home.htm>

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