

# The CHASTAIN School

A Child Development Center & Preschool



## June 2011 Issue

### Upcoming Dates:

**JUNE 7TH**  
GELATO STOP TRUCK  
ICE CREAM SOCIAL

**JUNE 9TH**  
RONALD MCDONALD  
VISITS @ 3:30PM

**JUNE 10TH**  
PARENT'S NIGHT OUT

**JUNE 17TH**  
ICE CREAM TRUCK  
BRING \$1 OR \$2

**JUNE 23RD**  
FITNESS FUN BUS

**JUNE 24TH**  
PARENT'S NIGHT OUT

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## TCS Graduation - 2011



On Thursday, May 19th, we celebrated the graduation of our Oak and Mimosa Pre-K students. We are so proud of them and wish them the very best of luck as they move on to Kindergarten! We look forward to seeing you all in Kids Club this fall! Good Luck!



Brigid Song Brandon	Warren T. Jackson
Emmaline Lee Dowd	Ashford Park
Asher Ronen Jacobs	Sarah Smith
Levi Odom Johnson	Heards Ferry
Christine Soeun Lee	Sarah Smith
Dennis Eugene Scott, III	Woodland Charter
John (Jack) David Sharp, V	Sope Creek
Elodie Savannah Wakefield	Heards Ferry
Kira Harper Watkins	Sarah Smith
Carter Chase Hogan	Warren T. Jackson
Lila Pascale Rocchio	Warren T. Jackson
Katharine Sloane Milam	Morris Brandon
Bryce Austin Jackson	Morris Brandon
Nadia Elizabeth Alavi	Woodward Academy



What	Where	When	Cost
GOOD NEIGHBOR DAY OPEN HOUSE & AIRSHOW	<a href="#">DeKalb Peachtree Airport</a>	Saturday, June 4th Noon—5pm	Free admission; parking, \$5.
FREE FAMILY FIESTA	<a href="#">Atlanta Silverbacks Park</a>	Saturday, Jun 11th 11:00am	Free!
Mythic Creatures: Dragons, Unicorns & Mermaids	<a href="#">Fernbank Museum</a>	Through Aug. 19. Mon-Sat, 10am—5pm Sun—Noon—5pm	Adults, \$17.50 Children 3-12, \$15.50 2 & younger - Free
Roswell Summer Puppet Series	<a href="#">Roswell Cultural Arts Center</a>	Saturdays June 11th, 18th & 25th 10am	\$4 Child \$5 Adult
Superhero Day	<a href="#">Fernbank Museum</a>	Sunday, June 19. Noon - 4pm	Adults, \$17.50; Children 3-12, \$15.50 2 & younger - Free.
THE SECRET GARDEN	<a href="#">Fabrefaction Theatre Company</a>	June 24 & 25 8pm June 26th 3pm	Student \$15.00 Adult \$20.00
The Wiggles Big Birthday!	<a href="#">Cobb Energy Performing Arts Center</a>	Sunday, July 12th 2:30pm & 6:30pm	Prices range from \$15.50 - \$42.50 VIP tickets \$75

## Water Play Days



- [Mondays](#) - Aspen, Bonsai & Plum
- [Tuesdays](#) - Dogwood, Mango & Mimosa
- [Wednesdays](#) - Wisteria, Coconuts, Olives, M&M & Magnolia, Persimmon
- [Thursdays](#) - Limes & Chestnuts & Willow  
**Please remember to bring Swimwear, Swim Diapers Swim Shoes & a Towel**

## Bike Day



Remember on Bike Days to bring a helmet & water bottle.

## Sno Cones



Dates  
June 10th & 24th  
July 1st, 15th & 20th

## Ice Cream Trucks

The Icy Hut Ice Cream Truck will be coming to TCS every other Friday on  
June 17th  
July 8th  
July 22nd  
On those days, please send your child to school with **\$1 or \$2 for ice cream.**



Television may be an inevitable part of young children's lives. Though some media researchers and pediatricians recommend that parents minimize their children's exposure to it — no TV for children under two, they suggest — it may be more useful to think about how TV does or does not fit into your child's overall development. Let your child know that watching TV can be an active experience rather than a passive one. You can do this by repeating words or phrases you hear during a show, encouraging your child to sing and dance along with characters, or talking to him about what he sees and hears.

## Here are 7 Ways to Shape TV Habits:

### 1. Be choosy about the shows you and your child watch.

Read online and print reviews of shows, looking for ones appropriate for your child's age and stage of development. Rather than trusting your luck to find something suitable, keep on hand a supply of prerecorded shows and reliable videos that you know are appealing, educational and inspiring. Turn off the set when a program you have selected is over.

### 2. Watch TV when your preschooler does.

Young children often imitate what they see and hear on TV. Don't hesitate to ask questions that encourage your child to invent her own dialogue or vary the plot. Here are some TV conversation starters: What happened in the beginning of the movie? Which character would you like to be? If you could make up a new story with the same characters, how would your story end?

### 3. Prevent TV from replacing family time and active play.

Limit your child's TV time. This will guarantee him uninterrupted time spent with you, playing with his peers or exploring the environment. Use the musical aspects of a show or a character's physical feats to encourage your child to dance, jump and clap rather than just sit still and watch.

### 4. Use TV shows and videos to enhance listening skills.

Turn TV into a listening game: While watching a familiar show or movie, ask your child to turn her back to the TV set. When a familiar character begins to speak or sing, ask her to identify who it is just by listening.

### 5. Avoid programs that show characters resolving conflict with violence.

When your child sees a character solve a problem by hitting, kicking or biting, point it out as something not to do. Offer alternative courses of action: "Rather than hitting his sister, that boy could have asked her to stop bothering him."

### 6. Make it clear that cartoon characters do things people cannot.

If your child imitates something a television character does, you might remind him: Even though cartoon characters walk away from accidents, jumping off a swing can really hurt you.

### 7. Avoid programs that could frighten your child.

If a show or movie scares your child, calm her with a cuddly toy, a hug or something to drink. Physical comforts are often more soothing than verbal reassurances.



## Welcome to TCS Summer Camp!

## MVP for June



*Sarah Mukerjee*

"The Murk" is here! That's what her former high school students affectionately referred to her as. **Sarah Mukerjee** comes to TCS highly referred by the Wakefield's to help Ms. Brenda out

with our Summer Camp program.

Sarah earned her BS in English and Master's in English Education from the University of Georgia and has worked as a high school teacher for 8 years in Carroll, Rockdale and Clark counties. In addition to teaching, Sarah has also served as a cheerleading and tennis coach. She is a newlywed and happily married to Mr. Sasha Mukerjee. They will celebrate their 1st anniversary on July 15th. In her spare time, Sarah enjoys reading, hiking and watching Georgia football.

Sarah is looking forward to a great summer here at TCS!



*Yuri Waddell*

Congratulations to **Ms. Yuri Waddell** for being nominated as the MVP for the month of June. She was nominated for going beyond her duties in the classroom.

She is very supportive and a team player throughout the school. Even though she is no longer in the Mulberry room, she made special Mother's Day cards for the moms. She has been observed continuing that love into the Bonsai room. If you need some warm and fuzzy feelings, go see Ms. Yuri. As the MVP of the Month, Yuri was awarded a \$100 gift-card and the coveted Teacher of the Month Parking Spot.

**Great job Ms. Yuri! Keep it up!!**



## June Birthdays

## Getting Kids to Sleep in Their Own Beds

Tessa Sander	5th	M & M's
<b>Linda Miller</b>	<b>11th</b>	<b>Mango</b>
<b>Ashley McCoy</b>	<b>12th</b>	<b>Bonsai</b>
Nolan O'Hare	12th	Plum
<b>Keisha Holt</b>	<b>19th</b>	<b>Front Desk</b>
Davis Rohner	20th	Wisteria
<b>Kathy Evins</b>	<b>24th</b>	<b>Program Coordinator</b>
Matthew Mikita	27th	Magnolia

It's an unmistakable sound that wakes you up every time: the pitter patter of your toddler's feet coming into your room at night. Although many parents are excited by the prospect of moving a toddler out of a crib and into a bed, this is the downside: Your child can easily come into your bed in the night.

Some experts, like Meredith Small, a professor of cultural anthropology at Cornell University, point out that co-sleeping is an evolutionary adaptation and that it is natural for babies and young children to want to sleep in bed with parents. Others, like sleep expert Dr. Richard Ferber, encourage parents to teach children to sleep on their own, arguing that "primitive" sleep arrangements are irrelevant in modern times.

Once you decide where you fall between the two, you can make a rule that works for your family.

- If you do not want them sleeping with you, bring them back to their room every time they get up. If you do this consistently in a no-fuss way to avoid getting extra attention, they will quickly stop coming into your bed.
- If you do not want them waking you up at night but do not mind them in the room, simply tell them they may sleep with you only if they do not wake you up.



By Dawn Friedman

Whether you're traveling by train, plane or automobile, getting to your destination with a happy toddler can be a challenge. But with careful planning, lots of energy and little time to run around doesn't have to be a recipe for disaster. You can keep everyone safe, sound and sane! Here are 10 tips to help you get there and get back home without ruining your vacation.

- 1. Arrive early and assume you'll be getting there late.** Traveling with kids always takes longer than traveling alone, so give yourself extra time to check in and get settled. If you'll be driving, remember you'll probably need to make more stops than usual for impromptu clean-ups, snack breaks or run-around relays. Be sure to over pack the snacks, the diapers and the toys, just in case you hit bad traffic or flight delays. It's better to have too much than to find yourself overpaying for goldfish crackers at the airport lounge.
- 2. Fuel up.** Make sure you have bottled water tucked into the baby bag or backpack so you can keep your child's sippy cup full. Thirsty kids can't help whining. Likewise, keep growling tummies at bay with plenty of healthy snacks as well as a few treats to make the long trip easier. Fruit and crackers will help keep kids going between meals and a few fruit gummies or oatmeal cookies will keep everyone cheery.
- 3. Remember the old favorites.** Be sure you have your child's favorite toy on hand and do a spot check anytime you change locations to be sure that all-important blanket or teddy bear isn't left behind. (Better yet, pack a back-up just in case the unthinkable happens and your child's security blanket gets lost during a lay-over.)
- 4. Wrap up something new.** Pack a grab bag of busy toys to dole out slowly over the course of your travels. Kids want busy things to do so think Velcro pockets, lacing shapes (easier to keep hold of than lacing beads) and little animal figures. A tiny amount of Play-doh with a garlic press to make spaghetti, and crayons with a fancy new notepad are good, too. Veteran travelers swear by wrapping anything and everything, so get out the tape and turn the toys into presents since unwrapping will also keep boredom at bay. (You may even want to wrap up the snacks!)
- 5. Keep it close.** Bring along a mesh bag (like the ones to hold bath toys) and a couple of safety pins. Pin the bag to the seat back in front of your child or to her carseat so that she can pull toys out and you can keep track of them. You can also use an old pacifier strap to keep toys clipped to your child's carseat so you don't have to go fishing for them if they fall out of reach.
- 6. Sing 'em to sleep.** Get some kid-friendly headphones (no earbuds!) and load your mp3 player with your child's favorite lullabies or stories. Headphones can screen out annoying noise and help kids calm down and even fall asleep.
- 7. Layer up.** Dress in easy-to-add layers so that you can keep your kid comfy whatever the weather.
- 8. Stash your sling.** Even if your child has mostly grown out of being carried, a sling can come in handy. A ring sling without padding is easy to tuck away and can help you balance your child on your hip while you're pulling luggage through a busy airport. Some parents also use slings as impromptu leashes if their hands are full and they need to keep kids close. Simply wrap the sling around your child's waist and tie one end to your belt buckle or diaper bag strap.
- 9. Talk to your doc.** Get a heads-up about what must-haves you should have packed in your travel emergency kit including motion sickness medicine and something to relieve sinus pressure (especially if you're flying). Having it all on hand will stave off midnight disasters that might otherwise send you on a wild goose chase in the middle of a strange city.
- 10. Expect some setbacks.** Toddlers especially like their routines, so missing out on them – even for the trip of a lifetime – can be hard on everyone. Don't fret if potty training, sleep schedules or discipline efforts fall back a bit. Have patience and plan for mishaps by packing extra clothes and diapers and assuming that everyone will get a little off kilter. Expecting some upset will make accepting it a lot easier.

Dawn Friedman lives and writes in Columbus, Ohio, where she also homeschools her two children.