



September 2011 Issue

Upcoming Dates:

LABOR DAY—TCS CLOSED
SEPTEMBER 5TH

SWIMMING
BEGINS SEPTEMBER 9

SPANISH BEGINS
BEGINS SEPTEMBER 12

MY GYM
BEGINS SEPTEMBER 12

HAPPY FEET SOCCER
BEGINS SEPTEMBER 13

PARENTS NIGHT OUT
SEPTEMBER 9, 17, 30

PASSPORT FLU CLINIC
SEPTEMBER 23RD

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Training @ The Chastain School

At TCS, all team members are required by DHR licensing and NAEYC regulations to participate in eighteen (18) clocks hours of training each year. Seminar tuition is paid for by the school. In addition to the (18) hours, the staff must maintain current First Aid and CPR certification.

Four of these hours must be in disease prevention and injury control and two must be in identifying, reporting and meeting the needs of abused, neglected, or deprived children.



In addition to maintaining required training, staff are expected to maintain current knowledge of early childhood practice, research, and advocacy through the news and reading trade journals.



Our teachers recently attended an emotional awareness training course on anger management. We learned through mimicking behaviors, how best to identify and manage child behavior. The first step toward better management of chil-

dren's anger is to set aside what we were taught, and instead teach something new. Teach children that anger is normal.



It is important to remember that anger is not the same thing as aggression.

Anger is a feeling, while aggression is a behavior. The task then becomes how to manage anger and channel it toward productive or at least acceptable outlets, and not how to deny or repress it. Set-backs and obstacles can make us stronger if they challenge us to grow.

To Learn More Visit: <http://www.psychpage.com/family/library/angry.html>

Flu Shots with Passport Health



It's that time of the year again. We will be offering flu shots through Passport Health on **Friday, September 23rd** from **4pm - 5:30pm**. These are available to our children ages 6 months and above, families, staff, and anyone else interested.

The cost is **\$23** for the **flu shot** and **\$30** for the **FluMist** (mist version of the shot). **Preservative Free shots will also be available for \$35**. Cash is preferred, but checks written to Passport Health are accepted.

We highly encourage **everyone** to take advantage of this opportunity. More information, including sign up sheets and consent forms, will be available as we approach September 25th .

For more information and key facts about Flu Shot Vaccinations visit the CDC websites <http://www.cdc.gov/flu/> and <http://www.cdc.gov/flu/protect/keyfacts.htm>.



What	Where	When	Cost
7TH ANNUAL CHILD GOLF TOURNAMENT Benefit to Raise Money for Life-Altering Surgery	Cross Creek Cafe & Golf Course	September 10th Saturday 8a.m.	Each Player \$100.00
SESAME STREET LIVE: ELMO'S SUPER HEROES	Philips Arena	September 10 Sat: 10:30, 2p.m., 5:30p.m. September 11 Sun: 1p.m.	\$ 34.00-\$ 75.00
STORIES SQUARED STORYTELLING CONCERT	Decatur Square	September 18th Sun : 2:00-3:30 p.m.	Free

Parents Night Out : September 9th, 17th, & 30th

ATLANTA BRAVES VS METS	Turner Field	September 18th Sun: 1:35p.m.	\$8.00-\$82.00
MAKE YOUR OWN MUMMY	Michael C. Carlos Museum rsvp 404-727-0519	September 18th Sun: 2:00-4:00p.m.	\$12.00 - \$ 15.00
JAPANFEST ATLANTA	Gwinnett Center Convention Center	September 17th Sat: 10a.m.-6p.m. September 18th Sun: 10a.m.-5p.m.	Adults \$8.00 6 & Under – Free <i>100% Revenue goes to Earthquake & Tsunami Relief</i>

Hope & Will's Consignment Sale

Jeff Foxworthy's Backyard Bash

It's time again for [Hope and Will's Closet Fall Consignment Sale, September 8-10th](#) at Peachtree Presbyterian Church . This past Spring almost \$6,000 was raised for Children's Healthcare of Atlanta. Items you can find at the sale include: Gently worn Fall/Winter children's clothing, baby equipment, children's sporting goods & equipment, toys, books, CDs, videos, computer CDs, games & puzzles & infant & children's furniture & layette.

When: **Friday, September 9th - 8:00am – 2:00pm**
Saturday, September 10th - 8:00am – 12:00pm
(Select items reduced 50%)

Where: **Peachtree Presbyterian Church Fellowship Hall, 2nd Floor**
3434 Roswell Road, Atlanta, GA 30305

Comedian Jeff Foxworthy will headline **Backyard Bash**, an evening of music, learning, and laughing, at **Buckhead Church, 3336 Peachtree Road, on Thursday, Sept. 22, at 7:30 p.m.** The event, in its second year, raises funds for organizations serving the city of Atlanta such as *Atlanta Communities Ministries, Atlanta Mission, Buckhead Christian Ministry, Charis Community Housing, The Furniture Bank of Metro Atlanta, Medshare, Open Hand, & Woodson Elementary School.*

Tickets are \$50 per person and can be purchased at www.backyardbash2011.org. Seating is general admission. VIP seating and sponsorships are available. Visit the website for details or contact backyardbash@buckheadchurch.org.

"Kids begin to master a wide range of basic skills at this age," says Amy Susman-Stillman, Ph.D., associate director of the Irving B. Harris Training Center for [Infant](#) and [Toddler Development](#) at the University of Minnesota, in Minneapolis. To encourage your child, leave more time for daily tasks such as eating, bathing, and brushing his teeth. Then, once you've shown him the ropes, stand back and marvel at what your little one can do.

I Can Get Undressed

- **When does this happen?** At 15 to 24 months, when he can stand on one leg without falling over and can control his arms, hands, and legs.
- **Word of caution:** He'll need help getting himself untangled sometimes. You may also find articles of clothing in odd places, like in his toy box.
- **How to help:** As often as possible, dress him in clothing that doesn't have buttons, zippers, snaps, or laces. Be ready to help your [toddler](#) pull his shirt over his head once he gets his arms out of it. When he tugs down the front of his pants, he may need you to show him how to pull down the back and untangle his feet. When your child starts trying to dress himself (which happens around 18 to 24 months), show him how clothing labels can help him tell which way to wear his shirt and pants.

I Can Feed Myself

- **When does this happen?** At around 12 to 15 months, when fine motor skills and hand-eye coordination allow your child to handle a cup, spoon, and fork.
- **Word of caution:** She'll make a mess, even at age 2.
- **How to help:** Starting at 12 months (or even earlier), give your toddler a spoon with every meal and offer thick liquids, like yogurt or chunky rice soup, which are easier to manage. Offering a cup of milk during bathtime is also a mess-free way to help your

child learn to drink from a cup.

I Can Bathe Myself

- **When does this happen?** Beginning at 15 to 18 months, your child has the coordination to lather up many body parts.
- **Word of caution:** Never leave your child unattended when he's in the bathtub.
- **How to help:** Offer a small washcloth or mitt, soap, and a plastic cup for rinsing. "You'll still need to give him a final rinse to make sure all the soap is gone," says Judi Orion, who trains toddler teachers at the Montessori Institute, in Denver. If your child takes a bath every night, let him wash himself a couple of times a week. You can do a more thorough job on the other days.

I Can Put My Toys Away

- **When does this happen?** At 15 to 18 months, when she can walk without assistance, carry things around the room, and follow simple instructions.
- **Word of caution:** She'll need to be reminded a lot—and will require a bit of help from you. Don't expect perfection!
- **How to help:** Put boxes or stiff canvas tote bags around your child's room so cleanup is easier, and consider making labels with pictures so she knows where everything goes. Be consistent in asking her to put her [toys](#) away, and set aside a specific time of day for this chore (such as right before or after dinner). Let her know she's done a good job when she's finished.

I Can Help Mommy

- **When does this happen?** At 15 to 18 months, when he can walk while carrying something in his hands and is interested in mimicking your daily routines.
- **Word of caution:** Don't expect too much—after all, he is still just a toddler!
- **How to help:** Give your child specific tasks that you can supervise, in-

cluding dusting a low table or the legs of a chair with a clean cloth, carrying place mats and napkins to the table before you set it, and tossing dirty clothes into a laundry basket or helping you fold small towels that are fresh from the dryer. Remember, it doesn't matter whether your child does a chore exactly right. What's important is that he gets used to—and even enjoys—helping you around the house.

I Can Wash My Hands

- **When does this happen?** Your child can learn how to properly wet, soap, rinse, and dry his hands at about 18 to 24 months.
- **Word of caution:** You should always be there to check—and re-check—the water temperature.
- **How to help:** Place a stool near the sink, some soap within reach, and a small towel on a low bar. Teach your child how to turn the water to cold or lukewarm. Since experts recommend washing hands for 30 seconds to completely kill germs, sing a short song with your child, such as "Twinkle, Twinkle Little Star," to keep him occupied.

I Can Brush My Teeth

- **When does this happen?** Your child can move the brush around her mouth at 18 to 24 months, when she can grasp the toothbrush and balance while moving her arm.
- **Word of caution:** Be the keeper of the toothpaste—your toddler will want to eat it.
- **How to help:** Stow a stool under the sink and a small toothbrush within reach. Squeeze a very small dab of toothpaste on the brush. With exaggerated strokes, show her how you brush your own teeth. To make sure her teeth are thoroughly clean, always do a final once-over with the brush.
- **Word of caution:** Be the keeper of the toothpaste—your toddler will want to eat it.

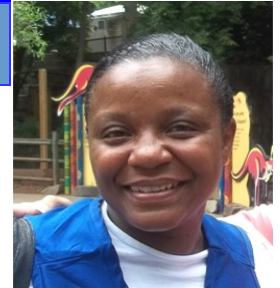
<http://www.parents.com/toddlers-preschoolers/development/growth/your-amazing-toddler/>



In her Exchange book, *The Top Ten Pre-school Parenting Problems*, Roslyn Duffy observes that one of the hardest challenges parents face is limiting the impact of television on their children's development. Duffy cited research showing that children imitate aggressive behavior they observe on television, and that children who engage in heavy television watching are less likely to be able to read and less likely to spend time outdoors. Here are some of the steps Duffy suggests to parents to limit the impact of television...

- Do not place a television or computer in a young child's bedroom.
- View programs together.....Watching a program with a child gives an adult the opportunity to question, discuss and help a child interpret what she sees.
- Choose non-commercial programs. Most videos from the library...do not promote consumerism.
- Read. Raise a reader. Read to your children. Read with your children. Model reading. Make time for reading.

Shantrice Wilson



Congratulations to **Ms. Shantrice Wilson** for being nominated as the MVP for the month of September.

Shantrice is considered a permanent substitute at TCS, but that doesn't stop her from going above and beyond her duties. She is always very willing to work in any classroom and volunteers to help others with tasks.

Her smile and laugh is contagious and it makes it easy to work with her. She encourages her fellow coworkers daily by acknowledging their skills. She "ROCKED" the Dogwood room during our NAEYC visit, along with Ms. Kathy.

As the MVP of the Month, Shantrice was awarded a \$100 gift-card and the coveted Teacher of the Month Parking Spot.

Congratulations Ms. Shantrice
Keep up the GREAT work !
In other words...Don't change!



September Birthdays

Luke Johnson	3	Mimosa	Rasheeda Hicks	19	Persimmon
Olivia Stahel	3	Mango	Brady Calloway	19	Mango
Carden Foster	4	Persimmon	Ionie Groves	20	Coconuts
Hannah Hosmer	7	Mimosa	Chase Charette	20	Mimosa
Thomas Wakefield	9	Kids Club	Ava Anderson	21	Mimosa
Madelyn Krause	10	Oak	Lucas Winters	26	Dogwood
Victoria Carney	10	Willow	Sam Johnson	29	Mango
Tanisha LeFever	10	Wisteria	Andrew Bryant	29	Persimmon
Alexander Heberlein	16	Mango			
Lorenzo Johnson	17	Mango			
Akua Boye-Owusu	19	Floater			





9 Ways Toddlers Say 'I Love You'

by Tovah P. Klein, Ph.D., is a psychology professor and the Director of the Barnard College Center for [Toddler Development](#). She is the mother of three boys.

1. Discover the Love Languages of Toddlers

No one is more important in a toddler's life than Mommy and Daddy. [Toddlers](#) feel secure knowing you are there for them, and your availability is vital to their well-being. When toddlers make new discoveries, they exuberantly share each one with you as a way of showing their love and trust. In sharing life's joys and pleasures with you, your toddler feels good about herself because she has a reminder that "Mommy and Daddy always love me!"

2. Getting You to Dawdle and Delay a Journey

It seems like whenever you're in a hurry to get somewhere, your toddler suddenly dawdles and takes her time. [Toddlers](#) live in the moment and lack a sense of time. At that moment, they are with *you*, and nothing could be better than that. "Separation is the main task of toddlerhood," says Patricia H. Shimm, author of *Parenting Your Toddler: The Experts Guide to the Tough and Tender Years*, "and toddlers would rather be with Mommy than anyone else." So getting out the door or getting anywhere on time with a toddler can be a challenge. The bottom line is, they love being with you; they savor their time with you and will prolong it in any way they can.

3. Challenging You to Chase and Catch Them

Running away with glee and exuberance is a toddler's way of celebrating her newfound independence, but only if she has the firm confidence that you will follow. She runs away, strutting her freedom, but then she stops and thinks, "Wait, I need to be sure Mommy is still here." By playing the run-and-chase game, she is showing that she is her own person and she firmly believes you will be there to catch her. "Toddlers have to trust that you will be there for them before they can venture out in the world. The more they venture out, the more they need to know you are there for them," says Laura Bennett-Murphy, Ph.D., Professor of Psychology and Director of the Mother-Child Project at Westminster College. Her running away is actually a way of showing just how much she loves you. She has the freedom to run because she has a secure home base (you!), the most important person in the world.

4. Bringing Loveys Everywhere

Some [toddlers](#) have a stuffed animal or blanket that goes where they go. Others take different objects each time they leave the house. These transitional objects (or loveys) represent you and your love, especially in your absence. Your child loves you so much that she wants to keep you close. Shimm also explains that these objects help your toddler feel safe, "A piece of you is with her. That gives her security." These transitional objects help her be away from you while still keeping you close by. Even grown-ups carry photos of loved ones and other reminders, which are not so different from loveys!

5. Making a Mess with Food

It seems your toddler spends more time touching, mashing, squishing and jabbing food than ingesting it. When she raises her hands high with a big smile on her face, you have to move quickly or else the mushy mess is on you. Your toddler sees food as a place to explore and experiment; she is sharing her pleasure so you can enjoy it with them. "For [toddlers](#), life is about possibilities and curiosity, and food is one place they can be curious and try different things. They love to show you what they've discovered," says Dr. Bennett-Murphy.

6. Cuddling and Snuggling with You

Just when you can't [deal](#) with one more tantrum or one more "No!" your toddler plops herself down on your lap, snuggles closely, and leans her head onto your shoulder. She looks up at you with a sparkle in her eye and a sweet smile. "As much as [toddlers](#) are doing many things to show their independence, they also need to refuel in the comfort of Mommy or Daddy's arms," says Bennett-Murphy. When your toddler cuddles with you, she is showing that she knows you are always there to provide her comfort. This is her active way of saying "I love you." This confident display of love can be the best part of your day!

7. Screaming 'Welcome Home!'

Have you ever walked through the door to be greeted by a [toddler](#) racing into your arms with a shriek and scream that could be heard blocks away? All that screeching is sheer delight at seeing you return home. "Toddlers build trust every time the parent says they're leaving and later coming back. It's why you can never sneak out," says Shimm. The emotional core of toddlerhood is learning to trust that the adults in their lives will always return. These screams of elevated joy are just another reminder of her love for you.

8. Surprising You with a Sticky Lollipop

[Toddlers](#) don't share, except on rare occasions, and only with their most trusted loved ones. Your toddler may take several licks of a bright red, heart-shaped lollipop as his face radiates with joy. As the gooey lollipop drips down his hand, he turns to you and reaches out his little hands to present you the lollipop. By giving you his most prized possession at the moment -- sticky and half-licked -- he is being selfless and sacrificing what he loves. He is expressing "I love you" by sharing what he loves. Your toddler assumes that what makes him happy will make you happy, too, so he shares his happiness with the one he truly loves -- you

9. Repeating Routines and Rituals

[Toddlers](#) like routine, consistency, and rituals: reading the same book every night, wearing the same shirt every day, putting stuffed animals in the same order nightly. "[Toddlers] will ask for the same book every night because they love you, and they love the routine that you are part of. If you are out one night, the routine represents you," says Shimm. The world is a big place, and toddlers make sense of it by keeping objects in order and having routines that bring comfort to them. What is predictable feels safe and reassuring. Routines give toddlers feelings of security, in the same way that you always provide feelings of security, safety, and, of course, love.

