



Family Times

A Family Newsletter from Child Development and Education, Inc.

Issue 10 | May/June/July 2012

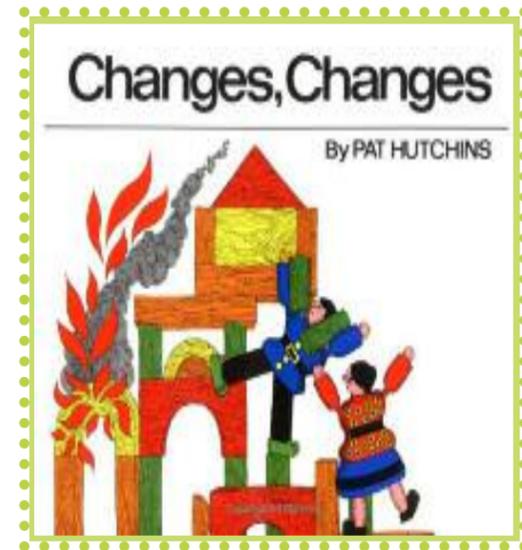
www.cdedu.us/familytimes

Policy Update

Brain Building Begins with Books!

In April, Massachusetts celebrated Brain Building in Progress week. This program raises awareness about the importance of positive, healthy experiences in early childhood that literally help shape children's brains. Strengthening not only educational, but everyday experiences for infants, toddlers and preschoolers has always been a fundamental goal of Child Development, which is why we are proud to continue to offer free books to families and educators throughout the year. Most recently we have distributed books by author, Pat Hutchins. *The Doorbell Rang* is a fun look at how far a plate of cookies can be divided as more and more friends show up. *Changes, Changes* is a wordless book that encourages children to use their imagination to change and reinvent the scenery.

pictures, elaborate on new words and concepts and support their imaginations and creativity! Let's continue to make progress in Brain Building for our children and our future.



We encourage you to take time to read these books with your children, talk about the

The Star Program



Child Development is very excited to unveil our new STAR Program.

Through this program providers will receive a higher rate of reimbursement for achieving higher education credentials such as an Associate's or Bachelor's degree, professional development credentials such as CDA or NAFCC Accreditation, and QRIS levels.

When this new program goes into effect this summer, Child Development will be the first system in Massachusetts to reimburse providers based on these achievements! This program is centered on improving program quality for children. Child Development is re-dedicating our resources to help

and encourage providers in any way we can to improve their program quality and rewarding their achievements with a higher rate of reimbursement. Ultimately, the STAR program will benefit the children in our programs. They will benefit from better qualified and engaged educators, excellent environments that suit their educational and developmental needs, and lead to improved outcomes so they excel in their educational career.



A Note From CDE



Dear Friends and Family of Child Development,

Summer is a time for fun, both indoors and outdoors; family fun time, and quiet playtime. In this issue we offer some ideas to keep your child's brain and body active during these summer months. We feature lots of great ideas to get kids moving physically and have included the book *Changes, Changes* by Pat Hutchins to keep our brains engaged in learning and development.

Books and activities are not the only way to improve brain development in children. It is very important that they spend each day in a high quality program. We are very proud of our providers' programs as well as the additional work they do to increase their education and improve relationships with families, which is why we are unveiling our new "STAR" Program. Through this voluntary program, providers will receive a higher rate of reimbursement for achieving education credentials, or a high quality program rating through QRIS or NAFCC Accreditation. We are thrilled to be the first system in the state to offer this to our providers and to acknowledge the hard work they do everyday. You too will benefit from this exciting opportunity because programs will continuously work to improve their quality in many different areas which ultimately leads to improved everyday experiences and better outcomes for children.

Sincerely,
Bill Restuccia



Question & Answer

Q

My toddler loves to splash in the bathtub and I know she will want to follow her cousins into the pool this summer. What water safety tips should I have in mind?

A

Swimming and water fun are great for children of all ages as long as they are under close adult supervision. By taking the proper precautions you can ensure your child has a safe and positive relationship with the water.

Keep water away from face. For any child getting used to the water or learning to swim, it is important to keep their head above the water so they feel in control. It is also important not to rush the process. If your baby gets fussy, ease off.

Be aware of inflatable pools with soft sides. Babies can easily tumble over the side. Also, be sure that there is a fence between and a childproof gate surrounding any home pools.

Vigilance. Always have an adult present whenever children are near the water. And always be sure they are close enough to lay a hand on the child, even in a shallow pool.

Start early, go slowly. Newborns can take a dip as long as their face doesn't get wet. Hold babies securely and ease them into the water slowly to allow their bodies to acclimate to the water temperature and the feeling of floating.



Slippery when wet. If your child is young (under the age of six) do not allow them to walk around the pool alone. Whenever they are near the pool area they must be holding an adults hand and walk around the pool. If the child is older, ensure that they know to walk slowly and not to run around the pool. The best safety net is a watchful eye and helping hand.

Attitude is important. If you're relaxed, smiling and making eye contact your baby will learn the water is a safe, fun place to be.

Quotable Quotes:

"Life is like an ice-cream cone, you have to lick it one day at a time."

~Charles M. Schulz

CDE/Family Times
10 Cabot Road, Suite 201
Medford, MA 02155
1.800.552.4440
www.cdedu.us/familytimes
©2012 Child Development
and Education, Inc
ALL RIGHTS RESERVED



SUMMER OLYMPICS 2012

This summer the Olympic Games will be held in London, England. The Olympics are a time when athletes from all over the world come together to compete in sporting events. They are held every four years in a different country.

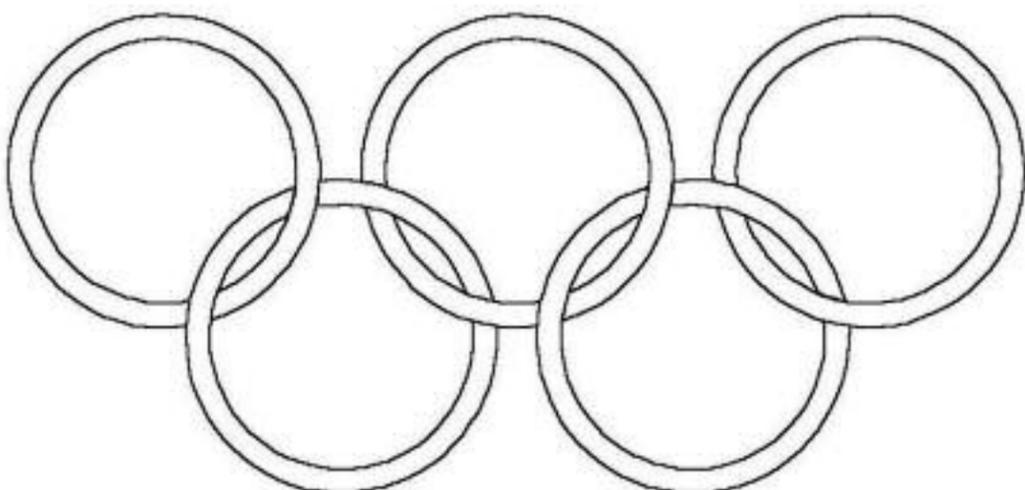
FUN FACTS ABOUT THE OLYMPICS

- In 2012 there will be more than 10,000 athletes from 205 different countries taking part in the Olympic Games.
- The Opening Ceremonies are on July 27th this year and mark the beginning of the Games.
- The Games will last 16 days and end with a special Closing Ceremony.
- The first Olympic games were held in Greece in 776 B.C.!
- Women were first allowed to compete in the Games in 1900.
- The three values of the Olympics are: **FRIENDSHIP, RESPECT, EXCELLENCE**

What do these values mean to you?

OLYMPIC RINGS COLORING ACTIVITY

The Olympic Rings represent the five major continents that come together for the Games. These are: Africa, America, Asia, Australia, and Europe. The rings are linked to represent the athletes of the world who come together to compete at the Games.



OLYMPIC GAMES

Here are a few games that you can play at home to celebrate the Olympics. You can customize each game based on the number of children in your home or the supplies you have on hand. These should be conducted outdoors or an open space that is safe for moving around. Have fun!

1. The Drinking Straw Race

Each racer holds a bent drinking straw between his or her nose and upper lip. Make a demonstration. The children curl their lip to hold it tight. See who can run to the finish line without losing the straw. Make sure it is a short distance.

2. The Ball between the Knee Race

Place the ball so that it fits comfortably between the knees of the child. Encourage the children to keep the ball between their knees and run or hop to the finish line.

3. Hug-the-Ball-Friend Relay

Place a ball between two children's tummies. Have the children hug each other tight and move sideways to the finish line without dropping the ball.

4. Birdie Feather Race

Have the children take off one shoe and sock on one foot. Tuck a feather between two toes. The children will walk to finish line without losing the feather, if they do they go back to the start and try again. This can also be done with both feet (older children) and instruct them to walk like ducks.

5. Backward Race

This is very easy for the youngest children. Just walk fast backwards trying not to bump into each other to the finish line.

6. The Egg-A-Thon Race

Use plastic Easter eggs and plastic spoons. Children will try to walk fast holding the egg in the spoon on to the finish line. It can also be done as a relay and have one child in the middle of the race line waiting. The children transfer the egg to his relay partner's spoon and go!

7. Balance Beam

Make a beam by taping a line of masking tape to the floor. Have children move over the bar in different ways: walk, jump, walk backwards, jump on one leg, jump backwards, crawl, etc. Have children show different ways to move over the bar.

8. Olympic Torch Relay

Have children stationed at different areas around the yard. Give the first child a paper towel tube or a rubber spatula and encourage them to run to the next person and pass the "torch" off. The children transfer the "torch" to each relay teammate until they reach the end of the course!

9. Obstacle Course

Set up an obstacle course. Have your children crawl under, through, and over obstacles. Suggest different activities throughout the course such as, leap frog, ball toss, army crawl, somersault, skipping, hula-hoop, hop on one foot and how far they can jump.

10. Basketball Toss

Have your children toss a basketball into a small trash can or basket.

11. Javelin

Throw straws and see who can throw them the farthest.

12. Tennis/Hockey

Have your children play with flyswatters and ball. Keep the ball in the air like tennis balls, or swat them around on the ground like field hockey or ice hockey players. Be sure to applaud after each child's Olympic-worthy performance!

