



# JOHN KENNEY CHILD CARE CENTER at Heller Park April 2018

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Subsidized Quality Child Care for Heller Park Employees,  
Edison Residents, and Edison Township Employees

## Week of the Young Child

April 16-20

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. This will be a very special week for us here at John Kenney, we will celebrate with five fun-filled, themed days.

### Monday, April 16<sup>th</sup>— Music Monday

We'll sing, dance, celebrate, and learn throughout the day.

### Tuesday, April 17<sup>th</sup>— Tasty Tuesday

We'll make homemade healthy snacks on this day!

### Wednesday, April 18<sup>th</sup>—Work Together Wednesday

We'll focus on working together, building together, and learning together!

### Thursday, April 19<sup>th</sup>—Artsy Thursday

We'll think, problem solve, and create today! We'll also have our art work displayed in the gym as an Art Show!

### Friday, April 20<sup>th</sup>—Family Friday

Share family stories today! We encourage you to stop by your child's classroom and share a family story or read a book to the children. Each classroom has their own unique family display, please send in a family picture so we can ensure that your family is included! The children really enjoy looking at these pictures throughout the day!

## Tadpoles for Communication

Starting on Monday, April 9th we will be using the Tadpoles program for Parent Communication as well as checking in and out. This program will replace the daily journal sheets in the Yellow, Green, and Blue Rooms as well as give the Red & Orange Rooms the opportunity to update the parents on their daily learning experiences. Daily reports will be sent to you as soon as you check out each day. More information about downloading the parent app will be sent by email next week. **Please make sure that we have your current email on file as that's how you will be able to log on to and use the tadpoles app.**

We are very excited to implement this program and know you will love it!

tadpoles 



## 9 Fun Ways to Celebrate Earth Day With Kids

<https://www.care.com/c/stories/3676/9-fun-ways-to-celebrate-earth-day-with-kids/>

- 1) Beautify something** -Whether it's your front yard or a neighborhood eye-core that needs a little sprucing, nothing helps decorate more than flowers. Head down to your local garden center (preferably by bike, it's Earth Day, after all!) and buy some blooms. Then get planting. Tip: A perennial flower will allow your kids to see their hard work year after year.
- 2) Clean Up Your Play-** Who wants to play a game? Take some trash bags and rubber gloves and let's see who fills their bag the fastest! Sound like fun? Picking up is never the best part of a playdate>, but putting kids to work cleaning up an area they use often teaches a fantastic lesson on giving back and helping the planet. Plus, they get to play when they're done.
- 3) Give Your Plants a Treat** -Nothing makes plants grow like some fresh compost. Get dirty by collecting weeds, leaves, dying plants and some kitchen waste like veggies, fruits and coffee grinds. Mix them all up. Place them in an area of your yard to let them decompose. This will be the perfect treat to spread over your plants and grass during the spring and summer.
- 4) Recreate the World-** Finding an excuse to make Rice Krispies treats is always great. Your kids will love sculpting a globe out of the yummy cereal and covering it with green and blue sugar. As a sweet bonus, try putting some gummy creatures on the earth too!
- 5) Reduce Your Footprint—**Today is the day to dust off those bikes, fill up the tires and pedal around town -- instead of drive. Head to a park, stream or nature center for a picnic. Also try doing your errands by foot or two (or three) wheels. And make sure to explain why this helps the planet. All the (healthy) sweat is for a reason, after all.
- 6) Re-use and Recycle Nature** Here's a project that you haven't done since preschool. Grab a pinecone from the yard; tie about a 12-inch piece of yarn or ribbon in a tight knot around the top so that the ends hang evenly (these will then be tied around a tree). Spread peanut butter or honey all over the pine cone. Then pour bird seed onto a plate and roll the sticky pinecone over it. Hang the pinecone on a tree -- and tie another knot. Gather around and wait for the birds to come.
- 7) Take a Look in Your Own Backyard** -Who doesn't love playing a detective? Go to the same spot of your yard or front steps three different times during the day breakfast, lunch and dinner, and take notice of nature around you. What do you hear? See? Smell? How are the leaves? Where is the sun? What animals do you see - find any tracks? Have kids discuss or draw a picture at each time. Then compare the differences.
- 8) Go Organic-** Nothing beats freshly grown local veggies and fruit. Try creating an organic meal from your local farm stand. Need a smaller goal? Try zucchini bread. Have the kids find the eggs, butter and green squashes for your recipe. Then go home and bake. Also, try saving leftover vegetables from one week of dinners, and cook up a stir fry. This reduces waste and tastes great. Be sure to check out some other recipes your kids will eat!
- 9) Set a Family Challenge** Everyone loves some competitive family fun. See who can make the least amount of trash in a week or collect the most cans. Tip: Create a grand prize to increase competition. Want a harder challenge? Try to get everyone to reduce your electricity bill for the month. Kids can go around turning off lights and you know, doing less laundry! If the family is successful, suggest spending the money on something fun -- or saving it for a big trip (Disney anyone?).

## CAP Program

The article below was provided as a handout at our CAP Parent & Teacher Workshop held on Thursday, 3/22. The Blue, Red, and Orange Rooms participated in the NJ Child Abuse Prevention (CAP) program on March 26th, 27th, and 28th. These workshops taught the children that all children deserve to be Safe, Strong, and Free.

### Raising Healthy, Happy Children



During the CAP program the Blue, Red, and Orange Room children learned about their rights to be Safe, Strong, and Free! Each day the instructors used puppets, role playing scenarios, and stories to teach the children these important values.

- 1) **Communication**-make sure that you set aside time to communicate with your child. Explain to them very clearly what you expect of them and why you expect it. Allow time for your child's questions. They need to feel that you're being fair with them and that you respect their feelings. Actively listen to what your child says; this will help to insure that he will listen to you.
- 2) **Attention**- Are you available and interested when your child feels that they need your time? Your child needs to feel that they are important to you. Share yourself with them and they will value what you ask of them.
- 3) **Show approval**—When your child does something which pleases you, tell them of your good feelings and show them with a hug or a touch. This lets them know that you appreciate them.
- 4) **Making choices**-Allow your child the right to make decisions which concern them. Remember if they have no experience in making decisions for themselves as children, how will they know how to make decision as an adult? Giving a child a choice helps them to develop a sense of responsibility and self-respect.
- 5) **Set examples**—Your child learned to be like you. Remember you cannot expect more of your child than you expect of yourself.
- 6) **Eliminate problems**—Your child spills milk on himself. Does he need a smaller glass? Was the glass breakable?
- 7) **Natural consequences**—If you try to protect a child from a painful mistake that they have made, then you are teaching your child that they don't have to take the responsibility for their errors. Let them make their own mistakes, providing that they don't, in the process, inflict harm on themselves or others.
- 8) **Withdrawing attention and restricting privileges**— When your child misbehaves, don't reward him with an audience. Send them to their room to think about their behavior. When a child misuses a privilege, it is only fair to restrict the privilege temporarily.
- 9) **Criticism**- (be constructive) - Corrections should be made without destroying a child's feelings of self-worth. Constructive criticism is essential to help a child understand that they are in error. However, it is much more important to point out what a child does well than it is to point out a mistake.
- 10) **Embarrassment** (avoid) - Some parents feel that by publicly embarrassing their children, this will improve their behavior. What is really accomplished is that the child learns to fear social contact with other people, and suffers from a decrease in their self-confidence, and a deflation of his feelings of self-worth.
- 11) **Guilt Infliction**—Inflicting guilt means that a parent tries to make his child feel responsible for the parent's own personal needs. This is wrong! Teach your child to be responsible for himself. Guilt infliction teaches a child to give to everyone and to neglect himself.
- 12) **Force (avoid)** - Keep in mind that every time you use force with a child, you are teaching them to hate and fear you. The more you use force, the more he will hate and fear. Try to reserve this method for those occasions when you need to protect and insure a child's personal safety.
- 13) Learn what to expect from your child are each age level.

**Couldn't all of the above be a guide for how we as human beings would like to be treated? Who deserves is more than our own children.**

*Distributed through Middlesex County Child Assault Prevention (CAP) Project.*

### Art Show

Thursday, April 19<sup>th</sup>  
3 PM—6 PM



Come see a Variety  
of your Child's art  
work displayed  
around the Gym.