



FOOTSTEPS@CITY CENTER PLAZA

AUGUST 2015 - NEWSLETTER VOLUME 12

CALENDAR – AUGUST & SEPTEMBER

Footsteps Professional Development Days
Monday 8/24 & Tuesday 8/25
Footsteps Child Care Closed

Labor Day – Footsteps Child Care Closed
Monday 9/7

September Parent's Night Out
Friday 5/25 Puma Cubs

Fun, Fit, Family Day!
Sunday 9/27 12:00-3:00 PM
Barrett Community Center

AUGUST IS FRIENDSHIP!



Friendship is our theme this month. Children will learn the importance of teamwork, sharing, respect, responsibility, leadership, personal space, positive self-talk and good manners through our teachers' intentional teaching and activities.



CAMPING IN JULY!

In July, we learned about camping during the daytime and nighttime. We had circle time in front of pretend campfires created by the children. The children shared funny, scary, and sad stories sitting in front of



the campfire with the lights out. The children enjoyed various camping activities and made trail mix, fruit salad, & smoothies.

The children extended their sensory play through rocks with water, sand & glue, chalk & rocks, and shaving cream & rocks.

We had our first Pool Play Day, and the children had a wonderful time playing in two fold-up pools, water painting with brushes, and making bubbles.

We have welcomed more children to our program. Returning children enthusiastically provided tours of the classroom & outdoor area, including a walk-through of daily routines like clean up, washing hands, activities time, and circle time procedures.

Earthquake and Fire Drill are continuous reminders and we practice both on a monthly basis. We excuse children to activity or outdoor play after each child has demonstrated drop, cover, and hold on. In addition, children viewed and heard how a fire alarm sounds. Moreover, we talked about stopping whatever they are doing and finding the closest teacher for instructions.

Personal Space is another topic with continuous practice and reminders. We remind and talk about this daily and practice how we can ask a peer's permission to borrow a toy or touch shoes or a new toy.

Redwood City Travel Story Time - Toran comes to read books and sing songs every Thursday and will continue to come throughout the summer.

GARDEN

The children enjoy watering & smelling herbs in our garden such as cilantro, peppermint, thyme, and rosemary.

HIGH FIVES FOR HEALTH: NON-FOOD REWARDS

Gust, RD

“Finish your dinner or you won't get dessert.” “If you put your toys away we can go out for ice cream.” “Be good at the grocery store and you can pick out some candy when we leave.” Did your parents use any of these tricks on you? The answer is most likely yes.

Using food and sweets as a reward is a common feat for getting children to behave, but what is it really teaching them?

Children may come to expect sweets when they try new foods or eat all their food. When children are rewarded with sweets or snacks, they may decide that these foods are better or more valuable than healthier foods. They may also begin to use food as a punishment to their parents, refusing to eat just to get attention.

This routine is difficult to change and may continue throughout your child's life causing continuous struggles with food and health.

While sweets are okay sometimes, they should be part of an overall balanced diet and not used in a way that teaches kids to push other foods aside. Children love to be rewarded for good behavior, but mostly, they like recognition from their parents, teachers and caregivers.

Below are five non-food rewards to promote healthier behavior and spend more time with your children.

1. Give children a high five, fist bump, or a hug when they do something kind for someone else.
2. Take children to the park for displaying good behavior in a store or when out shopping.
3. Make a sticker board for chores or tasks completed such as: putting away toys, helping with meals or brushing teeth.
4. Go for a bike ride together when their teacher gives them a good report.
5. Play a game or do an activity outside such as jump rope, hopscotch, or tag when children are open to trying new things.

From Chefables July 2015 Newsletter chefables.com

REMINDERS

- The sun is continues to shine and we are enjoying ourselves outside. Please remember to apply sunscreen at home in the morning before bringing your child to school. In the afternoon, we will reapply. Send a sun hat for extra sun protection.
- Check your child's extra clothes and make sure there is enough and they are the right size!
- As the weather gets warmer, please remember to keep your child's footwear "playground safe." No flip-flops and no croc/croc type shoes. Both types of shoes fall off easily while running and climbing, leading to injury. Your child needs to be able to run, jump, and climb safely!

