



Early Childhood News

Step Up to Quality Program



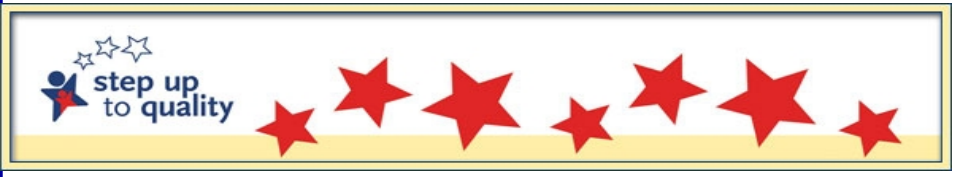
Parents should be proud to know that your child is attending a two and three star rated program whose level of quality exceeds Ohio's child care licensing standards. Early Childhood programs throughout the state of Ohio voluntarily participate in Step Up To Quality and are rated a one, two, or three star by meeting an extensive list of quality benchmarks.

The Piketon site located at the Community Action Agency has been awarded a three star for the second year in a row and the Idaho site has been awarded a two star moving up from a one star last year.

A Step Up To Quality rated program means that your child is in a program where there are lower ratios in the classrooms so staff can have more time giving individual attention to children; have well educated administrators, teachers, and staff who also continue to learn by attending 10 hours or more of specialized training a year; provides a program where employees are supported and treated professionally; a program that has not had any serious risk non-compliance issues; and a program that uses research based information when planning your child's day to support his/her development and learning.

If you would like more information about Step Up To Quality, go to the following website <http://jfs.ohio.gov/cdc/stepUpQuality.stm>.

The Early Childhood Program is honored to have received these awards for its dedication and continuous efforts for children and their families.



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Temper Tantrums

Temper tantrums range from whining and crying to screaming, kicking, hitting, and breath holding. Temper tantrums are equally common between boys and girls and occur between the ages of 1 to 3 years old.

Temper tantrums are a normal part of development and don't always need to be seen as negative. Children don't have the same self control as adults. Toddlers are always trying to master their world and when they aren't able to accomplish a task or get what they want, they turn to venting their frustration. It is common for children to start temper tantrums during their second year of life when acquiring language skills. Toddlers can under-

stand more than they can express or communicate. Imagine not being able to communicate your needs to someone. It can be a frustrating experience that can end in a tantrum. As language skills improve, tantrums tend to decrease.



Toddlers want a sense of independence and control over their environment. This can cause power struggles as a child thinks "I can do it myself." The best way to handle a temper tantrum is to avoid them whenever possible and keep calm. Don't complicate the problem with your own frustration. Here are some other strategies that may help. Make sure

your child isn't acting up because he wants attention. In a child's eyes, negative attention is better than no attention at all. Try to give children some control over little things and offer minor choices. Keep off limits objects out of reach. Distract your child by providing a replacement object or a new activity. Never give in to your child because of a temper tantrum. This will only prove to your child that throwing a tantrum works.

After a temper tantrum, children feel vulnerable when they know they've been less than adorable. Now is the time for a hug and reassurance that you still love him.

Disciplining Your Child

Babies and toddlers are naturally curious, so it is advised to get rid of temptations around the house. When your baby starts crawling toward an unacceptable object, calmly say "No" and remove your baby or the object from the area. Give your baby something to distract him that he enjoys.

Timeouts are effective discipline for toddlers and preschoolers. Children should be told why their behavior is unacceptable and taken to a timeout area for each minute of their age. If your child does not stay in timeout for the time indicated, it is important to take him back to the timeout area even if it takes several times.

After your child has finished his timeout, be sure to ask him why he was in timeout and give him a hug.

Parents should make rules and explain to children what is expected of them before you punish them. For older children who misbehave, taking away a privilege or the use of a favorite item, can be an appropriate punishment.

Parents must be consistent with their discipline throughout their child's growing years for it to be effective. Don't forget to reward good behaviors as well. It is important not to spank, hit, or slap your child of any age. Children are always watching adults. Make sure you are being a good role model for little eyes.

For more information on temper tantrums, discipline, and much more, join our Parent Discussion Group on Wednesday, November 10 from 10-12 at the Idaho site.



Each parent will receive a goody bag and a chance to win a door prize.

The Importance of Bedtime Routines

Children need to have a bedtime routine to develop physically and mentally. Children who do not get enough sleep, do not perform well during the day at school.

Parents should set and follow a bedtime routine daily. If children know ahead of time what the routine is, they are inclined to follow through. Bedtime routines also help parents have some time to wind down after

the children are in bed.

Parents can start by setting a time in the evening for the routine to begin. Parents can have children do their homework or have playtime while you are fixing dinner. After dinner, lay out your children's clothes for the next day and any other needed items. Next, start bath time and tooth brushing. Before it is time for the set bedtime, read a story with your children

and tuck them into bed. Do not allow your children to get up out of bed over and over again. If they do, take them back to their bed even it takes several attempts. This can be very stressful for the parents, but is important to follow through. However, if your child awakes in the middle of the night, go in to comfort them and then leave the room.

New Staff & Parent Drawings

The CAC of Pike County Early Childhood Program would like to welcome the following new employees.

Cassandra Mootz-Bus Monitor

Stephanie Polley-Bus Monitor

Kathy Ginn-Bus Monitor

Maria Garey-Child Care Aide Substitute

Amanda Elliott-Idaho Office Assistant



Parent Drawing Winners

August Parent Winner-Deborah Smith

September Parent Winners-Misty McCoy and Tawanna Scott

October Parent Winners-Robin Dofflemyer and Sarah Short



Parent Activities and Events

- **Parent Meeting** at Idaho 9:30-10:00 Wednesday, November 10
- **No School-Agency Closed**-Thursday, November 11, Thursday, November 25 and Friday, November 26.
- **No School** Wednesday, November 24 and Monday, November 29 for Head Start children. Child Care Open.
- **Policy Council Meeting**-Friday, November 12 and Friday, December 10 at 12:00 noon with lunch being served at 11:30.

Early Head Start Home-Based Socialization

- Wednesday, November 10 from 5:30-7:30 pm
- Thursday, November 18 from 1:00-3:00 pm
- Friday, November 19 from 10:00 am-12:00 noon
- Friday, December 3 from 10:00 am-12:00 noon
- Thursday, December 9 from 5:30-7:30 pm
- Thursday, December 16 from 1:00-3:00 pm.

Head Start Home-Based Socialization

- Friday, November 5 and 19 and December 10 and 17 from 9:30-12:30.
- **No School for Head Start children**-December 22 -31. Classes resume January 4, 2011. Child Care open on all days except December 23, 24, and 31.

CAC: 740-289-2371
Idaho: 740-493-3385
ECFC: 740-289-1681
Eastern: 226-6402
Email: stremy@pikecac.org
CAC website: www.pikecac.org

Lunch Menu

Monday, November 8

Bkft-French Toast, Milk, Juice
Lunch-Fish Square on Bread, Au gratin Potatoes, Peas, Pears, Milk
Snack-Ritz Crackers, Yogurt, Juice

Tuesday, November 9

Bkft-Cheerios, Milk, Juice
Lunch-Turkey, Gravy, Mashed Potatoes, Brussel Sprouts, Oranges, Milk
Snack-Egg Salad Sandwich, Juice

Wednesday, November 10

Bkft-Hash Brown Patty, Toast, Juice, Milk
Lunch-Chili, Crackers, Mixed Fruit, Salad, Cookie, Milk
Snack-Soft Bean Taco, Juice

Thursday, November 11

No School-Agency Closed-Holiday

Friday, November 12

Bkft-Kix Cereal, Milk, Juice
Lunch-Pulled Pork on Bun, Baked Beans, Cole Slaw, Applesauce, Milk
Snack-Goldfish Crackers, Juice

Monday, November 15

Bkft-Wheaties Cereal, Milk, Juice
Lunch-Pot Roast, Roll, Potatoes/Carrots, Celery/Onions, Banana, Milk
Snack-Yogurt, Pears, Milk or Water

Tuesday, November 16

Bkft-Waffles w/Fruit Spread, Milk, Juice
Lunch-Cheesy Ham & Mac Bake, Bread, Tropical Fruit, Carrots, Cookie, Milk
Snack-Ham Sandwich, Juice

Wednesday, November 17

Bkft-Golden Graham Cereal, Milk, Juice
Lunch-Baked Chicken Leg, Muffin, Sweet Potatoes, Green Beans, Pears, Milk
Snack-Tortilla Fruit Roll Up, Milk

Thursday, November 18

Bkft-Wheat Toast, Bioled Egg, Milk, Juice
Lunch-Sloppy Joes, Corn, Hash Brown Casserole, Pineapples, Milk
Snack-Cheerios, Milk

Friday, November 19

Bkft-Wheat Toast, Juice, Milk
Lunch-Turkey & Gravy, Mashed Potatoes, Broccoli, Fruit Cocktail, Milk
Snack-Very Berry-licious Smoothies, Cookie

Monday, November 22

Bkft-Wheat Toast, Milk, Juice, Oatmeal
Lunch-Ravioli, Bread, Cauliflower, Salad, Applesauce, Milk
Snack-Waffles, Milk

Tuesday, November 23

Bkft-Cornflakes, Juice, Milk
Lunch-Fish Square on Bread, Baby Bakers, Beets, Peaches, Milk
Snack-Pumpkin Banana Shake, Teddy Grahams

Wednesday, November 24

No Head Start or ECE Classes-Child Care Open
Bkft-Peaches, English Muffins, Milk
Lunch-Johnny Marzetti, Biscuit, Mixed Vegetables, Mixed Fruit, Milk
Snack-Vanilla Yogurt, Fruit, Milk or Water

Thursday, November 25 & Friday, November 26

No School-Agency Closed-Holiday

Monday, November 29

No Head Start or ECE Classes-Child Care Open
Bkft- Rice Chex Cereal, Milk, Juice
Lunch-Mac & Cheese w/Chicken, Bread, Broccoli, Applesauce, Milk
Snack-Cheese, Crackers, Juice

Tuesday, November 30

Bkft-Cheese Omelet, Toast, Milk, Juice
Lunch-Beef Stew, Biscuit, Cole Slaw, Banana, Brownie, Milk
Snack-Applesauce, Oatmeal Cookie, Milk or Water

