



What's happenin' at CDC-PCC?

When raising children, remember the days are long but the years are short.

-Unknown

DATES TO REMEMBER

Month of March – Supper Thyme Fundraiser



- ♥ We, at Supper Thyme, will shop, chop, and provide the recipes and ingredients. You assemble your meals in our kitchen and we do all the clean up! Take your meals home to bake at your convenience– Save time and money while you bring dinner back to the table again...
- ♥ **For every family who purchases a meal package at Supper Thyme USA, Long Beach, during the months of February and March, LBCC Child Development Center will earn cash back.**
- ♥ Register online at www.supperthymeusa.com (use promo code LBCC CDC)
- ♥ Bring your family back to the dinner table this year...help yourself, help your family and SUPPORT LBCC Child Development Center.
- ♥ Visit us online or contact us: 562-598-4900 8125 East Wardlow Road, Long Beach (Near Los Alamitos High School (T.J Maxx/Kick It Up! Shopping Center))

Friday, March 14 – SNOW DAY

- * The CDC's WINTER WONDERLAND will be held on the northeast side of the building. Bundle up in your snow boots and mittens.....come play on the preschool-sized sled run *and* with a real snowman.
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|---------------------|--------------------|
| Pod D – Room 1 | 8:30 – 9:15 a.m. |
| Pod D – Room 2 | 9:15 – 10:00 a.m. |
| Pod D – Room 3 | 10:00 – 10:45 a.m. |
| Pod C – Rooms 1 & 2 | 10:45 – 11:30 a.m. |
- * Snow Day is for children and adults parent/students enrolled at CDC-PCC ONLY. Our insurance will NOT cover non-enrolled adult parent/students, siblings, friends, etc.
 - * Paid for with Spring 2008 Activity Fees.



Friday, March 21 – SPRING CLEANING DAY AT THE CDC



- Help keep the CDC-PCC beautiful and earn parent hours at the same time!
- Please come in between 8:00 AM – 2:30 PM and help the CDC staff clean, organize and beautify our environment.
- *Coffee, juice and snacks will be provided.*
- Child care will only be provided for children already enrolled on Friday mornings, between 7:00 – 11:30 a.m. This is an adult work day. Due to safety and liability concerns, please make alternative care arrangements for your children.

Monday, March 24 – Friday, March 28 – SPRING BREAK – No School

*Friends are quiet angels who lift us to our feet
when our wings have trouble remembering how to fly.*

- unknown





Ideas from FAMILY FUN, March 2007 and April 2007

● **SANDWICH ON A STICK**

How do you turn a sandwich into a fun snack? Make it a "stick-wich"! Cut up cubes of bread, cheese, and lunch meat (we ordered ½ inch thick slices of ham and turkey at the deli counter). Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive. Set out a side of mayo or mustard for dipping.

● **INDOOR SHAMROCK SEARCH**

A four-leaf clover hunt can be the highlight of St. Patrick's Day. "Plant" a patch of construction paper shamrocks on the living room floor (you can laminate them to reuse from year to year). Most of them have three leaves, but a few are lucky four-leaf clovers. Each child must find one four-leaf clover before he/she can collect a pot of gold: a dish of gold foil-covered chocolate coins.

● **TABLETOP PHOTO GALERY**

To dress up a beat-up old card table, cover it with photos that did not make the cut for the family scrapbook, then cover them with Mod-Podge. The table turns out great and takes you on a fun walk down memory lane each time you take it out to play games.

● **APRIL FOOLS – Faux French Fries**

On this April Fools' Day, pull a fast one (or better yet, a *fast-food* one!) on your kids by replacing a classic salty snack with a little something sweet: sugary French fries. Begin by unrolling the dough and separating the breadsticks. Use kitchen scissors to cut them into ¼-inch wide sticks. Roll all the sticks in sugar, then bake them on a cookie sheet according to the package directions or until golden brown (ours took about 8 minutes). Leave them on the tray until they're cool. Make this mix-up even more fun by putting the fries in a fast-food fry sleeve and serve them with a side of "ketchup" (jam whisked with a fork to a smooth consistency).

"A perfect parent is a person with excellent child-rearing theories and no actual children."

Ten Tips from Research

From ExchangeEveryDay, 01/11/2007

In her article, "Using Early Childhood Brain Research," in the **Beginnings Workshop Book, Curriculum: Brain Research, Math, Science**, Nina Sazer O'Donnell included a chart listing ten tips for parents and caregivers based on a research review prepared for Rob Reiner's "I Am Your Child Campaign". Here is a shortened version of the ten tips...

1. Be warm, loving, and responsive.
2. Respond to the child's cues and clues.
3. Talk, sing, and read to children.
4. Establish rituals and routines.
5. Encourage safe exploration and play.
6. Make television watching selective.
7. Use discipline as an opportunity to teach.
8. Recognize that each child is unique.
9. Choose quality child care and stay involved.
10. Caregivers need to take care of themselves.



The **Beginnings Workshop Book, Curriculum: Brain Research, Math, Science**
Authors: Nina Sazer O'Donnell, David Elkind, Karen Stephen, Ann Epstein and Pam Schiller



**The Long Beach City College
Child Development Associates
presents
A PROM THROUGH THE AGES
Saturday, April 12, 2008 at 6:00 p.m.
Dinner, Dancing, Silent Auction and Opportunity Drawing
Holiday Inn, Long Beach**

IF YOU GIVE A MOM A MUFFIN

If you give a Mom a muffin,
She'll want a strong cup of coffee to go with it.
She'll make herself some.
Her three year old will spill the coffee.
She'll wipe it up.
Wiping the floor, she'll find dirty socks.
She'll remember she has to do laundry.
When she puts the laundry in the washer, she'll trip over boots and bump into the box of Goodwill items.
Bumping into the Goodwill items will remind her she has to get these boxes in the car and out of her basement.
When she puts the boxes in the car, she'll find a bag of groceries and this will remind her she has to cook dinner.
She will get out the chicken defrosting in the fridge.
She'll look for her cookbook (101 Things to do with Chicken).
The cookbook will be sitting under a pile of mail.
She will see the Netflix movie she's meant to mail and the preschool bill, which is due tomorrow.
She will look for her checkbook.
The checkbook will be in her purse that is being dumped out by her one year old.
She'll smell something funny.
She'll change the baby's diaper.
As she finishes up, she'll realize she brought the hand sanitizer down to the kitchen.
While she is throwing away the diaper and searching for the hand sanitizer, the phone will ring.
Her three year old will answer and hang up.
She'll remember she wants to phone a friend not for coffee but a very strong drink.
Thinking of drinking will remind her that she was going to have a cup of coffee in order to stay awake for the rest of the day.
And chances are.....
If she finds her cup of coffee (which she has to reheat by now), her kids will have eaten the muffin that went with it.



Using Praise Effectively

From ExchangeEveryDay, 04/30/2007

In her **Exchange** article, "Fortune Cookie Philosophy: Using Motivation Effectively With Young Children," which forms the basis for the latest **Out of the Box Training Kit**, Tricia Kruse examines how to use praise effectively in motivating young children. She quotes one D. L. Martin who observes, "Praise can actually lessen self-motivation and cause children to become dependent upon rewards. Praise may be useful in motivating children to learn by rote, but it may actually discourage problem solving."

Following up on this, Kruse notes, "Effective praise...takes thought and is individually tailored to each child. For example, 'Can you tell me how you made this color blue?' The comments are specific to each child's action or creation, whether it is a block structure or a way they moved their bodies to music. An easy way to change from ineffective to effective praise is to change from saying 'I' to 'you'. Rather than saying 'I like' or 'I think' which offers the adult's opinion, try saying "You painted the whole paper!" or 'You jumped on one foot!' This adjustment creates a specific comment that allows the children to respond with their own remarks and to evaluate their own work, if they wish."

Wonder is the beginning of wisdom.
Greek Proverb

FREE PLAY

This news is hot off the press and maybe something that will interest you. You may also listen to a podcast, if interested. <http://www.npr.org/templates/story/story.php?storyId=19212514>

See above for 7 whole minutes on the importance of children's free play in building "self-regulation" skills – the best predictor of school success to date. Tips for appropriate play activities are offered, too!



Happy Birthday

Vanessa Washington – March 3rd
Markesha Taylor – March 5th

Please stop by Pod D's Garden
to see the
FAIRY HOUSES
Design Team: CDC children

