

# EHS

# NEWSLETTER

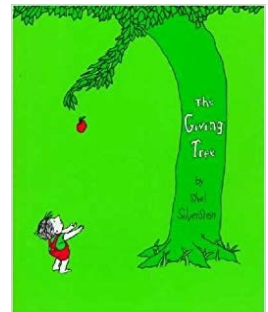
# MARCH 2019



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## What are “Transitions” and can they be so hard.

In Early Childhood, the word “transitions” means when children have to move from one activity to another. As an adult, this might not seem like a big deal, and we wonder why it’s so hard on children. One reason it’s easier as an adult, is we know what is happening, and often we are the one who made the decision to change activities. So you might be hanging out in the living room while our child plays on the floor. You look at the clock and think, “I need to leave in half an hour”. Then you might mentally prepare for what you need to do in the next half hour. You might think, “I need to change the baby’s diaper, grab some snacks for the road, charge my phone for a few minutes, and feed the cat”. You think about what you do next, so you are prepared for the transition. After you pack some snacks, charge your phone, and feed the cat, you pick up your child from the floor where they are playing with plans to change their diaper and go to the car. Somewhere during that transition, either when you picked your child up from the living room floor, or when you were changing their diaper, or as you were putting them in a car seat, your child may have gotten upset. They might have fussed just a little, or they may have a full blown tantrum. And as a parent we might think “what is the big deal”?



*MARCH READ!*

*Book of the Month*

*Kid Approved!*

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One thing you can do to help your child is to talk them through transitions. Sometimes we make the mistake of assuming that because our children don't talk, they also don't understand. But if we talk to them as we are planning what's going to happen next then they will learn what is happening. So if we say "I'm going to feed the kitty then we are going to go bye bye" your child will hear "bye bye" and begin to understand that it's almost time to go. Or, if you have a box that you keep toys in, and when it's almost time to clean up and stop playing you put the box on the living room floor next to where they are playing and say "it's almost time to clean up" then they will learn that when the box comes out it's soon going to be time to be done playing. If you start these routines when children are very young, even if they are too young to understand, and too young to pick up their own toys, they will start to learn the routine.

At Starpoint Children's Services we use the Creative Curriculum. The folks at Creative Curriculum know that transition can be hard on children. If a transition is hard on one child at home, imagine a classroom of children. The curriculum plans for this through some fun activities called Mighty Minutes. For different ages they suggest transition activities that can help children manage transitions, and even make them fun. Making a transition fun for a child helps to make an everyday task, such as going to the car, a little more fun for a child. And when a child is having fun, life is easier on parents. Here are a couple of examples of Mighty Minutes. They are simple, fun activities that you can do with young children. You may have a few of your own. You may already have a few fun transition activities of your own. I've seen a Dad who carries their child to the car by holding them like they are flying to the car, and they make airplane noises. This is fun for the child and the parent. I've seen a parents at SPIN who always have their children say "hello" and "goodbye" to the fish at the front desk. I've seen a parent who always sits down and draws their child a picture at drop off and the child puts the picture in their cubby. Can you think of things that you can do with your child to help them through transitions? We would love to hear your ideas.

"These things are fun, and fun is GOOD". Dr. Suess

Jody Berg

# Silly Animal Walk

# 02

## Objective 4

### Demonstrates traveling skills

Related Objectives: 1b, 2a, 5, 8a, 11a, 11b, 14b, 36

## What You Do

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**1. During transitions between activities, invite children to copy you as you move like an animal. Use the following instructions as you demonstrate each movement.**

Let's pretend to be puppies today.

Let's crawl around and pick up all the toys.

*[Use for cleanup time.]*

Let's pretend to be big hairy apes and walk to the door on all fours. *[Use for going outdoors.]*

Let's march like horses. *[Use for waiting in line.]*

**2. Hold infants in your arms and point out other children's actions.** "Do you see Marcus? He's pretending to be a cat."

## Policy Council News

On February 11, 2019 the Policy Council meeting was called to order by our Chair, Tanya White. The meeting was held at the Family Center and everyone was present. Minutes were approved from the meeting in January and new business presented. Financials were discussed by Jeff Corron, he brought an up to date overview of the last 12 months. The Board Report for October was given by Sherrie Walker, we are fully enrolled in Early Head Start and the credit card purchases were really low for the month. We also discussed adding two more people to our team. Ballots will go out next week. So make sure and vote. Policy Council must consist of 51% of parent representatives.

The next Workshop will be held on March 6, 2019 (Life Hacks) hope to see you there. Sadie Swisher will be the presenter.

Our next Policy Council Meeting will be held on March 11, 2019 at 5:30 p.m. Also during this time we will have a visitor from the Region VIII Specialist, Anne Keire.

The logo for "Life Hacks" features the words "life" and "hacks" stacked vertically in a bold, lowercase, sans-serif font. The text is black and is set against a bright yellow rectangular background.

**Come join us for a fun afternoon discussing  
and creating life hacks!**

**Wednesday March 6, 2019 from 12pm-2pm.**

**Lunch and childcare will be provided.**

**Call Sadie to reserve your spot-275-0550**


Let's talk ...about transitions

Most of us are happiest when we are able to have predictable routines and consistency in our lives. We also know that there are times when routines get interrupted or things do not go quite as planned. Consistency and routines are also important for our children. If something is going to be different in terms of who will be picking your child up from childcare or preschool, or when they will be picked up, it is important to prepare little people or changes in routines or plans by talking about them.

If you are not going to be the one picking your child up after childcare or preschool, talk to your child about who will be picking them up and when. You may want to let the teacher know as well so they can also talk with your child about the plan and provide support for the transition. Little people like to know what is going to happen and talking to them about changes in plans can help them adjust without getting upset.

Heather Zimmerman



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Watch a good movie and snuggle	2 Build with blocks or objects around the house
3 Paint with shaving foam or paint!	4 Play band with pots and pans as drums	5 Socialization 11am Family Center Beef enchilada casserole, mixed veggies, apple slices, milk	6 Workshop 12pm-2pm Lunch & Child-care is provided Tuna Noodle Casserole, peas, mixed fruit, milk	7 Write a thank You card for someone who did something nice for you!	8 Go to a Garage Sale	9 Race with your child!
10 Hug your child 5 times more today	11 Policy Council 5:30pm Chicken salad sandwich w/cranberries, cucumber slices, mandarin oranges, milk	12 Read a book together.	13 Read a story have children close their eyes while you read	14 Do a simple act of kindness!	15 Try a new food with your child	16 Color together
17 Make something green! 	18 Family Center closed!  Spring Break!	19 Family Center closed!  Spring Break!	20 Family Center closed!  Spring Break!	21 Family Center closed!  Spring Break!	22 Family Center closed!  Spring Break!	24 Watercolor
24 Go on a picnic	25 Pop Popcorn!	26 Socialization Family Center 11am sloppy joes on bun, corn, orange slices, milk	27 Try a new Recipe!	28 Tell your child funny jokes!	29 Eat ice cream	30 Read!
31 Make a garden plan						