

Save the Date:
2nd Annual Children's Services



STEAM
FAIR

Saturday, June 15, 2019
@ 1339 Elm Avenue
Cañon City
Call Kathy - 719.275.0550

Bright by Three
Now offers Bright by Text option
Information and resources
delivered to your phone...

Register at brightbytext.org



ENGAGE. DEVELOP. LEARN.

Early Head Start and First Steps
Parents as Teachers home
visitation programs currently
have openings. For more
information or to enroll please
call Sherrie Walker at
719.275.0550 x218



Fairy Tale Night
Thurs, Apr 4 6-7 pm
@ SPIN 1339 Elm Avenue
719.275.0550

WHAT'S HAPPENING - - - -

Want to take in some local art? First Friday Art walk every month in Canon City. Second Saturday Art Walk every month in Florence.

Family Center Playgroups meet every Thursday morning from 10:00 -11:00.

Car seat checks are available by appointment. Call 719.275.0500 to find out more.

The Arkansas Riverwalk is open daily from sunrise to dusk and offers 7 miles of beautiful trails along the river. A great place to share with your child. Check the website for more on the trail: www.ccrec.org

The BUS—Second Friday's at the Penrose Park from 2-3...resources and more.

Other things to see and do: Fremont Center for the Arts, Colorado Museum of Prisons, Cañon City Library story times

This Newsletter,
Family Center
Services
& Programs
brought
to you by:



Family Resource
Center Association



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"?

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 is an example 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. ~Jody Berg

Bounce, Bounce, Bounce **30**

Objective 35
Explores dance and movement
concepts

Related Objectives: 1, 3, 4, 5, 8, 11, 14, 15, 34, 36

What You Do

- 1. Sing to the tune of "Row, Row, Row Your Boat."**
- 2. Use the children's ideas for movements and incorporate them into the song, e.g., bounce, dance, twist, turn, march, kick, or fly.**

Bounce, bounce, bounce around
Bounce around the floor.
Bouncing, bouncing, bouncing, bouncing
More and more and more.

Fly, fly, fly around
Fly around the floor.
Flying, flying, flying, flying
More and more and more.