



community connection

January 2012

Special point of interest: Read about our NEW Food Service Ingredient & Nutritional Information Binder on page 3.

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CLOSURE DATES

**JANUARY 16:
MARTIN LUTHER
KING JR. DAY**

The Ohio State University

What's New in the New Year?

With the New Year looming we posed the question to our teachers..."what's new in your classroom?" From learning to walk (through paint no less!) to writing their own stories, the children and staff at the Child Care Program have a lot going on this year! We are delighted to share and celebrate some of their activities in this issue.

BI Infants... are exploring painting with different types of "tools"...including their feet! This art-turned-sensory activity also offered opportunities for motor development (creeping, walking, balancing) and cognitive skill building (cause/effect, problem-solving).



In C7 toddlers the children are busy exploring new dramatic play accessories, especially the baby strollers. In stark contrast, they are also interested in anything that roars, snarls or growls...especially if it has sharp teeth (watch out babies!).



'More than paint brushes' is the emerging art project in 160 Older Infants. The children are exploring art and painting with different objects in their environment including leaves, tree branches, pine cones and "the flowering parts from the bushes on our playground!"

The LION KING rules in A6 toddlers! An interest in dressing up, particularly in a lion costume, brought to light the children's interest in the Lion King. So much interest that a child was witnessed "holding a stuffed animal high in the air to show the other 'animals', who were bowing on the floor, the new baby lion!"



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From Amy & Jean



Amy Brandon
Associate Director



Jean Dodson
Associate Director

Happy New Year! We are excited to bring this first 2012 issue of the Child Care Program's newsletter to you, sharing some of "what's new" at the Child Care Program.

One new thing is this column. As you know, CCP Director Maggie Spangler's last day was Friday, December 30th and we wish her well in all her future endeavors. During the interim, we have "taken over" this portion of the newsletter to share information, and celebrate our work as the year unfolds.

At the Child Care Program, we have long held the belief that change is opportunity. In this case, we are excited for the opportunity to work more closely with the administrative staff in both of our facilities and support OHR

as the process for hiring a new Director moves forward. We are also looking forward to a future full of opportunities to build new relationships, learn from new people and discover what we cannot yet imagine.

We will be communicating updates about the new Director search to you via email and in the newsletter. If you have questions at any time regarding the search or other topics, please do not hesitate to get in touch with us:

Amy—abrandon@hr.osu.edu

Jean—jdodson@hr.osu.edu

Read on for more of what's new at the Child Care Program and thank you for interest and support~

Healthy Child, Healthy Parent Series

We are pleased to announce a new educational series coming this year! "Healthy Child, Healthy Parent" is a series of four workshops bringing expert speakers to the Child Care Program to share their knowledge and assist families in the challenging work of child-rearing. All parents, guardians and interested family members across the university are welcome to join us.

The Brain and Behavior

Tuesday, February 7

4:30 - 5:30pm

Megan Hemmeler, PhD, owner of Brain & Behavior Consulting

Join us for a fascinating introduction

to brain functions and how they guide behavior. Build a foundation for providing more effective guidance and discipline for the children in your life.

Easy, Healthy Snacks for Kids

Tuesday, March 13

4:30 - 5:30pm

Jenny Anderson, R.D., L.D., OSU Health Plan Dietician

Wondering how to provide more nutritious snacks that your children will eat? Come to this demonstration by a registered dietician and find out how fixing healthy, appealing snacks can fit into your busy schedule.

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Food Service Ingredient & Nutritional Information Binder

In the November issue of our newsletter we shared information about the recent changes to the program's menu. Over the past couple of months we have been adding some new selections including whole wheat breads, more varied breakfast items and an increase in diversity of food choices. And as of the January 2012 menu, all of the new food options are in place!

Along with the new menu, an electronic version of our Food Service Ingredient & Nutritional Information binder has been created and posted on our website to allow for greater access. To facilitate navigation of the binder, each daily menu (breakfast, lunch/

supper, snack) has been numbered 1 through 20, and will be served in a continuous rotation.

The binder is formatted as follows:

- Meal pattern requirements
- 20 meal rotation lists
- Ingredients & nutritional information for:
 - Beverages
 - Condiments
 - Breads & Rolls
 - Menus 1—20

Links to the menu and the binder are below.

<http://hr.osu.edu/childcare/menu.pdf>
<http://hr.osu.edu/childcare/Foodservicebinder.pdf>

Kindergarten Meetings

Have a child who will be a new kindergartener this coming fall? Two programs will be held in January and February for parents interested in learning about Kindergarten.

Donna Swaneck, MA, Child Care Program Kindergarten Teacher, will be presenting information on kindergarten readiness on Thursday, January 12 and the OSU curriculum philosophy on Wednesday, February 1 and Thursday, February 2.

Kindergarten Readiness: This program is appropriate for parents of children entering Kindergarten at any school. Donna will share information on the skills and abilities that help children feel successful during their Kindergarten experience. The program will be

held on Thursday, January 12 from 5:00 - 5:45 at Ackerman Road.

OSU Kindergarten Information: Parents considering enrolling their child in OSU Kindergarten in the fall are encouraged to attend one of two information meetings. Both meetings are open to families enrolled at either program facility. Donna will discuss the curriculum philosophy of the Child Care Program's Kindergarten. Children who are five years old by September 30 are eligible to attend OSU Kindergarten. Kindergarten applications will be available at the information meetings and distributed to families with age-eligible children who do not attend one of the meetings via classroom mailboxes on Friday, February 3.

KINDERGARTEN MEETINGS

KINDERGARTEN READINESS

Thursday,
January 12
5:00-5:45pm
Ackerman Road

KINDERGARTEN INFORMATION MEETINGS

Wednesday,
February 1
5:00-5:45pm
Buckeye Village

Thursday,
February 2
5:00-5:45pm
Ackerman Road

Did You Know?

New Year's Resolutions for Parents start from within

~By Chick Moorman and Thomas Haller

ABOUT THE AUTHORS

Chick Moorman and Thomas Haller are the authors of *The Only Three Discipline Strategies You Will Ever Need: Essential Tools for Busy Parents* and *The 10 Commitments: Parenting with Purpose*. They also publish a FREE e-mail newsletter for parents and another for educators. Subscribe to them when you visit www.personalpowerpress.com.

I resolve to parent like no one else so my children can grow up to be like no one else.

I resolve not to teach my children to have a happy productive life, but rather to help them choose a happy, productive day.

I resolve to help my children appreciate that there is no such thing as failure, only temporary results that they can use as feedback to determine their next step.

I resolve to parent in a way that demonstrates that I believe the only authority children take with them everywhere they go is their inner authority.

I resolve to allow my responses to my children to reflect a knowing that some lapses in self-control are developmentally appropriate. I will remember that they behave in certain ways because they are five or eight or fourteen years old.

I resolve to parent in a way that reflects my belief that the process is as important as the product.

When I am stumped and don't know how to respond to one of my children, I promise to ask myself, "What would love do now?" I also intend to listen internally for an answer.

I resolve to recall that I can choose to see any parenting situation differently from the way I have been seeing it. I will remember that perception is always a choice.

I resolve to relax, while remembering that relaxing does not mean resigning.

I resolve to parent as if I believe that a child's I AM (I am athletic, I am creative, etc.) is more important than his or her IQ.

I resolve to "be" the change I wish to see in my family.

I resolve to talk less and listen more.

I resolve to make myself dispensable and assist my children in becoming increasingly in charge of themselves and their own lives.

I resolve to recognize that my children are in my life as much so I can learn from them as they are so they can learn from me. I will be open to the lessons my children offer me and honor them for helping me learn and grow.

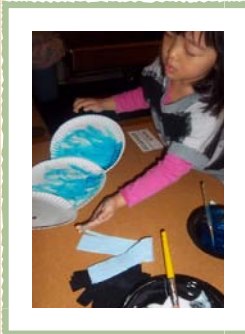
I resolve to become an uncommon parent by implementing the resolutions above.

Learn to parent like no one else
so your children can grow up
to be like no one else.

To read more visit Uncommon Parenting at <http://www.uncommon-parenting.com/>

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The drama continues in A4 except this time it's fairy tales. Princes, princesses, castles & forts.

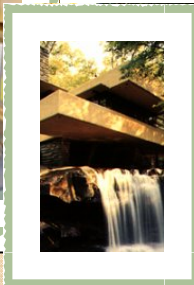


But the winter season has not gone unnoticed either evidenced by their creative masterpieces of snowmen and snowflakes.

The 5 senses are top on the list of interests in B6 toddlers. Texture boards, sensory shakers, smelly jars and homemade kaleidoscopes to name a few experiences. Oh, and who can resist peppermint and coffee play-dough?

Do you like Green Eggs and Ham? Preschool room 135 does. Well, they like the story. Not sure about the food. But they are planning to find out when they cook up some eggs and ham soon. And eat them in a box, in a boat...

B2's focus on literacy has the children penning their own stories. In demonstration of how spoken and written words connect, the children were given the beginning of a tale and asked to create the middle and end. The story begins: "Two children go into the woods and get lost on a path. Around the corner comes..." (find out what happens in the box at right).



Three boys and some blocks. What started as a structure made of hollow blocks and unit blocks became a replica of one of architect Frank Lloyd Wright's most widely acclaimed works, a house named "Fallingwater". When you work this hard to build it up the question is...do you knock it down?

**"... a lion. He went RAAAAAAAAAAAAA
AARRRRRRR! He's big and scary!
After he fall down he fight a bat. The bat's going to
SSSSSCCHHH-
HEWWW.
Chelsea is a dinosaur and goes SKA SKA SKA.
The kids run to the lion. The lion eats the kids and falls down. He is having a quiet time with lights off. His eyes are closed and he sleeping."**



2012 HOLIDAY & CLOSURES CALENDAR

JANUARY 2

New Year's Day

JANUARY 16

Martin Luther King Jr.
Day

MARCH 16

Professional
Development Day

MAY 28

Memorial Day

JULY 4

Independence Day

AUGUST 10

Professional Development
Day

SEPTEMBER 3

Labor Day

NOVEMBER 12

Veteran's Day

NOVEMBER 22

Thanksgiving Day

NOVEMBER 23

Columbus Day
(observance)

DECEMBER 24

President's Day
(observance)

DECEMBER 25

Christmas Day

Customer Service Awards

Lauren Licata: Krista, Colby and Jill nominated Lauren, a program Teaching Aide, for being such an asset to room A1. "Lauren is reliable, confident and capable of caring for our children and communicating with parents. We are lucky to have her as part of our team. Thank you for all you do Lauren!"



To recognize a member of our child care community for demonstrating outstanding customer service, please email Amy Brandon at abrandon@hr.osu.edu or complete a nomination form available in our program offices.

...Series

(Continued from page 2)

Motor Development in Young Children

Monday, April 2

4:30 - 5:30pm

Dr. Jackie Goodway, School of Physical Activity and Educational Services

Motor skills don't just develop naturally in children. Find out how to increase your child's interest in sports and exercise throughout life by supporting the movement ABC's during early childhood.

Reconnecting Children with Nature

Thursday, May 3

4:30 - 5:30pm

Betsy Loeb, Action for Children

Research indicates that children, and adults, need more time outdoors to ensure healthy development. Join us to find out more about the many ways to bring nature and outdoor play into children's lives.

All programs are free of cost and will be held at The Ohio State University Child Care Program, 725 Ackerman Road. To register please visit the Training section of the Office of Human Resources' website at <http://hr.osu.edu/training/additionaltraining.aspx> or call 292-2800.

PROGRAM DIRECTORY

<http://hr.osu.edu/cc/home.htm>

Phone 292-4453

Fax 292-4030

General Inquiries: Call or stop at the front desk of either building, or email childcare@hr.osu.edu

Associate Director - Ackerman Road: **Amy Brandon**-abrandon@hr.osu.edu

Associate Director - Buckeye Village: **Lea Ann Hall**-lhall@hr.osu.edu

Family Services Coordinator: **Jean Dodson**-jdodson@hr.osu.edu

Business Operations Manager: **Tamara Daniels**-tdaniels@hr.osu.edu

Infant Age-Level Specialist: **Gay Metz**-gmetz@hr.osu.edu

Toddler Age-Level Specialist: **Paula Young**-pyoung@hr.osu.edu

Preschool Age-Level Specialist: **Kathy McNutt**-kmcnutt@hr.osu.edu

Human Resource Coordinator: **Thea Sheppard**-tsheppard@hr.osu.edu