



## community connection

February 2010

Special point of interest:  
Read about how you can assist CCP staff in ensuring the Ackerman Road facility is equipped for the future on page 5.

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The Child Care Program will be closed on:

**FEBRUARY 26:  
PROFESSIONAL  
DEVELOPMENT DAY**

### The Ohio State University

## Brothers and Sisters

What are the factors that influence your child's personality and other attributes? Two major influences are at work: *nature* (genetic factors, heredity) and *nurture* (experience). These interact with each other in ways that are particular to each child. To better understand the similarities and differences among siblings, let's look at both of these factors more closely.

### Nature

Because of heredity—the biological or genetic influences of the same two parents on each child—parents might expect their children to be alike. But overall, children have only about a fifty-fifty chance of developing any particular inherited trait (physical appearance, personality, intelligence, aptitudes, health), and even when these traits are present, they can vary.

For instance, researchers have found that siblings tend to be more similar in their physical characteristics than in their likelihood of developing the same diseases. Also, while siblings may resemble one another in their intellectual aptitude and other psychological characteristics early in life, these similarities generally diminish by adulthood, while differences become more pronounced. Even in childhood, siblings with similar levels of intelligence may differ in their school achievement, since academic

success can be strongly affected by the different life experiences of each child.



### Nurture

Nurture (or experience) refers to the nonhereditary influences on your child's development. They include social factors such as relationships with siblings, peers, parents, and other adults, as well as environmental influences like illnesses, accidents, nutrition, and cultural experiences. Other forces come into play as well, including your child's perceptions of herself and others, past experiences, self-expectations, and the expectations others have of her.

Siblings share some experiences but have many others that are not shared. While shared experiences generally contribute toward similarities, even a shared experience may affect each child differently. And since most experiences are unshared, they contribute to differences between children, too.

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## Director's Corner By Maggie Summers



**Maggie Summers**  
Program Director

### "LOVE-LY" BOOKS TO SHARE

Everyone Says I  
Love You  
*Beegee Tolpa*

All the Places to  
Love  
*Patricia  
MacLachlan*

On Mother's Lap  
*Ann Herbert  
Scott*

Love You Forever  
*Robert Munsch*

The I Love You  
Book  
*Todd Parr*

Mama, Do You  
Love Me?  
*Barbara M. Joose*

The Runaway  
Bunny  
*Margaret Wise  
Brown*

When I was a child, because both my parents were teachers and working away from home during the week, Saturday was the day to catch up on household chores. There was plenty of bedroom cleaning, vacuuming and dusting to go around, except for the lucky one of four children whose turn it was to accompany Mom to town.

Because we didn't have a washing machine at home, we went to town to do the laundry for all six members of my family at the laundromat. It doesn't get much better than huge, coin-operated dryers and the smell of fresh laundry! But the best part was when my mom and I would play "Battleship" with nothing but two sheets of graph paper and pencils while we waited for the clothes to dry.

After the laundry, we would go to the grocery store. I remember well the thrill of knowing that it was my turn to choose the breakfast cereal for my family for the week. And, if all went well, Mom would buy a York Peppermint Patty in the checkout line and we would share it while we talked on the long drive home.

The reason these are such wonderful memories is that each of these small, ordinary moments with my mom made me feel special and loved. In this season of valentines, remember that it's the time you spend with children, not the gifts you buy, that shows them how you feel. Try one of these completely free (or really cheap) ways to

say "I love you" to your child:

- Play with your child entirely at her direction.
- Take a walk together - at your child's pace.
- Invite your child to help you with what you're doing.
- Cook something together.
- Give a foot massage.
- Send your child a handmade card in the mail.
- Hold a "Candyland" (or other favorite board game) tournament.
- Have a dance party.
- Tell your child that you love him - often.
- Make up a new way of kissing - like rubbing noses.
- Make silly faces together in the mirror.
- Build a fort and snuggle up with a favorite book.
- Take a nap together.



Whatever you choose, enjoy each other's company and have a "love-ly" February!

## Q and A

*When will we hear about the parent interest survey results?* Recently program families were invited by e-mail to give input regarding future parent programs. The survey response was great! Over 100 parents indicated their preferences for the following health topics:

- Ears, nose and throat
- Physical Fitness

- Screen Time
- Speech and Hearing
- Vision

Physical Fitness and Screen Time were the topics of greatest interest. Watch for information on programs related to these topics in next month's newsletter. Thank you for helping us plan programs that are most relevant to you!

## Community Events for Families

### *Franklin County Family Empowerment Day*

The Franklin County Child Support Enforcement Agency in partnership with the Columbus Urban League and the Impact Community Action Agency will hold its 2010 *Family Empowerment Day* event at the King Arts Complex located at 867 Mt. Vernon Avenue on Wednesday, February 17 from 2:00-7:00pm.

This outreach effort, which is free and open to the public, is being planned to empower and reconnect families throughout Columbus and Franklin County. Franklin county CSEA has collaborated with partners, including Nationwide Children's Hospital, Ohio Commission on Fatherhood, Chase Bank and First Link, to offer assistance with child support issues for all parents and caretakers.

- Employment services
- Positive Parenting classes
- Seek work programs

- Information on paternity testing
- Driver's license reinstatement
- Community and social service referrals

In addition there will be free parking, food, door prizes!

Questions? Interested in participating? Please contact Glenn A. Harris at 614-372-2341 or email at [GHarris@cul.org](mailto:GHarris@cul.org).

### *Columbus City Schools Fair*

Columbus City Schools (CCS) will hold an Elementary School Fair on Tuesday, February 9 from 6-9pm at the Arts Impact Middle School, 680 Jack Gibbs Boulevard. The district hosts the information fair to showcase school programs and offerings and the overall School Choice lottery process. Families can learn more about their neighborhood school as well as alternative schools at the fair.

### REMINDER-KINDERGARTEN INFORMATION MEETINGS

*Wednesday, February 3*  
5:00-5:45pm  
Buckeye Village

*Thursday, February 4*  
5:00-5:45pm  
Ackerman Road

Children who are five years old by September 30 are eligible to attend our Kindergarten. Applications will be available at the meetings and distributed via classroom mail-boxes on February 5. Parents considering enrolling their child in OSU Kindergarten in the fall are encouraged to attend one of the meetings. Both meetings are open to families enrolled at either program facility.

## Did You Know?

### *Doctors, and Shots and Needle Pricks, Oh My!*

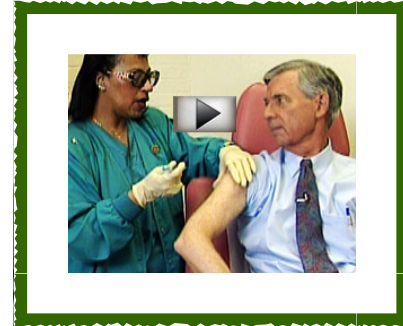
By Hedda Sharapan

*Director of Early Childhood Initiatives & Associate Director of Public Relations, Family Communications-the nonprofit organization founded in 1971 by Fred Rogers as the production company for Mister Rogers' Neighborhood.*

I've been talking with a pediatric nurse about ways to help children with their fear of immunizations and needle pricks. She told me the medical profession considers those procedures "minor" needle pain, but from what she's seen, children think of "shots" and "pricks" as "major" pain.

While I was thinking about all of the work we've done over the years, I've come to a new appreciation for the way that Fred Rogers addressed medical situations. With all the health concerns in child care about the flu, fevers, and children going to the doctor with ear-aches and sore throats, I thought this would be a good time to share his ideas with you for your work with children.

There's an interesting story behind Fred's deep commitment to helping children with medical situations, and it came from his personal experience. His toddler son was wheeled crying and screaming into the operating room and not given a sedative beforehand. When Joanne Rogers told me about that ex-



perience, she said it was traumatic for all of them.

From then on, Fred became determined to address medical concerns with children, their families and medical professionals.

Fred's concerns led to a wealth of programs, books, and other materials on medical themes - going to the doctor and getting an immunization, going to the emergency room, being in an ambulance, going to the hospital, wearing a cast, going to the eye doctor and dentist. In all these projects there are two basic principles:

#### **Let children know what to expect**

When children know what to expect, they can think about it and get used to their feelings about it. It's empowering for children when they know ahead of time what's going to happen. No one likes to be caught off-guard. Children trust their caregivers more, too, when they get honest information. You can hear that message in his song "I Like to Be Told" found on the Mister Rogers' Bedtime CD.

### TIMELESS WISDOM

~ From Fred  
Rogers

*"Knowing what to expect and playing about it can help children better manage their concerns about doctor's visits. When children play about being the doctor, they're the one in charge. That makes it easier to manage when they have to be the patient."*

(Continued on page 5)

## Ackerman Road Feasibility Study

In order to ensure that the Child Care Program's Ackerman Road facility is equipped to continue providing high quality child care to university faculty, staff and students in the next decade and beyond, administrative staff is working with Ohio State's Facilities Operations and Development and the architect firm SHP to conduct a feasibility study.

This study will help determine the current state of the Ackerman Road facility, as well as the recommended work for renovation of the facility. To provide critical feedback about existing operations and assist in guiding the design team's thinking and decision-making, small user group meetings will

be conducted the week of February 1-5.

Since only a small group of parents can participate in a user group meeting, we want to extend an invitation to all parents to send feedback or renovation ideas to Program Director, Maggie Summers, [msummers@hr.osu.edu](mailto:msummers@hr.osu.edu). Your ideas, combined with information received from past family surveys and classroom feedback forms, will be forwarded to SHP for their consideration.

We appreciate the interest our families have in the Child Care Program and will value any contributions that you can make to this process. Thank you.

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### ... Did You Know?

*(Continued from page 4)*

#### **Encourage children to play about difficult experiences**

In a doctor's visit, children are poked and prodded, and it's understandable that they might feel like powerless victims. But when they play about giving exams or shots to their dolls or stuffed animals, they're in charge. By encouraging them to pretend, we're helping them work on mastering their fears.

Here's a video from Mister Rogers' Neighborhood that deals with getting an immunization. We edited parts of this program together so you can see how

Fred let children know what to expect as he gets an immunization himself. Watch for the different ways that he gives reassuring help to children.

<http://www.fci.org/madfeelings/video/shot-w-o-comm.html>

For more information visit the Professional Development section of the Family Communications website at:

<http://www.fci.org/madfeelings/1-15-10.html>

#### **MORE HELP FOR EASING THE PAIN OF DOCTOR VISITS**

*Keep books on hand* that show what to expect when children go to the doctor or dentist. Talk about the pictures and story with children. Ask if the book is similar to their experience.

*Store props for medical play* in a container to offer children an opportunity to act out going on doctor visits.

*Let caregivers know when children are going or have been to the doctor* as they may need some extra attention and nurturing that day.



## 2010 HOLIDAY & CLOSURES CALENDAR

### February 26

CCP Professional  
Development Day

### May 31

Memorial Day

### July 5

Independence Day

### August 20

CCP Professional  
Development Day

### September 6

Labor Day

### November 11

Veteran's Day (observed)

### November 25

Thanksgiving Day

### November 26

Columbus Day (observed)

### December 23

President's Day  
(observed)

### December 24

Christmas Day

Office of **HUMAN  
RESOURCES**



## Customer Service Awards

Ackerman Road Staff: Barbara Thatcher, parent in room C6, recently shared her appreciation for the work of all the staff at the Ackerman Road facility, "I must admit, all I do is sing the praises of the center, Hathaway's teachers (Suzanne and Jessica) and the administrative staff. I am so lucky to have Hathaway there. Thank you for everything you do."

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

## ... Brothers and Sisters

*(Continued from page 1)*

In the early school years, for instance, qualities such as intelligence and academic achievement are largely determined by heredity and shared experience. However, as children grow, they have more unshared experiences, which gradually help differentiate one sibling from another. Siblings even perceive and interpret shared events differently, and these different perceptions can be important in shaping a child's development and self-image.

HealthyChildren.org is an online parenting resource developed in conjunction with the American Academy of Pediatrics. Backed by 60,000 pediatricians who are committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults, HealthyChildren.org offers information supported by scientific research on a myriad of topics for families with children birth through young adults.

<http://www.healthychildren.org>

## PROGRAM DIRECTORY

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

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