Age Level Transitions

Families are often curious about their child’s transition to the next age group. A small number of transitions occur throughout the year, often at the end of semesters. Priority is given to transitioning the oldest children when these few enrollments become available. Most transitions occur at the end of the summer when children leave our program for elementary school, creating available enrollments for toddlers to move to preschool and then infants to move to toddlers.

<table>
<thead>
<tr>
<th>AGE RANGES BY CLASSROOM</th>
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<tbody>
<tr>
<td>INFANTS: 6 weeks to 18 months</td>
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<tr>
<td>OLDER INFANTS: (Buckeye Village only) 18 to 30 months</td>
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<tr>
<td>TODDLERS: 18 months to 3 years</td>
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<tr>
<td>PRESCHOOL: 3 to 5 years</td>
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How will you know if your child will transition? The approximate ages of children in each classroom level are listed below. Keep in mind that the ages are approximate. Children transition as enrollment becomes available in the next age group so infants may be older or a little younger than 18 mos. and toddlers older than 3 yrs. when they transition. Families receive at least a week's notice before their child transitions.

Summer School Age Program

Our Summer School Age Program provides care for children who have completed kindergarten and first grade. Donna Swaneck and Leann Birko, our kindergarten teaching staff, provide guidance for the program. Applications are now available at program offices and are due February 24. Siblings of currently enrolled children have priority for enrollments after current kindergarteners have registered. Families will be notified regarding acceptance by March 3.

The school age program has a recreational

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focus. Children are offered a variety of activities including extended dramatic play, art studio experiences, games, and cooking. Field trips and special events provide unique experiences. Creeking at Darby Creek is always on the agenda as is nationally recognized storyteller Lyn Ford. Lyn shares multi-cultural stories and helps children look closer at stories we have heard. In addition, there is always time for reading as a group and individually, as well as writing, drawing, and reflecting on experiences.

We look forward to welcoming your school age sibling to our program this summer!

Spring Semester Withdrawals

Are you planning to withdraw at the end of spring semester or over the summer? Knowing which families are leaving is critical to planning our summer and fall rosters.

While a four week notice is required, earlier notification is welcomed! To provide official notification, stop in either office to complete a withdrawal form. We thank you in advance for keeping us informed of your plans!

Being Prepared for Outside Time

Children go outside to play in all kinds of weather. Only temperatures below 20 degrees and above 90 degrees or other extreme conditions will keep us inside. With this exceptionally snowy winter, please be reminded to dress your child appropriately for the weather, including hats, coats, mittens and boots. You are also welcome to leave extra clothing or outdoor layers in your child’s cubby.

Does cold weather cause a cold or the flu? The truth is, the common cold and the flu are caused by viruses. People get sick more often in the winter because they are exposed to each other more in the winter than in the summer. When it is cold outside, people tend to stay inside and are more likely to spread germs to one another. With so many people in such close contact, the likelihood of passing germs is much higher when it is cold outside than when it is warm and people are outdoors.
On January 1, 2014, The Ohio State University adopted a tobacco free policy prohibiting the use of all types of tobacco products in all university buildings and on all university-owned properties, including parking lots, garages, and all outside areas. On behalf of the OSU community’s littlest Buckeyes, we applaud and wholly support this policy!

While the dire health consequences for those who use tobacco products are very well known, exposure to second hand smoke also has a huge negative impact on health, especially for young children.

Second-hand smoke is what you breathe in when you are around a smoker. It is what the smoker breathes out and the smoke that comes from the burning end of a cigarette, cigar or pipe. It contains more than 4,000 chemicals. There is no safe level of exposure. Any exposure is harmful!

What is in Smoke?

- Carcinogens are chemicals that cause cancer. In second-hand smoke there are at least 69 chemicals known to cause cancer.
- Irritants are chemicals that cause soreness and rawness of the nose and lungs.
- Carbon monoxide is a poisonous gas.

Children who spend one hour in a very smoky room inhale enough toxic chemicals to equal smoking 10 cigarettes.

How Second-hand Smoke Affects a Child
Smoke contains many irritants and poisons. It is especially dangerous for babies and young children. Their lungs are delicate. Not only is a child’s body developing physically, but his or her breathing rate is faster than an adult’s. Adults breathe in and out about 14 to 18 times a minute. But newborns can breathe as fast as 60 times a minute. When their air is tainted with cigarette smoke when children are young, their developing lungs receive a higher concentration of inhaled toxins. Babies can’t move to another room because the air is smoky. They depend on us to provide them with clean air to breathe.

Some Risks of Second-hand Smoke
- SIDS (sudden infant death syndrome or crib death) occurs four times more often in smoke-exposed babies than in babies who have a smoke-free environment. Research has shown that infants who die from SIDS tend to have higher concentrations of nicotine in their lungs than do control children, regardless of whether

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SECOND HAND SMOKE

...SECOND HAND SMOKE

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smoking is reported.
• The risk for lower respiratory tract infections, such as bronchitis and pneumonia, increases as does the number of colds and sinus infections.
• Smoke makes asthma worse and can cause more asthmatic episodes.
• Ear infections are made worse because smoke irritates the inner ear tube (Eustachian tube). It causes swelling, leading to infections. Ear infections are the most common cause of hearing loss in children.
• Secondhand smoke may cause cognitive impairments which limit a child’s ability to learn. Smoke is neurotoxic even at extremely low levels.

What You Can Do
• If you or your partner smokes, stop. If you have trouble quitting, ask your doctor for help.
• Do not let anyone smoke in your home.

Smoke stays in the upholstery, carpets and curtains and can continue to irritate your child.
• If people must smoke, ask them to do it outside.
• Never smoke in the car with your baby.
• Avoid homes, restaurants, and other places where people smoke.
• If other people care for your baby, make sure they do not smoke.
• Wash your hands after smoking.
• Wear a covering over your clothing when you smoke even outside, since smoke sticks to clothes. Take off this covering before returning inside.

Sources:
Nationwide Children’s Hospital
Americans for Nonsmokers’ Rights

ADJUSTING TO DAYLIGHT SAVINGS TIME

It happens in the middle of the night once a year, and can affect you and your children for several days. It’s the return of Daylight Saving Time, which happens this year at 2:00 a.m. Sunday, March 9 for most of the nation. While the annual “spring forward” ritual can cause disruptions in normal sleep patterns for children (and adults), the National Sleep Foundation says there are a couple ways to approach the potential loss of sleep to minimize the effects:

• Maintain your child’s regular sleep, wake and nap times. Try not to compensate for the lost hour by delaying bedtime or allowing your child to sleep in. This will increase the time it takes to transition. There may be some crankiness from being tired, but this should last only a day or two.
• Make gradual adjustments. Some parents find it is best to try to start making adjustments on Saturday night rather than wait until Sunday. You might even want to try making a slow transition starting on Thursday night before the time change, moving your child’s bedtime earlier by 15 minutes each night. By Sunday night you will be right back on schedule.

No matter what approach you take, your child will adjust to the time change within a few days to a week.