

## Project Destiny **Early Learning Center**

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Dear Parent,

Welcome to our quarterly newsletter. We hope to provide you with important information and tips about parenting and child development that you can use in your own family. Enjoy!

### Upcoming Themes

**April-** Teachers will help children explore different kinds of shoes, clothing and activities and also learn about healthy foods.

**May-** Teachers will discuss all kinds of living things and stages of growth and development. People, animals and plants will be examples used. For example: a frog starts off as a tad pole swimming in a pond then becomes a frog with legs that hops onto land.

**June-** Summer fun activities will be discussed and everything related to these activities.

### Medications - PA State Regulations require the following for Children who receive medications

A prescription or nonprescription medication may be accepted only in an original container. The medication **must remain in the container in which it was received.**

(2) A staff person shall administer a prescription medication only if written instructions are provided from the individual who prescribed the medicine. Instructions for administration contained on a prescription label are acceptable.

(3) **The label of a medication container must identify the name of the medication and the name of the child for whom the medication is intended. Medication shall be administered to only the child whose name appears on the container.**

(4) Medication shall be stored in a locked area of the facility or in an area that is out of the reach of children.

(5) Medication shall be stored in accordance with the manufacturer's or health professional's instructions on the original label.

(6) A parent shall provide written consent for administration.



### Upcoming Events

#### April Story Time

#### One Book Every Child

*Daniel Finds a Poem* written and illustrated by Micha Archer

Daniel wants to write a poem but first he needs to learn what poetry is. On his road to discovery he asks the animals in the park what poetry means to them. When all of their answers are joined together, they reveal a poem.

Teachers will share this book with the children and do activities with them to make the story come alive.



## Positive Parenting Tips without Yelling

1. **Choose your battles.** For example, if your child refuses to wear the shirt you want them to for school or camp, maybe just let them make that decision (as long as it's not too impractical or outrageous). If the child is in danger from their actions, then it's time to step up, said the article. Also, if they slap you or another child, then you should tell them why it's not okay. If your little one decides to hurl food at their grandparents, you might also want to intervene.
2. **Time-In VS Time-Out.** Try a time-in, which is sitting with the child who is removed from the situation while talking to them about what happened. This shows you're not rejecting them because they didn't know any better not to draw a flower on the kitchen cabinet. With a time-out, the child may be in the dark about why they're being punished.
3. **Don't Overreact.** An American Academy of Pediatrics article notes that parents who can remain calm during an outburst can actually drive down the number of times their child tests them.

*Parenting* also says it's normal for kids to express feelings by acting out, and that you shouldn't "reward" them by also getting upset. If you frown upon everything they do and end up yelling at them, your child will eventually learn to tune you out and you'll have a harder time reaching them, experts have noted.

4. **Calm Down.** Yelling is often a knee-jerk reaction to being overly angry (except in cases when the child is in danger—it's probably safe to say raising your voice is okay in these situations). That's because you're reacting immediately to the situation before letting your blood pressure subside, which you hopefully wouldn't do in a relationship, you'd take a walk or something first, right?

The same goes with your child, explains Empowering Parents. You could end up overreacting and hand down a punishment that's completely out of line with the infraction. Instead of throwing your own temper tantrum, take some time to breathe through it and talk to the child rationally later on, suggests the article.

5. **Be a Role Model.** If you promise your child you'll hang out with them at a certain time, do it. Letting them down might lead them to "flake out" of obligations in the future. Other positive role model actions are being attentive to your child (put down your phone occasionally), being loyal to loved ones, and also taking care of yourself too!
6. **Reward Good Behavior.** There are many types of rewards you can offer for good behavior, [Parents magazine noted](#). It can range from a simple "thank you" for putting a dirty shirt in the hamper, to giving them a knowing hug. However, the magazine also points out that you shouldn't go overboard with praise, so your child knows when you're actually being sincere.



## Up Coming Events

**Story Mobile visits our Center every other Thursday around 11 am.**

4/13, 4/27, 5/11, 5/25, 6/14, and 6/28.

The focus is on kindergarten readiness and is designed to introduce students to the joy of reading; expose them to challenging subject matter, including math and science themes, in a way that they embrace and enjoy; and reinforce the skills recommended by state and federal curricula.

Twice a year they come with free books for the kids to take home.

