



A CHILDREN OF AMERICA NEWSLETTER

Dr. Vicki's

VIEW

Let's Go to School



BEDTIME READING CLUB

Read the Five Little Monkeys by Eileen Christelow for a fun June book choice. It focuses on counting and rhyming.

For July read Dooby Dooby Moo by Doreen Cronin. It's fun to make the animal sounds with your child.

August's book selection is Ready for School by Jodie Shephard.

These stories are featured books of the month at Children of America.



FAMILY FUN RECIPE

Graham Cracker Treats

1. Spread a layer of frozen yogurt over graham crackers (similar to an ice-cream sandwich) and put in to the freezer until snack time. It is a delicious and nutritious warm weather snack.
2. Have child place one graham cracker sheet in a foil pie plate, sprinkle with chocolate chips, and miniature marshmallows. Cover the pie plate with tin foil. Place outside in a sunny hot place, check after 10 minutes. They are done when the sun has melted the chocolate and marshmallow. Yummy!

Entering School

Separation is often difficult for parents and child. During this time your child is learning that you won't always be right there at his or her side. Even though it may be painful your child is benefiting from these first steps of independence. Your child is learning how to use the memory of routine to reassure him or herself emotionally.

This is called separation anxiety and children pass through this stage with time. It's a normal stage of development for most children, usually ending by three years old.

The peak time for this anxiety is between 10 and 18 months. For you, the parent, your emotions will fluctuate between difficult and wonderful. A child's strong healthy attachment to a parent usually means he or she will pass through this phase earlier and more quickly than otherwise.

You can help your child through this time by demonstrating love and warmth with a positive smile.

Here are some helpful hints

1. Walk through the new room with your child before the day you begin the program. Talk about where things are, what is familiar to your child, where the bathroom is (if applicable), etc.
2. Say goodbye and leave as quickly as possible.
3. Try to remember that tears usually vanish within minutes of your leaving.
4. Practice "leaving" at home to help your child prepare for real absences. Run an errand and leave your child at home with your spouse or relative emphasizing that you will be right back.
5. Always tell your child you will be back later.

EVENT ALERTS

We recognize the postal worker as our community helper for the month of June. See our lobby display and talk with your child about the job of a postal worker.

August features the Police Officer. The police officer is an important community helper and one that children enjoy meeting when an officer is scheduled to visit our center.

HEALTH FOCUS

June is Fresh Fruit and Vegetable Month. It's time to offer fresh fruits and vegetables to your child. Our consumption of fruits and veggies is often overlooked and the summer is the best time to pick, prepare and eat them! It's also National Dairy Month.

July is National Blueberry Month. Introduce your child to fresh blueberries. Log onto blueberry.org for more information.

August is national Immunization Awareness month. Visit partnersforimmunization.org for more information.

Camp WOW

Camp WOW is in full swing during the summer months at Children of America.

Your preschool and school age child is experiencing wonderful learning adventures.

Themes like Scavenger Hunts, Celebrating America and Winter in July are but a few of the special offerings and events. Our campers are involved in field trips and crafts that emphasize the themes.

Back to School

Children of America is "Ready for Friends" as we prepare for another great learning year beginning in September.

Our infants and toddlers engage in our Baby Signs program each month while our preschoolers participate in our Spanish program, our Journeys into Early Music program and Tray Tasking (getting ready to read and write).

Children enrolled in our Pre-Kindergarten classes are assessed using the Phonological Awareness Literacy Screening in the fall and again in the spring.

The national assessment results of our Pre-Kindergarten students are in and school wide we have increased children's reading and writing skills as follows:

	Nat'l Score	COA Score
Name Writing	7	6.8
Alphabet Knowledge	26	25.4
Beginning Sound	10	9.3
Print & Word	10	9.7
Rhyme	10	9.5

See full results in your child's portfolio

Fall Enrollment is Underway

**Don't delay
Enroll today**