

# The Nursery at Our Lady of Sorrows

## Nursery News

VOLUME 2 ISSUE 1

JANUARY 28, 2010

### From the Director's Desk

The presents have been opened, the tree is down and if you are like me somehow there is five (maybe more) extra pounds around the middle! As we get back to our normal routines, our Caregivers are gearing up for winter oriented activities and fun in the classrooms.

As we begin the New Year at The Nursery, we prepare to welcome new families to the center. This month we have four new infants joining us-Olivia, Sahana, Anna and Evan.

We hosted a very successful open house for prospective families. This event allowed parents and children to visit the center, meet some of the staff and find out more about our program. We are now full to capacity in the infant room as of June and the toddler room is about 2/3 full. We have room for two infants older than 1 year and six toddlers.

On January 18th we had our semi-annual staff in-service training. The Care-

givers participated in discussions regarding best practices in child care and how to implement new ideas into our program. We also reviewed some of our policies and then the group broke up into team meetings.

We are planning CPR and First Aid training for our new staff and offering a Protecting God's Children Seminar within the next few weeks.

So as you can see January has been a busy month here at The Nursery both for the children and the staff!

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#### Important Dates

- Jan. 23-Open House 9:00-1:00
- Feb 12-Dress in Red Day
- Feb. 15- Center Closed for President's Day
- March 2-Read Across

### News, Notes and Reminders

#### New Wall-Mounted Hand Sanitizers

We finally received our wall mounted hand sanitizers. There is one located outside of both rooms and by the check-in station. Please use sanitizer prior to entering the rooms.

#### Label Your Child's Belongings

This includes extra clothes, jackets, coats, mittens, scarves, hats, etc. There are times when these items get mixed up.

#### Catholic Schools Week- January 31-February 6

Our Lady of Sorrows School will participate in Catholic Schools Week. It kicks off with a Mass and Open House on Sunday January 31. Parents of children who will be going off to preschool next September should plan on visiting the open house or scheduling a visit to see the preschool very soon.

#### Front Door Safety:

Please don't let others in behind you at the front door. We need escort visitors around the center.

#### Use of Back Door

For the safety and security of our children we can no longer allow families to enter and exit through the back door. Please don't put the staff in an awkward position by requesting to use the back

#### Valentines

Valentines Day is right around the corner and some parents have asked if the children will be passing out Valentine cards. They are welcome to send cards to their friends but we strongly urge you not to send candy in or with the cards. We have many families that do not let their children have a lot of sweets. We will celebrate on Friday Feb. 12. More details will follow.



## Meet Miss Shanequa



Miss Shanequa is one of our morning infant Caregivers. She joined The Nursery team in October. Shanequa has thirteen years of experience working with young children and was highly recommended. She has worked at other child care centers beginning as an assistant teacher and working her way up to head teacher. Shanequa

also ran her own family child care for infants and toddlers in her home. She plans on attending Essex County College in the spring to get her degree in Early Childhood Education. Along with in classroom experience, Shanequa is a Mom to three children and a brand new Grandmother.

You will often find Shanequa sitting on the floor with babies all around her listening to her beautiful singing voice and sharing fun fingerplays. Outside of work, Shanequa loves to sing and travel.

## Infant Insider



New babies, new toys, new activities. The infant room is excited to have Olivia, Declan and Evan joining us. They are getting used to the room and all their new friends and Caregivers. Anna and Sahana will be joining us next week. We have added some new toys to the infant room including an animal matching toy, some more musical instru-

ments, and items for tummy time play. We try to rotate and change or add new toys and equipment to the room at least once a month if not more often. This allows for a change of pace for the children as well as allowing for the next stage of development for each child. The older infants have played with play dough,

used finger-paint and colored with crayons. We are excited to celebrate our newest walker -Eric has taken foot and is now cruising the room himself and a couple of the infants are ready to roll over any day!. It is so wonderful to be a part of these accomplishments and to share in the joy of the families.

## January/February Celebrations

- Ava will turn two on January 31st!!
- Eric will turn one on February 5th!!!
- Miss Shanequa will turn ?? on February 25th

We wish all of our friends very happy birthdays and hope they have many more!



## Meet Miss Mary Beth

Mary Beth has lived in South Orange and been a parishioner of Our Lady of Sorrows for 21 years. She lives with her husband of 27 years and has 4 children---Meghan--26, Max-24, Katie-21 and Jack-17. Mary Beth taught nursery school for 4 years after college but then started

her own sewing, decorating business as a way to work from home while raising her children. After closing her business 2 years ago she began a job as a companion to an older woman and then heard about the day care center opening. She LOVES her two jobs

and is SO HAPPY!!

You will find Mary Beth working with the toddlers in the afternoons. She loves to sing and read with the little ones. Mary Beth is also very active running the Parish's food pantry.



## Toddler Tidbits

Room rearrangements, new friends, bears hibernating, cookie baking and pudding shaking have all been a part of the toddler fun this past month. We are excited to have two new friends joining the toddlers. Sebastian and Judah have started and are settling in to the routines of the room. The children really enjoy the imagination corner so much now that it has it's

own door. Recently it has been a bear's den for hibernating, a kitchen, and now a post office for mailing those special Valentines.

The Caregivers have been concentrating on table manners and nutrition during snack and lunch times.

Winter and snow have dominated most of the craft and art projects. The children made

snowmen with their handprints, created winter wear pictures, snow-storm paper ripping and penguins.

New circle time routines are now becoming a part of the day as is our afternoon story time and singing fun. The children have made pudding and baked cookies with their friends. So much happens everyday in our toddler room.



## Read Across America

NEA's Read Across America Day, NEA's national reading celebration takes place each year on or near March 2, the birthday of Dr. Seuss. Across the country, thousands of schools, libraries, and community centers participate by bringing to-

gether kids and books, and The Nursery will too! On March 2, the National Education Association calls for every child to be reading in the company of a caring adult. Here at the Nursery we will be reading The Cat in The Hat and Green Eggs and

Ham at 7:00 pm and welcome every one to join us in their pajamas for this fun read along and a few slices of pizza! Parents, grandparents, siblings and children are all invited. Watch for further details.



# Parent Ambassadors

In keeping with our parent partnership policy and welcoming all ideas and suggestions from our parents, we will begin having Parent Ambassadors for each classroom. The Ambassadors will perform many functions within the center. We are hoping to have two parents from each room volunteer to be Ambassadors. The job won't be very time consuming and can be very rewarding.

Some of the tasks we would ask our Ambassadors to do include:

- \* organizing something special for the Caregivers' birthdays-such as a collection for a gift, a cake or even just a signed card. The same could be done around the holidays
- \* Maintain an up to date email list for all families in their classroom to aide administration in getting the word out about events, etc.
- \* Would help get the word out about special events and help to get volunteers for parent/family functions
- \* Would be a point person for any family that felt uncomfortable approaching staff or administration with an issue
- \* help the Caregivers collect needed items for projects etc by contacting families
- \* add a short article/blurb to the monthly newsletter

If you think you might be interested in being an Ambassador-watch for more information or see Bonnie. We also gladly encourage any and all suggestions.

## How To Instill Confidence In Your Toddler

By Teresa, a member of "The Cute Kid" staff

The toddler years are years of extreme growth. A toddler begins walking, speaking, and interacting with others and their environment. Their brain is developing at a rapid pace as they take in everything around them.

While parenting toddlers we want our children to be confident in their own abilities and not be afraid to try new things. The toddler years are a time for exploration. But their exploring often gets them in trouble and many toddlers hear the word "No," much more than they hear the word, "Yes." So as parents it is important that we provide a balance and give our child opportunities to explore within limits. Remove objects that are too tempting. Try to limit the amount of rules that you have. Don't get upset if your child dumps all of their toys, they are exploring what happens.

As a basic of parenting toddlers, encourage your child about self reliant living. My youngest daughter began putting on her own shoes at about 18 months. I let her, though they were often on the wrong feet. If your child wants to try climbing a difficult ladder at the playground let them. Just be there as support and in case help is needed. Praise them when they accomplish or even just try something new. Give them simple tasks to do around the house like putting spoons on the table, folding towels, helping with the cooking, or putting toys away. Toddlers feel an extreme sense of satisfaction when they accomplish tasks on their own. Their confidence grows as they realize that they are capable.

Listen to your child when they are talking. Often toddlers do not speak well enough to be understood. But they know what they are saying. Give them your attention and respond by nodding your head. When you listen you instill in him the idea that what he has to say is important. As his speech improves he will continue to talk to you and share what is in his head.

Help your child develop friendships with other children. If your child is an only child arrange play dates with other young children. This gives your child a chance to interact and learn important social skills.

The most important thing that we can do to instill confidence in our children is to love them. Let your toddler know that you love them by providing multiple hugs and kisses. Set limits and rules and follow through. After you discipline tell your toddler that you still love them.

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