

Happy New Year!

Happy New Year to all of our families! Thank you for the generous gifts and best wishes sent by so many throughout the holidays. The dedicated ECEs who work each day with your children appreciate your warm thoughts.

The weather has been wonderful and the children enjoy playing outside, however it is important that parents please remember to always send ski pants, a hat, mittens and of course a change of clothes.

Please take a moment each day to review our activities planned and the centre webbing. Also take the time to look at the wonderful work your child creates each day.

Due to a child's allergy we ask that parents not send Kiwi or juice that contains kiwi.

On Tuesday February 14th we will have our Valentine's Day Party. If you would like to send cards, please only sign your child's name. We ask that you do not address them to a specific child (only "To my Friend").

Have a look at our new toys; I am sure the children have told you about the new space shuttle, airport, farm etc.

The Mighty Mice have built towers with sugar cubes and watched what happens when water is poured over it. Also they will be trying basic Yoga moves for a fun and relaxing activity.

The Brown Bears are interested in healthy foods and foods that taste good, sweet or salty etc.

The Ponies are learning to recognize letters and numbers, and movement to music.

The Blue Birds are talking about warm clothes to wear in the winter. They are tracing and sewing paper mittens and playing games to learn how to put on their warm boots. They also enjoy dance movement and marching band.

Upcoming Events

Tuesday February 14 Valentine's Day Party
Monday February 20 Louis Riel Day (Centre CLOSED)

Birthdays

January 7	Tyra
January 13	Grayson
January 26	John
February 2	Aliyah
February 8	Tatyana
February 18	Miss Inderpreet



Recipe of the Month – Bagel People



Cut a bagel in half and spread cream cheese on it. Allow your child to create a face with vegetables and fruit pieces. Small slices of peppers, carrots, celery will also add fun color.

5 Tips to Positive Parenting

Create a Safe, Interesting Environment

When your children play and explore their world, it helps them develop skills. It's important for them to do this on their own sometimes, without you always watching over them.

Creating a home setting that is safe is important, not only for your child's sake, but for yours as well. When you put knives out of reach, lock away chemicals and medicine or give your child a helmet for bike riding or skateboarding, you're allowing yourself to relax a little. You're not going to be always looking out for potential dangers or yelling, "Don't touch that!"

Also, be sure to give your child lots of interesting things to do. This doesn't mean you have to buy all the latest, most expensive toys. But if you have a variety of playthings, crafts and activities to keep your child busy and active, you'll see that your children are less likely to become bored and misbehave.

Have a Positive Learning Environment

Children need their parents' attention. But that doesn't mean you have to play with them every minute. It's more important that you're there for them when they come to you for help or a chat – even if it's only for a minute or so at a time.

It also helps to be positive about things your children are doing. When you see them doing something you like, pay attention. Giving them a little praise or showing them you like what they're doing increases the chance they'll do it again! A pat on the head or thanking them for playing quietly while you were on the phone is a great way to encourage the behaviour in the future.

Other tips for creating a positive learning environment:

Speak nicely

This shows your child you respect them and teaches them how to speak politely to others.

Use 'incidental teaching'

Don't just give your child an answer to a question. Get your child to talk about it or give your child a clue to find his/her own answer. Your child will learn more that way.

Share your own experiences

Children need practice at listening too. Tell them something about your day or something they may be interested in.

Be Affectionate

Show your child you love them. Kisses, cuddles and hugs will make your child feel wanted and secure.

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Use Assertive Discipline

Discipline isn't a dirty word. In fact, assertive discipline helps children understand that their behaviour always has consequences and that those consequences are carried out in a predictable, loving environment. This means your child will feel safe and secure and will know what to expect. Confident discipline not only helps children learn to accept responsibility for their behaviour, it also helps them learn to consider the feelings and needs of others. And it helps them learn to develop self-control.

For parents, assertive discipline means you are prepared. You set clear ground rules and tell your child what to do rather than what not to do. You give clear, calm instructions and are consistent from one day to the next. It's no good letting things slip simply because you can't be bothered following up! But you also don't have to jump on every minor misdeed. Ignore misbehavior you think is just an attempt to get attention. Don't make a fuss and it may go away. But if set rules are broken, act quickly, stay calm and follow up with fair, age-appropriate consequences, such as taking away a toy for a few minutes. Remember to praise behaviour you like. Try to catch your child following rules.

Have realistic expectations

Children aren't all the same. They're individuals with different personalities. Even kids of the same age develop at different rates. So it's important that you, as a parent, don't expect more, or less, of your child than he or she is physically or intellectually able to do.

It's also important to remember that nobody's perfect. Not your kids and not you. If you expect your child will always be polite, tidy up, or always be happy and cooperative, you're setting yourself up for disappointment—and for conflict with your

child. Kids do make mistakes, but most mistakes aren't on purpose. It's OK to let your child try and fail.

And don't forget to go easy on yourself, too. You probably want to be the very best parent ever to have children. But that's unrealistic. You are human. You will make mistakes. Don't get too frustrated or upset. Everyone learns through experience.

Take Care of Yourself

Parenting is so much easier when you make time for yourself. It's all about balance!

Naturally, raising children is a time-consuming job that can sometimes seem to take over your whole life. But you've got to look after your own needs too – making sure you're getting some support, companionship, intimacy, recreation and even a little time alone!

You'll feel much better about being a parent if you can find ways to balance work and family, call on assistance from friends and relatives and work as a team with your partner. You won't get as stressed and it will make it much easier to be patient and calm when your child needs you.

Source: <http://www.manitobatriplep.ca/>