It is definitely summer time. It looks like the hot weather is here to stay. We are halfway through the summer and still have many fun-filled activities planned. We hope that you have had the chance to get outside and enjoy the sunshine.

Summer swim lessons, for children ages 3 (must be completely potty-trained; no pull-ups or diapers) to 12 years, are July 9 to July 19, Monday through Thursday, from noon to 12:30 P.M. for children in Transition and Preschool and from 12:30 P.M. to 1 P.M. for School-age children. An email has gone out with the link and registrations are due by July 5. There are only a few spots left. Once you have registered your child, email Ms. Dawn to let her know.

Please make sure you are checking the “Where We Are Board” each day to see where your child’s group is. The children do go for walks in the morning and afternoon. The groups are required to be back by 4 P.M. in the afternoon. However, if you require your child to be at the center to be picked up before this time, please notify your child’s teacher that morning, so we can have them stay back with another group. Also, please note that some groups go for early morning walks and they leave the building around 9:30 A.M. Please plan accordingly.

Please notify us if you will be planning a vacation and your child will not be in attendance at the center. Reminder, you must pay in advance any tuitions due during your time off, so that you are not assessed a $10 late payment fee. If you have any questions about vacation time or how to figure tuition, please see Dawn. Only full-time contracted families are eligible for vacation time.

Annual Food Program forms will be going the week of July 2. ALL families are required to have a form on file, even if you do not qualify. You will simply need to fill the top of the form and then sign & date the form. All summer enrollment forms must be turned in by Monday, July 16. All fall semester forms must be turned in by Wednesday, August 22. This also includes the required special request form for food allergies and milk substitutions. Questions see Dawn or Monica.

Finally, I will be out of the office on July 9, 10 & 11. If you have any questions, during these times, please see Monica or the lead teachers.

As always, if you have any questions or concerns, you may contact me at 402-554-4936, e-mail me at dhove@unomaha.edu or stop by my office.

Until next month...

“Take some time and make summer time memories! Go run through the sprinkler with your child or plan a day at the park. There are so many summer activities that you can do.”

Happy Birthday!

2 – Leo C. 11 – Emerson C.
4 – Abaya G. 11 – Henry C.
6 – Eleanor R. 12 – Mr. Rick
7 – Abigail B. 13 – Miss Makayla
8 – Isabelle W. 20 – Cirilla J.
22 – Shekinah A.
25 – Vivaan M.
27 – Ezekiel S.
27 – Gabriel S.
Welcome to July

Our annual 4 of July Parade will take place on Tuesday, July 3. We will be leaving the center at 9 A.M. Toddlers will be riding in the wagons. Make sure to wear red, white and blue.

July Themes: Review Shapes

Upcoming Activities:
July 9: Tie Dye Shirt Week: You may either bring in a white t-shirt for your child or purchase a shirt for $5.

July 17: Ice Cream at the Student Center at 10 A.M. Bring in $3 for a single scoop of ice cream. Parents and other family members are welcome to join us.

Mrs. Effie will be out on Friday, July 13. If you have any concerns, please see Fred, Monica or Dawn.

Stay cool and enjoy the wonderful weather!

Talk with Toddler 1 & 2

Welcome to July

Our annual 4 of July Parade will take place on Tuesday, July 3. We will be leaving the center at 9 A.M. Toddlers will be riding in the wagons. Make sure to wear red, white and blue.

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July 17: Ice Cream at the Student Center at 10 A.M. Bring in $3 for a single scoop of ice cream. Parents and other family members are welcome to join us.

Time with Transition

Happy 4 of July!
We will be kicking off July with our annual 4 of July parade on Tuesday, July 3 at 9:30 A.M. Family and friends are more than welcome to join.

Swim lessons begin on Monday, July 9 and go through Thursday, July 19. Children must be 3 years of age and not use pull-ups or diapers at any time.

Transition will be joining Preschool on a mini field trip to the planetarium in Durham Science Center on Wednesday, July 18 at 10 A.M. Parents are more than welcome to join. The cost per child and adults is $2.

Animals on the Go from Gifford Farms will be coming to the center on Monday, July 23 from 9:20 to 9:50 A.M. The cost per child and adults to participate is $6. Please have your child here by 9 A.M.

On Thursday, July 26, we will be walking over the UNO Community Engagement Center for the Omaha Public Library Summer Out and About Story Time from 10 A.M. to 11 A.M. We will be leaving at 9:30 A.M. and we will have lunch when we return. Parents are more than welcome to join us.

If you have questions or concerns about upcoming events please see Ms. Cassie, Dawn, or Monica.

July Learning Themes
Dinosaurs, Reptiles, & Birds and Outer Space

Happy July.
Transition Teachers

Fred Abram & Effie Swinarski – Lead Teacher

July 24: Outdoor Picnic at 11 A.M.
Bring in a peanut-free sack lunch. Reminders will be going home on Friday, July 20.

Mrs. Effie will be out on Friday, July 13. If you have any concerns, please see Fred, Monica or Dawn.

Stay cool and enjoy the wonderful weather!

Toddler Teachers

Cassie Miller – Lead Teacher

Dates to Make Note of...

July
2 – Bruce Phillips Concert 9:30 A.M.
3 – July 4 Parade across Campus 9:30 A.M.
4 – Independence Day; Center closed
9-19 – Swim Lessons
16 – National Ice Cream Day
18 – Nelson Mandela Day
30 – National Cheesecake Day

August
7 - Purple Heart Day
14 - CHAMPS meeting at the center
17 – End of Summer Family Event:
4 P.M. - 6 P.M.
20 - Fall Semester Begins
24 - National Waffle Day

September
3 - Labor Day; Center Closed
9 - Grandparents Day
11 – Curriculum Night; 4:30 P.M. - 6 P.M.
11 - Patriot Day
18 - CHAMPS meeting; 4:30 P.M. - 5:30 P.M.
18 – Yom Kippur
22 - Autumn Begins
Summer is in full swing. We have been doing many fun activities with lots more to come in July.

We have several activities planned for the month of July.

Our library time will continue on Thursdays at the UNO Criss Library from 10 A.M. to 10:30 A.M. We will leave the center at 9:30 A.M.

Our water play days are on Fridays. Depending on the weather, we either play in the water in the mornings or after nap in the afternoons.

We will be going to the UNO Planetarium in Durham Science Center on Wednesday, July 18 at 10 A.M. The cost per child and adults is $2.

Gifford Farm’s Animals on the Go will be here on Monday, July 23 from 9:50 A.M. to 10:30 A.M. The cost is $6 per child and adult. Parents if you would like to stay and watch, you will need to pay the $6. Gifford charges per person during the event.

Thursday, July 26, we will be going to the UNO Community Engagement Center for the Omaha Public Library Summer Out and About Story Time from 10 A.M. to 11 A.M. We will be leaving at 9:30 A.M. Parents are welcome to join us.

We are excited for all the fun July activities. If there are, any questions do not hesitate to ask. I can be reached during desk hours from 8 A.M. - 9 A.M. or by email at bsklenar@unomaha.edu. Thank you and have a great month!

Brandon Sklenar and the Preschool Staff

Hello all,

I am so excited to be welcoming in the second half of our summer session with all of you. The weather has been crazy and the field trips amazing and we still have so much to do!!

I have a few announcements to make about field trips and school age activities for this next part of our summer.

First, swim lessons start the week of July 9 and will continue through the week of the 16. If you wish to sign your child up for swim lessons, please do so by July 5. Also, please be sure to let Ms. Dawn know when you have signed your child up so that she can confirm your registration.

Second, we will be doing more field trips during the month of July, at least two a week until August. Please make sure to check the schedule for sack lunch days (Every Friday in July) and field trip times.

Lastly, if you have any questions or concerns for me, my desk time is from 3 P.M. - 4 P.M. in the afternoon. I can be reached at the center phone 402-554-3398 or by email mmliu@unomaha.edu. I am looking forward to seeing what happens during July!!

Thanks for all you do!!

Miss Megan and the School-Age Staff
I found an easy summer recipe for picnics on Delish.com. This recipe is called “Corn Salad”.

Ingredients include:
4 C fresh or frozen corn; defrosted
1 C cherry tomatoes; halved
1/3 C crumbled feta
1/4 red onion; finely chopped
1/4 C fresh basil; thinly sliced
3 Tbsp. Olive Oil
Juice of 1 Lime
Kosher Salt
Freshly ground black pepper

Directions:
Toss all ingredients in a large bowl. Season with salt and pepper and serve immediately.

If you would like to use fresh corn here is an easy recipe for roasted ears of corn.

Ingredients:
6 ears of corn, shucked
Butter
Kosher salt and pepper

Directions:
Preheat oven to 400 degrees. Place the shucked corn on a baking sheet, lined with foil. Slather the ears with butter and sprinkle with salt and pepper. Roast for 35 to 40 minutes turning halfway through. Carefully remove, as the ears will be hot; add additional butter and/or other toppings as desired. Use corn as directed above.

Happy Summer! Mr. Rick

“Ask not what your country can do for you, but what you can do for your country.” - John F. Kennedy

Focus on Policy and Procedures

GUIDANCE AND DISCIPLINE
As with the academic learning, the staff and administration of the UNO Child Care Center believe that what children learn now in the social atmosphere will create a firm foundation for the social skills they will need in the future.

Teachers maintain daily routines and set clear limits within each age group. These routines are frequently discussed and defined with children. Consistency, or knowing what to expect throughout the day, helps children develop a sense of trust and understanding of their environment.

Communication between the lead teachers, parents, and administration is vital to a successful experience for the children and the families in our program. We encourage parents to discuss their child’s day with their teacher daily. Parent conferences are held twice a year in October and March for a more formal discussion of a child’s progress. Positive, guiding communication with the children is our primary practice to help the children develop a sense of independence, confidence, and competence in their own abilities to get along with peers and adults and to involve themselves positively in the classroom activities.

Teachers model language and appropriate ways for children to express their feelings and emotions. All the children are encouraged to “use their words” to explain what they want, what they need, and how they feel. Appropriate and positive behaviors are recognized on a daily basis. Teachers respond to inappropriate or negative behavior by reasonably discussing the problem and redirecting the child to more positive ways to express him/herself. Teachers make every effort to build trusting, supportive relationships with each child enrolled in their classroom.

In some cases, children may need to be separated from the group to calm down or have a time away. Children are never isolated out of view or sound of a teacher. Once the child has had the opportunity to calm down the child and teacher will talk about what led to the separation and what the child may choose to do the next time a situation arises. The child is then told he/she can rejoin the group when he/she can control the behavior that led to the separation and use appropriate words to describe feelings. The child will usually make the determination as to when he/she would like to rejoin the group. A general rule of thumb we follow with a time away is one minute per age of child. For example: a two year old is not away from the group or activity longer than 2 minutes or a three year old longer than 3 minutes. Repeat behaviors may result in a time away with the director or assistant director.

In cases where there are frequent separations, the teacher will try to discuss concerns with the parents and set up a behavior log to track what may be causing the problem behavior (EX: child is hungry, tired, sick, etc.)

Corporal punishment or the use of verbal or emotional threats, shaming, or name-calling are never used in this program and are not legal responses for ANY adult in a child care program. If necessary, options for outside professional consultation or education will be provided for the parents. But if unacceptable behavior continues over time and in spite of repeated staff efforts, the center reserves the right to dis-enroll the child and terminate child care services with the family.
Helping Young Children Channel Their Aggression – Part 1

Parenting strategies for managing aggression in young children.

Ask any parent whether she wants her child to be an aggressive person and you are likely to get more than one answer. After all, aggression is associated with both approved and disapproved behavior in our minds and in our society—both with the energy and purpose that help us to actively master the challenges of life and with hurtful actions and destructive forces.

Most of us want our children to be able to take a stand for themselves when others treat them roughly. We hope that they will not start fights but if attacked will be able to cope with the attacker and not be overwhelmed. A child’s learning to find a healthy balance between too much and too little aggressive behavior is probably the most difficult task of growing up.

According to developmental theory, aggressive impulses or drives are born in the human child and are a crucial aspect of the psychological life-force and of survival. In the course of healthy development, these drives are normally expressed in various behaviors at different ages and, with assistance from parents and others, are gradually brought under the control of the individual—moderated, channeled, and regulated, but by no means stamped out.

Aggression Is Part of Healthy Development

During the first year, infants are not often thought of as behaving aggressively, and yet encounters in which an infant pushes, pulls, or exerts force against another are signs of the outwardly directed energy and assertiveness that reflect the healthy maturation of aggression. But the 9-month old who pulls your hair does not know that it might hurt—it is done in the same exuberant, playful spirit that is seen in other activities. It is only in the second year, when the child develops a better awareness of his separateness as a person—of “me” and “you”—that he can begin to understand that he is angry at someone and behave with intentional force. We do not usually talk about a child’s being cruel or hostile toward others until sometime during the second year. Even then, he does not know enough about cause and effect to understand the consequences of his action or how to regulate this behavior toward others. When your 15-month-old smashes a fragile object, he is caught up in the pleasure of assertiveness, not anticipating its result.

Parents sometimes tell me about their toddler who “knows better” than to hit or bite. They believe this is so because when he is scolded, he looks ashamed. What the toddler understands is not that he has hurt someone or destroyed something but that he has earned the disapproval of his parents. Conversely, when praised for being gentle with another, he knows and is pleased that he is approved of for that behavior at that moment. It will take time and many reminders before he can understand that not hitting or biting applies to many situations.

Young children, particularly those under 3½, scarcely know their own strength. The differences between a kiss and a bite, between patting and hitting, between nudging and pushing someone down are not automatically understood and children need many reminders: such as, “Let me show you how to pat the baby (or the family dog or Daddy’s cheek)”; “Patting feels nice. Hitting can hurt”; or “Do it softly (or gently), like this.”

Learning “What to Expect” at Different Ages and Stages

As is true of the young child’s development in other areas, there are steps and phases in the socialization of aggression, and it is worth your while to learn something about what kind of behavior to expect at various ages. If you understand what an infant or toddler or a 4-year-old is capable of, you can adjust your own actions and teaching to realistic expectations and save yourself worry and frustration. You don’t need the anxiety of imagining that your toddler who gets very angry and has very little control over his aggression when frustrated or upset is destined to become an angry, destructive, uncontrolled 4- or 10- or 20-year-old. On the other hand, if your 4-year-old has frequent aggressive outbursts and seems not to be concerned about the effect of his aggression, or even seems to enjoy hurting others, you are correct in being worried and in seeking ways to help him toward healthier behavior.

This article was edited from the ZERO TO THREE journal, April 1985.