

St John's UMC Tot Learning Center
and Preschool

SPRING 2011



Dates to remember

Garden Space-

Rachel O'Donoghue has most graciously agreed to head the Children's Garden Project for this summer. We received a \$200.00 gift from Lowe's for garden supplies, plants and seeds. We will be scheduling a garden day- and will be creating a sign-up sheet for families to water and weed the gardens.

WHY A GARDEN?

Gardening can benefit children in many areas of their lives. Every child should have a chance to connect with a garden.

Children today are just as stressed as their parents. There are ever increasing school loads with fewer and fewer break times, multiple activities, and extended responsibilities. It seems counter-intuitive to add one more task to their already busy day. However, gardening with children has been shown to have a calming effect. Instead of being caught up in the rush of day to day life, slowing down to connect with nature can add a much needed space to relax.

Watching a seed grow into a plant is one of the miracles of life. Children who garden learn to appreciate their plants and the things that went into growing that life. Water, sunlight, dirt, and care are seen as necessities both in the plant world and the human one. Gardening with children gives them a way to love the simple things that make up life.

In a garden, children are surrounded by teaching moments. The life cycle of various plants, the importance of worms and certain insects, even human activities can help or harm plant growth. Without needing a textbook children can learn many things about the world by watching and investigating.



Only emergency last minute schedule changes can be accepted. Please plan ahead- and put all schedule change requests in writing.

We are able to accommodate most requests- the more notice we have, the smoother the change happens. There is both a paper and a communication trail which is involved in every change. The children always come first here- and if there is a need to process a last minute schedule change- it takes away time and attention which we have dedicated to their care and education.

April 28 5:30-7:00	Family FUN Night-
MAY 9-11	BOOK FAIR- GATHER- ING ROOM
May 16	New Parent Handbook available
June 1	NEW 2011- 2012 YEARLY FORMS ARE DUE

PLEASE Rain dance!!!

Shake a rattle, and sway to the sound of the wind.

CHANT:

RAIN, RAIN COME TODAY.

MAKE THE FLOWERS
DANCE AND PLAY.



When Does an Accident Warrant a Trip to the Dentist?

Accidents happen. Most are minor. Some are major and the ensuing trip to the ER or Dr.'s office put parents and care givers on edge. But what about the in-between incidents?

The accidents that are more than a bump but less than a major cut, concussion or possible broken one? Or accidents involving mouth trauma, when no teeth are broken, cracked or knocked out and do not seem terribly loose; when should you take your child to the dentist? We recently found out.

We learned that developing mouths are complex and that it is always best to consult your dentist following an accident. Our son Michael fell and scraped a small area of his gum above his front teeth. No swelling. Nothing chipped. One, ever-so-slightly loose tooth. No trouble eating. He bounced back to his usual self within a short while. No worries. Fast forward a few weeks and I noticed that one of his top teeth was darkening so I called the dentist. Turns out, I should have called the day it happened. The dentist was very concerned and had us bring Michael in the next morning for an evaluation.

While looking into one's mouth reveals a lot, it does not give the whole picture especially for a developing mouth. Some of the invisible areas include teeth roots, nerves, and the jaw bone itself. In older children, x-rays may show permanent teeth. Small teeth can be pushed up into the gums which, though perhaps not visible except to a dentist, can cause problems. Even slightly loose teeth can create an entry way for bacteria into the recesses of tiny gums. In short, lots of potential for long term negative impacts so it's best to call your dentist.

Thankfully Michael is fine. The discoloration is a "bruise" and while it may not whiten, it is a baby tooth and his permanent tooth does not seem to have been affected. If we have another accident, I will definitely call our dentist.

Sarah Geisler-
Preschool Parent



RETHINKING ABOUT:

"Say you're sorry".

Forced apologies are rarely sincere apologies. While I agree that children should apologize when they cause problems, whether they do so with a sincere heart is something we cannot always control. Probably the best way to up the odds is for us to be good models of this in front of our kids.

Actions speak louder than words. There's a big difference between a person saying that they are sorry and showing that they are. Saying is relatively easy. Showing is a lot tougher.

Kids should be expected to do something that demonstrates their remorse. Wise parents say, "Telling him that you are sorry is a great way to start! What can you do to show him that you are sorry?"

If you force your child to say that they are sorry when they're either not or they don't understand what they did wrong then aren't you basically teaching them that it's O.K. to lie to people as long as it makes someone feel better? **WHAT DO YOU THINK?**

On TRUST AND TRUTH

The highest compact we can make with our fellow is- "Let there be truth between us two forevermore".

Ralph Waldo Emerson



**Re-enrollment
News...The 2011-12
FAMILY HAND-
BOOK and forms
Available MAY 15!!**