



CHILD DEVELOPMENT CENTER NEWS

366 FORCE SUPPORT SQUADRON MONTAIN HOME AFB

Aug 2021

DATES TO KEEP IN MIND:

7 August Back to school Brigade 10 -12 @YP

9-13 August

Kinder Transition all week! See CDC for Schedule

16 August 1st Day of School Mountain Home ID

Parent Involvement

August Parent Involvement Create Summer memory board to share with classroom. What adventures did you take this summer (even if they were home adventures). If you are unable to create a board at home, please bring in pictures of your summer activities and the kids will create their boards in class.

Continued COVID practices

Reminder that we are still wearing masks. If your child is sent home ill you will be requested to have doctor confirmation that your child can return to care. If you have any questions please see Ms. Chartelle or Ms. Lisa!

REMINDER:

Kinder Kids start transitioning next week. We will transport in the white bus to the YP during specified times. One of the preschool

Check out Babbledabbledo.com for creative activities to do with your child at home.

One of our favorite activities is:

Cosmic Suncatchers

Materials:

- White Glue
- Food Coloring
- Toothpicks
- Plastic lids
- Hole Punch
- String

Directions can be found here:

<https://babbledabbledo.com/art-for-kids-cosmic-suncatchers/>



Food for Thought:

Why Kids Need Routines

Because routines give them a sense of security and help them develop self-discipline. Humans are afraid of many things, but “the unknown” edges out everything else except death and public speaking for most people.

Children’s fear of the unknown includes everything from a suspicious new vegetable to a major change in their life. Unfortunately, children are confronted with change daily, which is a growth opportunity, but also stressful.

The very definition of growing up is that their own bodies change on them constantly. Babies and toddlers give up pacifiers, bottles, cribs, their standing as the baby of the house. Bew teachers and classmates come and go every year. They tackle and learn new skills and information at an astonishing pace, from reading and crossing the street to soccer and riding a bike. Few children live in the same house during their entire childhood; most move several times, often to new cities and certainly new neighborhoods and schools. Few of these changes are within the child’s control.

Children, like the rest of us, handle change best if it is expected and occurs in the context of a familiar routine. A predictable routine allows children to feel safe, and to develop a sense of mastery in handling their lives. As this sense of mastery is strengthened, they can tackle larger changes: walking to school by themselves, paying for a purchase at the store, going to sleep-away camp.

Unpredictable changes—Mom called away on an unexpected business trip, a best friend moving, or more drastic, parents divorcing or a grandparent dying — erode this sense of safety and mastery and leave the child feeling anxious and less able to cope with the vicissitudes of life. Of course, many changes can’t be avoided. But that’s why we offer children predictable routine as a foundation in their lives — so they can rise to the occasion to handle big changes when they need to.

While helping children feel safe and ready to take on new challenges and developmental tasks would be reason enough to offer them structure, it is another important developmental role as well.