



Newsletter January 2020

Notes from the Director's Desk

Did you know.....ZALA has a lending library? There are books for children of all ages, as well as parent resources on subjects like, toilet training, discipline, self-regulation and divorce. Children's books are located in the lounge. Parent resource books are on the Parent Resource table located at the ZALA entrance. Books can be checked out for one month. If you would like to take advantage of the lending library please talk with your child's teacher. They will be happy to help you.

ZALA recently had a fire drill and it got me thinking, should children be wearing shoes throughout the day so their feet are protected in the rare event of an emergency in the dead of winter or on a scorching hot summer day? Or is it best practice to have shoeless classrooms? After some discussion ZALA has decided to keep shoes out of the classrooms, but we want to protect the children's feet, especially during our monthly fire drills. We are asking parents of toddlers/preschoolers to provide a secondary pair of shoes or slippers that can be left at ZALA. You probably have tennis shoes, Crocs, or slippers at home that aren't being used on a regular basis that will work well, no need to buy a new pair. Select shoes or slippers your toddler and/or preschooler can put on by themselves with little adult assistance. If you have any questions about this topic or other topics, we would love to hear from you!

Rhiannon Reardon

(406)556-7439

Dates to Remember

January 1: Happy New Year! ZALA closed.

January 2: Normal hours.

January 3: Normal hours and operation.

January 17: Scholastic book order due.

January 24: Gymnastics Showcase @ 4:30 in the cafeteria.

February 14: Valentine's Day Party @ 4:30.

Zoot Adventure Camp (ZAC)/PIR:

January 2: PIR camp, 8-5.

January 3: PIR camp, 8-5

January 20: PIR camp, 8-5

January 27: PIR camp, 8-5

February 17: PIR camp, 8-5

Weekly Happenings:

Music with Mrs. Rachel every Monday morning.

Yoga with Miss Kristen Tuesday mornings.

Gymnastics every Thursday morning.

Bookmobile Friday, January 10th and 24th.

A Recap of Last Month

First Contact

December was such a busy month that came and went! We had a steady classroom this month with no new friends and no friends that moved to the Bridge room. Though, come January our friend Belle will begin the transition process to Bridge! She is ready with wonderful use of her sign language and willingness to learn. We loved playing with the kinetic sand this month. It was a fun sensory experience along with find and seek! 2019 was an awesome year - thanks to all of our lovely parents! First Contact is excited to ring in the New Year and see what 2020 has in store for us!

– Miss Marisa

Bridge

Wrapping up the year in style! What a fun month December was. Lots of Christmas crafts and exploring fine and gross motor activities. Our favorite addition to our day is having a mid-morning snack. Each day the children are gaining more independence and expanding their knowledge and vocabulary. We are so excited to welcome Ms. Savannah into our classroom as our second teacher. She is so patient, creative and all around wonderful! Our classroom environment is growing and we are thrilled to have Belle start her transition in January. Also, could not be more excited for Katie Collins to officially start in Warp Drive in January and share our space to have all sorts of fun activities planned. All the best in the New Year!

– Ms. Katie Tasic

Warp Drive

Phew! We've all survived the hectic month of December! In the month of December we had fun reading holiday books and making some fun crafts. We hope you loved your special reindeer! January will be filled with snow themed crafts including snowflakes, polar bears, and much more. Keep an eye out for the changes to our classroom layout and new crafts that we'll be hanging up as we complete them. Here's to a fantastic 2020 in Warp Drive!

– Miss Katie Collins

Holodeck

Happy New Year! I hope you all had a fun-filled and relaxing holiday with family and friends. December flew by so fast! This month, our days were filled with LOTS of Christmas music and many days outdoors soaking up the beautiful weather. The kiddos enjoyed the holiday additions to the Interest Areas, particularly the Gingerbread Bakery in pretend play. They loved being so involved in the process of creating the gingerbread house, including painting and decorating it themselves. They have spent lots of time "baking" up delicious holiday cupcakes, cookies, and cakes for everyone. A big thank you to Kara Barton for bringing in homemade cookies for us to decorate- it was the perfect addition to our bakery fun. We closed out the year with some fun art projects, making Christmas ornaments for our parents, and watching The Polar Express. While we've loved all the holiday fun, we are all excited to jump into the New Year and see what wonderful opportunities it brings us.

– Miss Megan

Developmental Tidbit: Toilet Training

Learning to use the toilet is a huge milestone in a child's life. The toilet training process is complex therefore it is important for caregivers and parents to communicate effectively during the process for it to be a successful experience for all involved. Generally, children are ready for toilet training between 18 months and three-and-a-half years of age.

Some things ZALA does and parents can do to get children ready to toilet-train:

- Read potty books and talk about going pee and poop in the toilet.
- Have them sit on the toilet during transition times (before and after meals, before and after naps, and at diaper change times).
- Encourage them to practice getting their clothes up and down on their own.
- Wash children's hands after sitting on the toilet and after diaper changes.
- Offer plenty of water throughout the day. This fills the bladder, causing more trips to the toilet.
- Observe them and watch for signs they need to go pee or poop. Help them recognize when they need to go by telling them what signal you saw and take them to the toilet.

Here are the signs that indicate when children are ready to use the toilet:

- Remains dry for at least 2 hours at a time during the day.
- Dry diaper after nap time.
- Regular and predictable bowel movements, whether daily or every couple of days.
- Walks to and from the bathroom, pulls clothes up and down on own.
- Seems uncomfortable with soiled or wet diapers.
- Seems interested in the toilet.
- Able to identify when they need to go pee or poop and tell an adult, either before or after they go.

Children who show most of these skills are ready to start toilet training. A negative reaction to the toilet or not meeting most of the skills listed means the child is not ready. Wait a few weeks and check skills again from the list before trying again. Tears and frustration will delay the process.

Toilet Training Techniques:

- Teachers and parents should use a calm, gentle approach to toilet train. Never punish for accidents.
- Parents are encouraged to help their children understand what the expectations are at home and childcare to avoid setbacks.
- Parents should inform teachers of the words they use for body parts and urine and bowel movements to be consistent with what is being used at home.
- Teachers and parents should consult about techniques used at home so it is consistent at the childcare center.
- Be positive. There are many steps to the toilet training process (discussing, undressing, going, wiping, dressing, flushing, hand washing). Encourage children's success at every opportunity by rewarding their success (high-five or make up a song and dance about it), take video of them in their happy moment and share with people important to them, or track success on a sticker chart.
- Parents should dress children in easy to remove clothing to help children be successful in pulling clothes up or down for dressing and undressing.
- Never force children to sit on the toilet against their will or for long periods of time if they do not want to. This could create a power struggle and negative feelings about the toilet, delaying the process.
- Always supervise children during the toilet training process.

Discuss with your child's teachers if you feel he/she is ready to begin the toilet training process.

A Note from Miss Rachel at Musikgarten

Musik Note: Stationary Movement

As a child gains control of his/her body, the goal is to have movement be the result of thought, as opposed to being simply a reflex. A prerequisite of this is for your child to understand how the *parts of his/her body* move and that is best explored initially from a stationary position.

Toddlers

Stationary Movement activities your child the opportunity to explore what his/her upper body can do. These activities provide a stable position from which your child can discover his/her own space and various ways s/he can move within that space. S/he can begin to experiment with spatial concepts such as high, low, around, in and out, which will further your child's vestibular development. Since the vestibular function of the ear needs to be firmly established before the auditory function can be dealt with, doing activities which deal with spatial concepts will help your child to become a better listener.

Preschoolers

For young children, movement and learning are inextricably linked; a child's body must be engaged for deep-seated learning to take place. Standing stationary movement allows children to work on their sense of balance, striving to remain in an upright position while jumping, hopping, and sitting down slowly. Additionally, stationary movement activities allow your child to explore spatial concepts such as high, low, in, out, and through, as well as 'my space' and 'your space'. This is important since the ear's primary purpose of providing a sense of balance and spatial awareness – its vestibular function – must be fulfilled before it can get on with its secondary purpose – its auditory function.

- Mrs. Rachel

Rachel Waterman Studio, LLC
Nurturing Children Through Musical Experiences
Cell/Text: 406-570-0179
Email: mrsrachel@rachelwatermanstudio.com
Online: www.rachelwatermanstudio.com
Facebook | Linked-in | Blogger

