

# The Parent News

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## Upcoming

Statutory Holidays  
Christmas/Boxing  
Day/New Years

December 26/27, 2011

January 2, 2012

Providers receive these days off  
and the office will be closed.

The office will be  
closed from

Dec 24, 2011 and  
will re-open  
Jan 3 2012

### OFFICE HOURS:

Monday ~ Thursday

8:00am ~ 4:30pm

Friday

8:30am ~ 4:00pm

Dear Parents:

Christmas time is definitely upon us! I hope you are all looking at this time with joy and that your children are all excited! Remember there are so many free activities this time of year for families to enjoy, or lots of opportunities for you to spend some free quality time with your family at home!

Remember as winter weather is here to send appropriate clothing to your child's day home. Ask your provider if you are unsure about what your child needs.

Welcome to all of our new families! Please note our office ours over the Christmas and New Year Holiday! Merry Christmas and Happy New Year all!

~ Angel

"THE BEST OF ALL GIFTS AROUND ANY CHRISTMAS  
TREE: THE PRESENCE OF A HAPPY FAMILY ALL  
WRAPPED UP IN EACH OTHER."

~BURTON HILLIS



## Eggnog Pancakes

### What You Need:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2 eggs
- 1 1/2 cups eggnog
- 2 tablespoons butter or margarine



Melt butter/margarine. In a bowl, combine the flour, baking powder, salt and nutmeg if desired. In another bowl, beat eggs, eggnog and butter; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

## Molasses Sugar

### Cookies

### What You Need:

- 1 1/2 cups shortening
- 2 cups white sugar
- 1/2 cup molasses
- 2 eggs
- 4 cups all-purpose flour
- 4 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1 teaspoon salt



Melt the shortening in a large pan on the stove, and cool.

Add sugar, eggs, and molasses, beat well.

In a separate bowl, sift dry ingredients together and add to the pan. Mix well and chill 3 hours or overnight.

Form into walnut-size balls. Roll in granulated sugar. Place on greased cookie sheet about 2 inches apart.

Bake at 375 degrees F (190 degrees C) for 8-10 minutes.

## Holiday Home Cooking

### Sausage & Potato Breakfast Casserole

#### What You Need:

- 1 pound breakfast sausage, cooked, crumbled, drained
- 1 bag frozen southern-style hash brown potatoes, thawed
- 2 cans (10 3/4 oz each) cream of mushroom or cream of celery soup
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 cup sour cream
- 2 to 3 tablespoons snipped fresh chives
- 2 cups shredded Cheddar cheese, divided

Grease a 2 1/2- to 3-quart baking dish. Heat oven to 350°. Combine the cooked sausage, thawed potatoes, cream soups, pepper, salt, sour cream, and chives. Add about 1 1/4 cups of the cheese and spoon into the prepared baking dish. Bake for 45 to 55 minutes, or until hot and bubbly. Top with the remaining cheese and bake for about 5 to 10 minutes longer.



**HO!**

**HO!**

**HO!**

## Activities At Home

### Song or Finger Play

#### I want a Hippopotamus for Christmas

I want a hippopotamus for Christmas  
I don't think Santa Claus will mind, do you?  
He won't have to use our dirty chimney flue  
Just bring him through the front door,  
That's the easy thing to do

I can see me now on Christmas morning,  
creeping down the stairs  
Oh what joy and what surprise  
when I open up my eyes  
to see a hippo hero standing there

I want a hippopotamus for Christmas  
Only a hippopotamus will do  
No crocodiles, no rhinoceroses  
I only like hippopotamuses  
And hippopotamuses like me too

Mom says the hippo would eat me up, but then  
Teacher says a hippo is a vegetarian.

There's lots of room for him in our two-car garage  
I'd feed him there and wash him there and give  
him his massage

I can see me now on Christmas morning,  
creeping down the stairs  
Oh what joy and what surprise  
when I open up my eyes  
to see a hippo hero standing there



I want a hippopotamus for Christmas  
Only a hippopotamus will do  
No crocodiles or rhinoceroses  
I only like hippopotamuses  
And hippopotamuses like me too!

## Science Activity

### Ice Painting

You will need:

Paint  
Water  
Ice Cubes  
Paper

Put watered down red and green paint in ice cube trays. Freeze trays and allow children to paint with the frozen paint cubes. You can talk to the children about how liquids turn into ice and what ice can be used for. The dangers of ice and even about icebergs.

## Art Activity

### Countdown to Christmas

Green Paper  
Stickers

Cut out a Christmas tree shape from green paper. Make sure you have one for each child. With felt pen, write dates from 1-24 all over the tree. The numbers do not necessarily have to be in order. Each day, allow the children to place a sticker on the correct date, and then they can count how many days until Christmas!



# Tips for Positive Child Guidance

## Parenting through challenging behaviour

Parenting a child with challenging behavior is a challenge — but it is one that parents can overcome with the appropriate strategies. This resource sheet offers ideas that have been proven to work — and which can benefit all children, not just those with challenging behavior.

- **Be sure your child knows that you love him even if you don't always like his behavior.** Every day — perhaps at bath time, perhaps when you're walking home from child care — set aside time to have fun together. Give him your undivided attention, let him choose the activity, and make sure he knows you like playing with him. These positive moments nourish his self-esteem and point the way to more positive moments.
  - **Encourage appropriate behavior, and minimize the opportunities for challenging behavior.** These tactics are important because in the first decade of life every experience, positive and negative, affects the permanent wiring of the brain. You can build appropriate patterns if you anticipate trouble, prevent the difficult situation from occurring, and help your child to remember what to do instead of correcting his mistakes.
  - **Make your home an environment where your child can succeed.** Remove fragile objects, create comfortable play areas, select toys that interest him, and keep them well organized and within his reach.
  - **Plan activities around your child's needs.** If John has tantrums when he's hungry, give him a snack before you go shopping. If you serve lunch on the kitchen table, suggest he do his puzzles on the coffee table so he won't have to put them away when it's time to eat.
  - **Set clear limits and enforce them consistently.** Your child needs to know what you expect. But be sure that you have the time and energy to carry through. If you are already late for work, it's okay if he leaves the Legos on the floor.
  - **Create routines and stick to them.** Children feel more comfortable when they know what's coming next. For the same reason it helps to give advance notice of changes in activity ("You can slide down three more times, and then it's time to go home").
  - **Learn to recognize anxiety in your child.** When Irene whines, that is your cue to stop sorting laundry, give her a smile, ask if you can help, and listen closely. If you can catch the problem at this early stage, you can head off challenging behavior.
  - **Offer a limited choice when you see trouble coming** ("Do you want your milk in the red cup or the blue one?"), and guide your child's behavior by telling him what to do instead of what not to do ("Ask Paul if you can play," not "Don't grab"). Be patient if he needs exactly the same directions an hour later — he is young, he forgets and he needs to practice.
  - **Put yourself in your child's shoes and try to figure out what he gets from his challenging behavior.** Does he get your attention (positive or negative)? Does he avoid something he dislikes or isn't good at? Does the atmosphere become calmer (or more exciting)? Once you know what the challenging behavior brings him, you can help him to get it in a more acceptable way.
- Stay calm.** When things don't go smoothly, take a deep breath and count to five. By showing your child that you can handle the situation with a cool head, you become his best role model. Let her know that you love her, and help her to think about how she can solve the problem next time.