NIST Child Care Center Newsletter

**March 1, 2017**





From the Director’s Desk

February has been a busy month for us. We had our dance party and random act of kindness day and the children had a great time. We look forward to an exciting March and hopefully an early spring.

Do you worry about your child growing up to fast? As a mother of a now 24-year-old I had those same concerns. Here are some ideas suggested by NAEYC (National Association for the Education of Young Children) http://www.naeyc.org/ :

Limit the time your child spends in front of a screen – television, computer, video game etc. The American Academy of Pediatrics recommends no more than 1 to 2 hours a day for children over 2 and none for children under 2 years of age. Make a list with your child of things they can do instead of watching a screen. Schedule a weekly family night (Friday night was game night for us). Work with friends who share the same ideas. Schedule play dates with your child’s friends where they can get outside and play. Visit local parks. Try to avoid giving into the purchasing items that you feel are inappropriate.

Tracey Rex

REMINDER: Tuition payments are due on Monday of the billing cycle. Payments received after close of business on Wednesday will begin incurring late fees at $5 per day.

**Patience**

Patience is not the ability to wait but the ability to keep a good attitude while waiting. –Author Unknown

Even as adults we have become more accustom to instant gratification. Are we patient when our Internet connection is slow? Are we patient with our children when we have an early meeting and they are refusing to get dressed?

If you think about it there are two words that don’t seem to go together (patience and children). Children thrive on instant gratification. In our fast paced society, we don’t have many opportunities to practice patience. We need to give young children opportunities to practice whenever possible.

Is patience a value worth practicing? Absolutely! How can we practice patience at home? Set up an allowance system for your children. Help them to plan for purchasing a special toy. Start out small so it is a short-term attainable goal.

Bake with your children and talk to them about how we have to be patient. We have to wait for the cake to cool before we put the icing on and decorate it. In the spring plant a garden and watch it grow.

Here are a few books that you can read with your child. I recommend you read the books yourself before reading them with your child. Plan your discussion that will help reinforce patience. “The Carrot Seed” by Ruth Krauss, “The Growing-up Feet” by Beverly Cleary, “I Can’t Wait” by Elizabeth Crary, and “Not Yet, Yvette” by Helen Ketteman.

Always remember, children learn by role models. They see and hear everything we do. They want to be like us.



**Birthdays**

3/3 Mridula N. 3/17 Isabella O.

3/3 Mason W. 3/18 Athena H.

3/4 Ethan Q. 3/20 Lucia M.

3/10 Tegan W. 3/22 Daniel P.

3/10 Aiden A. 3/27 Louis M.

3/12 Nicolas O.

**Anniversaries**

3/25 Ms. Grace 1yr

Up Coming Events

3/2/17 BOD Meeting 12:00

3/2/17 Dr. Seuss Day

3/8/17 Wacky Hair Day

3/10/17 Johnny Appleseed Day

Apples for snack

3/13/17 National Plant a Flower day

3/15/17 Backwards Day (wear your clothes backwards)

3/17/17 St. Patrick’s Day

Wear Green

3/20/17 First Day of Spring

3/22/17 Inside out Day (wear your clothes inside out)

3/29/17 Pajama Day (wear your pajamas to school)

**Kindergarten**

As we prepare for the new school year we are opening up enrollment. First priority will go to those children currently enrolled that will be Five on or before September 1, 2017. On March 20th we will begin enrolling other NIST and Federal employee’s children that meet the age requirement. If there are any spots available after that we will take requests for children who will be turning 5 between September 2 and October 15th. We will look at the requests and will consider on an individual basis based on social, emotional and academic abilities.

**Winter Weather**

The weather seems to be very unpredictable these days. The children go outside every day weather permitting. The temperature needs to be at least 32˚ including the wind chill. We have seen days recently where you leave your house in the morning and it is 38˚ but by the afternoon it might be in the mid to high 60’s. Teachers sometimes have to make a judgement call as to whether children will need their jackets when going out. Sometimes it is a good idea to have a sweater or sweat jacket in your child’s cubby, so they don’t have to wear a heavy winter jacket outside when it is too warm. If you have special instructions related to the drastic change in temperature, please pass that along to the teachers. We are required by the state of Maryland to take the children out daily weather permitting.

