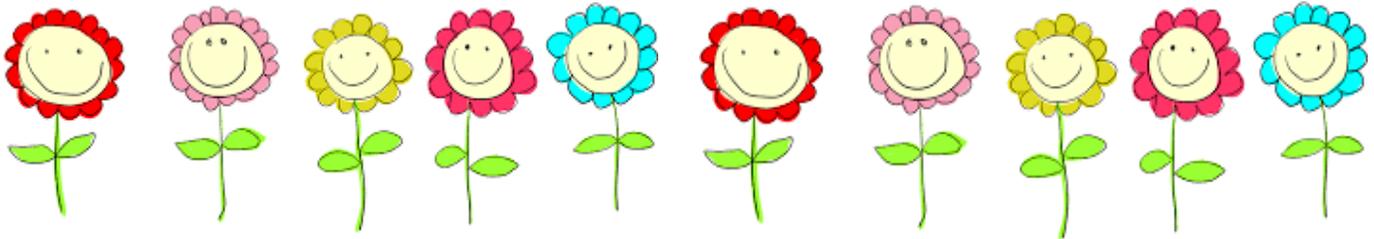
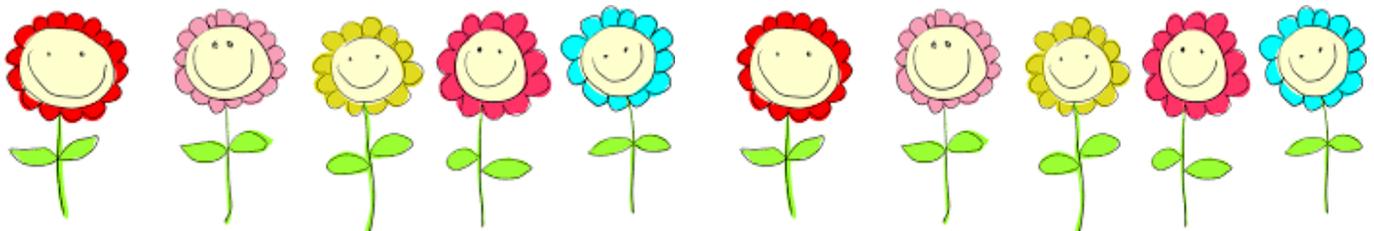


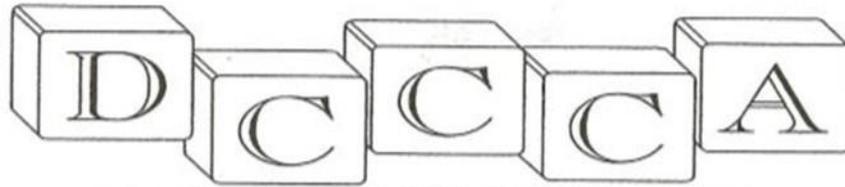
# DCCCA Newsletter

April, May & June - 2018



WELCOME  
Spring





Douglas County Child Care Association  
*building blocks for America's future*

## April, May & June 2018

INDEX	PAGE NUMBER
Letter from YOUR President, Angela Rosales	3-4
3rd Quarter Treasurer Report for 2018 (Jan—March)	5
DCCCA Referral Calls Jan—March	6
Executive Board & Association Volunteers	7
Licensing Specialists & Misc. Numbers	8
Insurance Options for your Child Care home	9
In the Spotlight—Amanda Schoniger	10
Clarification for taking ALL Field Trips	11
Speech Development in Toddlers	12-14
Why Toddlers are so Moody?	15-18
Nature Hunt Bingo	19
Nature Made Crafts	20-22
Mother's Day gift ideas	23-26
Father's Day gift ideas	27-32



# A word from YOUR President

Angela Rosales

Angela Rosales

## Spring Cleaning

**Spring cleaning** is the practice of thoroughly cleaning a house in the springtime. Some researchers trace the origin of spring cleaning to the Iranian Nowruz, the Persian New Year, which falls on the first day of spring. Iranians continue the practice of "shaking the house" just before the Persian new year.

Another possibility has been suggested that the origins of spring cleaning date back to the ancient Jewish practice of thoroughly cleansing the home in anticipation of the springtime festival of Passover.

In North America and northern Europe, the custom found an especially practical value due to those regions' continental and wet climates. During the 19th century in America, prior to the advent of the vacuum cleaner, March was often the best time for dusting because it was getting warm enough to open windows and doors (but not warm enough for insects to be a problem), and the high winds could carry the dust out of the house. This time of year, is also when coal furnaces wouldn't run and you could wash all the soot from the walls and furniture left by the furnace. For the same reason, modern rural households often use the month of March for cleaning projects involving the use of chemical products which generate fumes.

The literal meanings of spring cleaning have evolved through time, and what may our more modern-day version be? Certainly, getting our house in order, perhaps clearing the cobwebs accumulating in ourselves, our lives, and our work? Goodness knows what equipment and process is needed for all that! A life coach, a counselor, a plastic surgeon, a priest, a pastor, a mentor, Merry Maids, new appliances, maximum strength supplements and ibuprofen, long extended vacations, a devout friend, a new boss, a deadline.....

This past summer, I spent a significant amount of time with siblings going through our family home, and now our elderly mom's home of almost fifty years, preparing for a huge downsize and then selling. Clearing out, meant going through every item and deciding to keep, to throw, to sell, to give away or to donate. An exhausting, emotional, difficult process to say the least. And yet, an eye opening and truth changing experience. Cobwebs were clearing. How have similar experiences for you impacted the vision of yourself, your life and your work, your truths?

Perhaps it boils down to those simple truths we are already aware of. Truths regarding our possessions, ourselves, our lives and our work.

We have more than we can ever need. Less IS more and more IS less. Downsizing our possessions sooner than later, clearing out excess and clutter, leaves us with less to stress about and much more to gain all around. Simplifying, is simply.... freeing.

Putting ourselves at the top of the list and staying there.... sets the stage for potential transformations both inside and out that we have yet imagined. Taking care of oneself is the best thing you can do for yourself and others!

Taking a personal inventory to examine our lives, contemplate what we have learned from the past, and prioritize what we truly want for our futures is metaphorically spring cleaning. We have one life to live, and we can set goals to give our life new direction.

Our work roles can become dusty, dingy, and disheveled. What might be done to feel more appreciated, more in balance, more personal satisfaction, more inspired, less stressed? Our choices, whether we see them clearly or not, mean we are not stuck or trapped.

My spring cleaning list may resemble yours,

- Clean and downsize the garage and crawl space
- Pare down my office, my daycare toys and materials
- Strive to take more walks and stick to workouts
- Plan for retirement and begin spending less
- Reevaluate my work role and load, as I age in place

It's about applying to ourselves what we teach to our children. Yes, much of life and cleaning can seem overwhelming. So, break it down into baby steps. Crawling, standing, stepping, falling, dusting off, walking, running, and then.....flying!

Let's boldly go forth, put on our purple Playtex gloves, hold hands, and get 'er done!!

Happy Spring Cleaning!!

Angela



# Douglas County Child Care Association

January 1, 2018—March 31, 2018

## 3rd Quarter Treasurers Report

**BALANCE FORWARD**

**\$8,624.93**

Income:	Membership		\$ 60.00	
	State Membership			
	Tom Copeland			
	Refunded Bank Fees			
		Total Income		\$ 60.00
Expenses:	Board Meeting			
	Telephone		\$ 163.10	
	Web Maintenance		\$ 65.00	
	Class Speaker		\$ 100.00	
	Seminar Raffle		\$ 19.95	
	Volunteer Retirement		\$ 57.72	
		Total Expenses		\$ 405.77
		Ending Balance		\$8,279.16

**Respectfully Submitted,**

**Susan Taboada**

**DCCCA Treasurer/Membership**

# Referral Recap: April, May & June

	Jan., Feb. & March	<b>Location: Highlands Ranch, Lone Tree &amp; Centennial</b>	Jan., Feb., & March	<b>Location: Parker</b>	Jan., Feb., & March
Location: Castle Rock					
Calls for under 2	8/6/3	Calls for under 2	6/15/8	Calls for under 2	9/12/5
Full Time:	5/4/2	Full Time:	2/8/5	Full Time:	6/11/3
Park Time:	3/2/1	Park Time:	4/7/3	Park Time:	3/1/2
Calls for over 2	6/2/1	Calls for over 2	1/6/3	Calls for over 2	4/2/3
Full Time:	3/2/0	Full Time:	0/1/2	Full Time:	1/1/0
Park Time:	3/0/1	Park Time:	1/5/1	Park Time:	3/1/3
Before & After School	0/0/1	Before & After /School	0/0/0	Before & After School	0/1/3
Drop In's	0/0/0	Drop In's	0/0/0	Drop In's	0/0/0
Night's or Weekends	0/0/0	Night's or Weekends	0/0/0	Night's or Weekends	0/0/0
CCAP	0/0/0	CCAP	0/0/0	CCAP	0/0/0
Total Calls for the Month	13/8/4	Total Calls for the Month	6/17/10	Total Calls for the Month	10/13/8

Source in receiving DCCCA referral numbers:		Source in receiving DCCCA referral numbers:		Source in receiving DCCCA referral Numbers:	
DCCCA WEBSITE	11/8/5	DCCCA WEBSITE	3/8/0	DCCCA WEBSITE	6/10/8
PROVIDER/FRIEND	2/0/0	PROVIDER/FRIEND	1/7/2	PROVIDER/FRIEND	4/3/0
USED BEFORE	0/0/0	USED BEFORE	2/2/0	USED BEFORE	0/0/0
OTHER:	0/0/0	CRAIGS LIST	0/0/1	OTHER:	0/0/0



Please remember to keep in touch with your Referral and your openings each month. Also any changes that arise. Thank you!

# Executive Board and Association Volunteers:

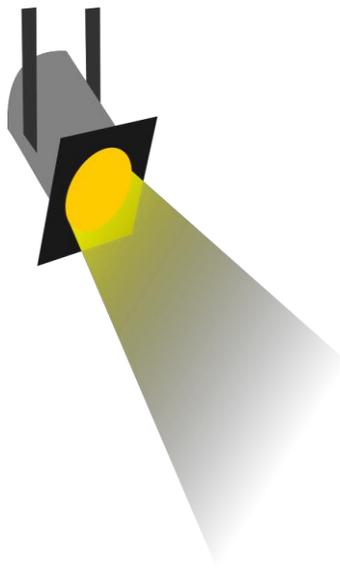
EXECUTIVE BOARD	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
President	Angela Rosales	303-766-9241	<a href="mailto:amagr8rose@q.com">amagr8rose@q.com</a>
Vice President	Vickie Scholl	303-707-0812	<a href="mailto:gtscholl@hotmail.com">gtscholl@hotmail.com</a>
Secretary	OPEN	OPEN	OPEN
Treasurer/ Membership	Susan Taboada	303-841-5899	<a href="mailto:SusanTboada@comcast.net">SusanTboada@comcast.net</a>
REFERRALS:	VOLUNTEERS	PHONE NUMBER	EMAIL ADDRESS
Castle Rock	Sabrina Fulks	303-814-2103	<a href="mailto:Sabricustomemb@gmail.com">Sabricustomemb@gmail.com</a>
Highlands Ranch, Lone Tree, Acres Green & Centennial	Cathleen Zeiler	303-791-3386	<a href="mailto:cafzeiler@gmail.com">cafzeiler@gmail.com</a>
Parker, Elizabeth	Joanne Payne	303-805-0824	<a href="mailto:tjsspayne@msn.com">tjsspayne@msn.com</a>
ELECTION COORDINATOR:	Cathleen Zeiler	303-791-3386	<a href="mailto:CAFZEILER@GMAIL.COM">CAFZEILER@GMAIL.COM</a>
Education Committee	OPEN		
STATE REP:	OPEN		
STATE REP	OPEN		
ADVERTISING:	OPEN		
CRAIGS LIST	Molly Williams	720-488-6405	<a href="mailto:mollyw@q.com">mollyw@q.com</a>
HOSPITALITY	Maria Ciurczak	303-470-8909	<a href="mailto:mciurczak62@gmail.com">mciurczak62@gmail.com</a>
HOSPITALITY	Rita Predmore	303-690-0610	no email address
NEWSLETTER EDITOR:	Paula Williams	303-358-2377	<a href="mailto:paulasue10@q.com">paulasue10@q.com</a>
DOUGLAS CTY ZONING:		303-660-7460	
EIN	EMPLOYER IDENTIFICATION NUMBER	1-800-829-4933	<a href="http://www.irs.gov/businesses/small/article/0,,id=97872,00.html">http://www.irs.gov/businesses/small/article/0,,id=97872,00.html</a>

# Licensing Specialists & Misc. Numbers

Castle Rock - 80104, 80108 & 80109	Heather Sporrer	303-866-5958 <a href="mailto:heather.sporrer@state.co.us">heather.sporrer@state.co.us</a>
Highlands Ranch Areas: 80112, 80129 & 80130	Jodi Gillespie, Lead Licensing Specialist	720-415-6141 <a href="mailto:jodi.gillespie@state.co.us">jodi.gillespie@state.co.us</a>
Highlands Ranch Areas: 80124 , 80125 & 80126	Amanda Schoniger	303-866-4453 <a href="mailto:Amanda.schoniger@state.co.us">Amanda.schoniger@state.co.us</a>
Parker 80134 & 80138	Beth Chase	303-866-5958 <a href="mailto:elizabeth.chase@state.co.us">elizabeth.chase@state.co.us</a>
<b>COLORADO DEPT. OF HUMAN SERV.</b>	<b>303-866-5958</b>	<a href="https://sites.google.com/a/state.co.us/cdhs-dcw/">https://sites.google.com/a/state.co.us/cdhs-dcw/</a>
24 Hour Child Protective Line	303-271-4131	
Immunization Line	303-237-7178	
Colorado Dept. of Health	303-692-2035	
Rocky Mountain Poison Control	303-222-1222	
NAFCC (National Association for family Child Care)	800-359-3817	
<b>CHILD FIND</b> for Douglas County Schools	720-433-0020	
<b><u>FOOD PROGRAMS FOR</u></b>	<b><u>DOUGLAS COUNTY:</u></b>	
<b>Kids Nutrition Company</b>	<b>303-987-4851</b>	
<b>Southwest Food Program</b>	<b>719-573-2246</b>	
<b>Wildwood Food Program</b>	<b>303-730-0460</b>	

# Insurance Options for your Child Care Home

Dawna Nolan, Broker	720-519-0291	<a href="mailto:dawna@cowest.com">dawna@cowest.com</a>
ADCO General Daycare Insurance	303-893-5770	
Adults and Children Alliance	1-800-433-8108 Ext. 2028	<a href="http://www.acainc.org/partners.html">www.acainc.org/partners.html</a>
Allstate Insurance	303-833-5588	
Assure Child Care	1-855-818-5437	<a href="http://www.assurechildcare.com">www.assurechildcare.com</a>
Cherry Creek Insurance Group	303-799-0110	<a href="https://www.travelers.com">https://www.travelers.com</a>
Child, Inc.—Liability Insurance	1-800-844-8288 Ext. 108	
Child Care Insurance Professional	1-800-819-9992	
Dan Gillespie, Insurance Broker	303-656-6912	
Daycare Defender	1-800-414-1066	<a href="http://www.dcdefender.com">www.dcdefender.com</a>
DC Insurance Services, Inc.	1-800-624-0912	<a href="http://www.dcins.com/contact-us.html">www.dcins.com/contact-us.html</a>
Farmers Insurance - Daniel Cashmore	303-979-0315	
Mike Boling Markel	1-888-515-8537	
New England Insurance Services, Inc	1-888-845-8288	<a href="http://www.neisinc.com">http://www.neisinc.com</a>
State Farm Insurance - Daniel West	303-790-4333	



# In the Spotlight

Connecting with Early childhood Education peers on a personal and professional level!

**Amanda Schoniger, Licensing Specialist**



My name is Amanda Schoniger, and I'm a licensing specialist for the following zip codes in Douglas County, 80124, 80125, and 80126. Over the past decade I have worked as a teacher, director and licensing specialist. I have had interactions with affluent, gifted, special needs and at-risk children from multi-generational, single-parent, dual-parent and low-income families. I have been employed as a licensing specialist in several different counties across Colorado working with various socioeconomic populations and have gained experience working with fellow childcare providers, directors and owners of all ages and from a multitude of educational and occupational backgrounds. In addition, my exposure to state, county and local agencies has further broadened my knowledge of the child care field. I have had experience with a wide range of challenging situations from injuries and infant fatalities to interacting with community and government agencies. I possess a bachelor's degree in Early Childhood Education from the University of Northern Colorado. I am director qualified for all state-regulated child care facilities, and I have obtained the National Association for Regulatory Administration (NARA) Credential.

I chose the field of early childhood because I strongly believe every child deserves to grow up in a nurturing, safe environment and receive quality care. The following quote underscores the critical importance of early childhood education. "Ninety percent of brain development occurs by the age of 5." ("Colorado Office of Early Childhood")

I enjoy meeting other professionals that are equally as passionate about early childhood education as I am. This includes working with providers and educators in the community to help provide the best possible facilities and daycares for children.

# Clarification on Field Trips

I would like to clarify what is needed prior to taking a field trip with children. There have been some questions about how you need to notify families and how often you need to notify families of field trips. Field trip notification needs to be completed in writing for **each field trip**. You cannot use a blanket field trip form. This will apply for unexpected field trips as well, which would include running errands. You may text or email this information to your families. Please remember you will need to keep a copy of the response from emails/texts or written papers from parents/guardians as permission for up to 3 years.

Each individual field trip will need authorization from parents/guardians.

An example of this would be to write the information on the top of your daily sign in sheet, that way you do not need a separate piece of paper, because by signing the child in, they are also giving you permission for the field trip/errand.

Another example would be to print out a monthly calendar with field trips/errands and have parents/guardians sign it. Please make sure you have all the pertinent information listed below on the calendar if this is the route you choose.

You will want to include pertinent information such as:

Date, location of field trip, departure time, expected arrival time back home, phone number where provider can be reached during field trip, and a parent/guardian signature.

[The Policy is listed below for your reference!/:](#)

## 7.707.41 Statement of Policies

14. Scheduled and unscheduled trips away from the family child care home; the requirement of notification of the excursion prior to the event and need for signed permission from the parent(s) or guardian(s) for the excursion and a phone number where the provider can be reached during a field trip.

You can still use a blanket form for transporting children to and from school (just make sure this has the times you will be gone and what schools you will be transporting to and from).

Please contact your licensing specialist if you have any further questions or would like specific clarification on your situation.

# Speech Development in Toddlers

Three noted speech experts answer your questions about how toddler's development speech skills.

By Natalie Walker Whitlock from [Parents Magazine](#)



**Q: How many words should my 2-year-old be able to say?**

**A:** "Around their second birthday, many children begin to acquire words at breakneck speed, a phenomenon experts call the naming explosion. Most 2-year-olds can say about 100 words," says Andrew N. Meltzoff, Ph.D., coauthor of *The Scientist in the Crib: Minds, Brains, and How Children Learn* (William Morrow, 1999). "By the time your toddler is 2 1/2, she'll probably know close to 300." But not all children follow this pattern, so don't panic if your child isn't talking nonstop by 2 1/2. "However, if by the time your toddler is almost 3, she says fewer than 25 words and can't combine them in a simple 2-word sentence, consult your pediatrician," Dr. Meltzoff recommends.

**Q: I am concerned that my toddler isn't talking enough. What should I expect when the pediatrician checks her?**

**A:** First, your doctor will review your child's medical history and ask whether she achieved her mental, physical, and social milestones on time. Doing this will help rule out any developmental problems.

Because a common cause of speech delays is lingering fluid from a middle-ear infection, your doctor should also check your child's ears. "Fluid buildup prevents children from hearing clearly, so they can't mimic the speech around them," Dr. Meltzoff says. If this is the case, your doctor will likely prescribe a course of antibiotics recommend ear tubes. He'll also check your child's motor skills, as some children have trouble coordinating the muscles in the mouth and throat, which can lead to speech problems.

have trouble coordinating the muscles in the mouth and throat, which can lead to speech problems.

Depending on his findings, he may advise speech therapy or a visit to an audiologist, who specializes in hearing problems. "But even if your child does need therapy, she'll probably catch up quickly, as very young children tend to respond well to treatment," says Roberta Michnick Golinkoff, Ph.D., coauthor of *How Babies Talk: The Magic and Mystery of Language in the First Three Years of Life* (Dutton, 1999). "Some kids just get off to a slower start than others."

**Q: My 2-year-old stutters when she talks. Does she need speech therapy?**

**A:** Probably not. Children between 2 and 3 often repeat sounds or hesitate between syllables. "Most toddler stuttering disappears in a few months," Dr. Golinkoff says. However, if your child stutters for more than three months, consult your pediatrician. "In the meantime, slow your own speech down so that your child can hear each syllable, and be patient when she replies," Dr. Golinkoff advises. "A calm, relaxed atmosphere can help a tentative talker speak more clearly."

**Q: My neighbor's 2-year-old can string together five- to seven-word sentences. My own toddler says only two words at a time. Is he lagging behind?**

**A:** No. Both children are within the normal range. "There's wide variability in speech development at this age," Dr. Meltzoff says. "Some children simply acquire words more gradually." If your child's vocabulary is in the 100-word range, you needn't worry.

**Q: When my 2-year-old talks to me, I can't understand what he says. Is this normal?**

**A:** Yes—**toddlers** often muddle their pronunciation. "Speaking clearly is difficult for a young child. There are nearly 100 different muscles in the vocal tract that need to be coordinated," says Richard N. Aslin, Ph.D., a professor of brain and cognitive sciences at the University of Rochester. Some children have a harder time than others. "Listen carefully to your child's speech. If the sounds he makes are similar to real words and sentences—saying 'Whareesha' instead of 'What is that,' for example—he's probably just a little verbally clumsy. Exercises like blowing soap bubbles will help his coordination." However, if the sounds don't resemble the names of the objects or concepts, talk to your pediatrician.

**Q: My 2-year-old son uses short phrases like "Want food" rather than complete sentences. Why is he doing this?**

**A:** Two-year-olds' sentences are very different from those of older kids and adults. "When a 2-year-old says 'I see truck' rather than 'I can see the truck,' he's using what's known as telegraphic speech, which means he's using only the parts he needs to get his point across," Dr. Meltzoff says. To encourage your child to speak in full sentences, repeat what he says in correct sentence form. By age 3, most children stop using telegraphic speech.

**Q: Is it okay to use baby talk with my 2-year-old?**

**A:** Though talking in complete sentences is a good idea, it's fine to speak in the exaggerated speech that parents naturally adopt when addressing their children. In fact, it may help your child learn to speak better, per Dr. Meltzoff's research. "This speech—called parentese—has very clear and elongated vowel sounds, so it's a wonderful tutorial for young children," he explains. And because the sentences are generally short, simple, and repetitive, they're easy for toddlers to mimic.

**Q: I'm relocating to a state whose residents speak with a very heavy accent. I'm afraid that my toddler won't understand the people around her. Will this hamper her speech development?**

**A:** No. "Most children adapt very readily to accent changes and have very little trouble understanding the speech around them," Dr. Golinkoff says. On the rare occasion when your daughter is having trouble understanding, act as her interpreter by repeating what has just been said.

**Q: Sometimes when I'm busy, I let my 26-month-old watch videos. Can this help her language development?**

**A:** It probably won't hurt, but TV and videos are poor substitutes for a parent's involvement. "Watching TV is a passive activity," Dr. Meltzoff says. "Activities such as speaking to your child, reading to her, and labeling objects are better ways to encourage language development."

# Why Are Toddlers So Moody?

Laughing one minute, crying the next. How to deal with ever-changing toddler emotions.

By Brett Graff

## Natural Changes



"My daughter Sophie's disposition changes so quickly we call her Sybil," jokes Vicky Schwartz, of Miami Beach. "One second she's playing sweetly and then, if her baby sister even taps her, she starts screaming. Don't get me started on what happens if we put the meat too close to the potatoes."

Why so much drama over a little gravy? There are few things that are certain in life, but one thing you can always count on is that **toddlers** are moody. Sometimes your 2-year-old is brimming with smiley revelations -- where did he learn the word "unicorn," anyway? -- a mere minute later, the sky is falling, and fast.

The majority of these ups and downs are, to put it simply, a very normal part of growing up, and it's important not to mistake them for misbehavior, says Paula Levine, MD, a psychiatrist and founder of the Miami Counseling and Resource Center. To you, however, many of your child's perfectly normal mood swings are frustrating, not to mention noisy. Your mood could easily sour if you've driven all the way across town to your toddler's favorite ice cream shop, only to have him change his mind and dump his cone, rainbow sprinkles and all, in the parking lot.

Understanding why he's so mercurial and learning the best ways to adapt to his constantly shifting moods can help lower your stress levels and help him learn to tame his emotions.

### **Reason #1: They can't communicate their wants and needs as well as they'd like to.**

For kids between the ages of 1 and 3, the world is enormous, fascinating, and ever changing. It sounds great, but when you consider that most toddlers are under 3 feet tall and have a 20-word vocabulary, you start to realize how frustrating their lives can be.

**What to do:** Sometimes you're not going to be able to figure out what your child wants right away, "so stay calm and realize that the situation isn't anyone's fault," Dr. Levine says. "Then, try to help him by picking up items he might possibly want and labeling them." Say the name of each item out loud and point to it. It will help expand his vocabulary so he can tell you exactly what he wants in the future.

**Reason #2: They have no concept of time.**

"Delayed gratification" are two words no toddler on earth understands. Your child may know that he's thirsty, and may even tell you so. But when that juice box doesn't appear a nanosecond later, watch out. A calm afternoon can quickly turn stormy.

**What to do:** There's a big upside to this particular toddler phenomenon. Having no concept of time means that many toddlers get sidetracked very easily. Use this to your advantage! Despair over a delayed drink can quickly turn to joy over a sink full of bubbles, so always be at the ready with a distraction. You don't have to do a full-on juggling act. It just has to be appealing enough to warrant a change in attitude and activity.

**Reason #3: They have trouble controlling their emotions.**

A young child has had very little practice in managing his changing moods and emotions, so he's very easily swept away by strong feelings. Take 2-1/2-year-old Danni Bernstein. "The other night she was playing in the tub, having a grand old time. Then I told her it was time to get out," says her mom, Lana, of Miami Beach. "Not only were her screams blood-curdling, but she managed to soak everything in the entire bathroom with all her splashing and thrashing."

A corollary to this toddler mood rule: **Toddlers** don't have the logic and reasoning skills to move beyond their outrage. For example, Danni isn't yet able to realize that there are lots of other fun things to do when she gets out of the tub, such as hearing a story or cuddling with a lovey.

**What to do:** Calmly tell your child that while she can't stay in the bath or in the sandbox for as long as she may like, there are other activities that she can do. And to help her better understand her changing emotions, label them for her. For example, you could say, "I understand that you're having fun in the bath right now and you don't want to get out. That must make you angry."

Of course, it will take time before your toddler connects the words to the feelings. But if you continue to label her emotions, by the time she's a preschooler, she'll have a better understanding of how the words and feelings link up, and may even be able to help herself feel better.

**Reason #4: They have trouble switching from one task to the next.**

Danni was also demonstrating another classic trigger for toddler mood swings: making transitions. "It takes a lot of physical and mental energy to adapt to the ever-changing world," says Claire Lerner, author of *Bringing Up Baby* (Zero to Three Press, 2004). And sometimes a child who doesn't appear to be all that engaged in play is concentrating a lot harder than you think. "Kids get very focused on one activity and then we expect them to change gears instantly. This

sort of transition takes a toll on even an adult mind, so those expectations are way too high for children," Lerner says.

**What to do:** Take advantage of your child's burgeoning skills. Toddlers have a solid understanding of sequencing; they are well aware of how one action follows the next. Activity changeovers can be eased with warnings that come early and often, says Lerner.

In the bath, say, "Now we're going to wash your hair and then rinse it. After we rinse it, we're getting out of the bath," Lerner suggests. "Don't think you're coddling your toddler. These are coping skills she'll internalize and hopefully, use later when tackling bigger transitions, such as going to preschool."

**Reason #5: They want to call all the shots and do exactly as they please.**

And when they try, sometimes they find that they don't have the physical or mental skills to do what they want -- or worse, they're greeted with a big fat "no!" from Mom or Dad. Joyful curiosity turns to tears in a matter of seconds. "You Can't Always Get What You Want" should be the official anthem of the toddler years.

**What to do:** The bright side: Parents can often give them what they need. Temper your toddler's outbursts by giving her reasonable choices in which you control the outcome. For example, if she wants to wear a bathing suit to daycare and it's 30 degrees outside, take out two weather-appropriate outfits and let her choose which one she wants to wear. If she wants to mix and match and create a fashion don't, let her. The important point is to get her dressed for cold weather -- not make a fashion statement.

This same tactic is a masterful distraction technique as well. "When I'd tell Lila it was time to use the potty, she'd instantly protest," says Jane Barnes, of Washington, D.C. "Then I got two potties. Instead of telling her it was time to go, I'd say, 'Do you want to use the little potty or the big potty?' She became distracted by my question and forgot completely about objecting to the whole process."

**Reason #6: They get tired and hungry very quickly.**

Some **toddlers** tucker out within three or four hours of awakening in the morning. And unlike older kids, toddlers don't fuel up at meals. They tend to graze all day, a fact that's easy to forget when you're trying not to graze yourself. You won't be surprised to learn that tired, hungry kids are moody kids who cry on a dime.

**What to do:** First, try to plan your day around naptime. Most fellow parents understand the importance of these golden hours and won't push you for play dates during the nap zone. The same goes for doctor's appointments and group activities such as music classes. Second, always have healthy portable snacks on hand. If your toddler didn't eat much of her lunch, you can give her a quick energy boost on the playground and you won't have to worry about her dissolving into a cranky mess.

## Dealing with Tantrums

Sometimes, no matter how hard you try to distract, entertain, or jolly your child into a better mood, things go south very quickly. This doesn't mean you're an incompetent parent -- or that you have an incorrigible child. Such outbursts are completely normal.

"Toddlers are busy teaching themselves which behaviors are successful in getting people to do what they want," says Daniel Broughton, MD, a pediatrician at the Mayo Clinic and a professor at the Mayo Graduate School of Medicine. Tantrums are just one of their many experiments. "But if you constantly give in to the screaming, you'll teach your child that this is an acceptable way to accomplish a goal."

So what do you do instead?

**Don't try to rationalize or argue with a toddler.** If he's screaming over a cookie, forget about that Oreo. Once you've hit tantrum ground zero, the cookie is no longer the focus of the problem -- controlling the situation takes center stage, Dr. Broughton says.

**Put your toddler in a safe place** -- his crib or playpen, for example -- and walk away for a minute. This will help your child calm down and soothe himself, as well as take him away from the temptation that spurred the tantrum.

**When things are calmer**, pick him up and carry on with your day. Whatever you choose to do, don't fork over that cookie. That would render the tantrum a success.

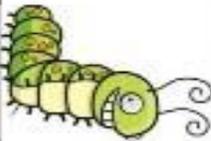
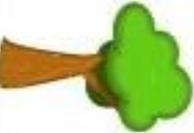
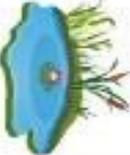
After some trial and error, your toddler will eventually learn that throwing tantrums won't get him what he wants, Dr. Broughton says.

### Keep in Mind

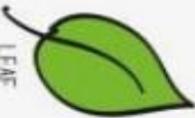
All of these ideas may seem like a lot of work for a pretty short developmental period. But taking the time and patience to use them is well worth it, and someday, you may be able to adapt them to a moody teenager!

# Nature Hunt Bingo

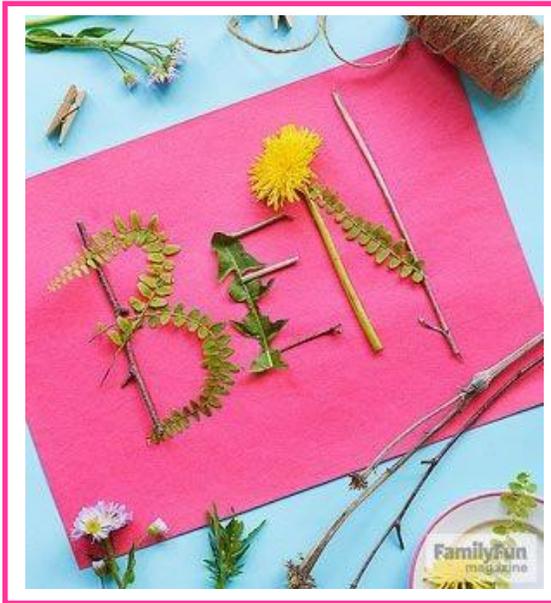
Get 5 in a row - up, down, across or diagonal to win!

				
				
		FREE SPACE		
				
				

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# Nature Made Crafts



Parent Magazine

Take a walk. Have the kids collect what ever might interest them along the way. Give them each a bag to hold all their own findings. Once you get home, using colored paper or colored card stock write the child's name with glue (make the lines thick enough to hold all the items on the paper. They will be so proud.



Hands on As We Grow

Using a colorful paper plate, for each child, cut the centers out. Cut contact paper square slightly larger than the circle in the center. Attach the contact paper to the back of the plate to cover the circle. Have children decorate with their nature items from outside onto the sticky side of the contact paper. When complete add a pretty ribbon to the top of the plate for hanging.

Take a Nature Walk, give each child a bag. Have them collect NATURE items that are of interest to them. Be sure to mention that peoples trash is not Nature. Have them collect a lot of items, then you can complete a few of these craft ideas. Once you return home, look over the items collected and be sure you're not bringing little bugs or unwanted dirt in.



### Bird Feeder:

Give each child a toilet paper tube. Have them spread peanut butter all over the tube leaving about 1 1/2 inches from the bottom alone. Roll the tubes in bird food to cover the peanut butter.

Either push 2 small twigs through the side of the tube and out the far end of the tube, or can hole punch to serve as a perch for the birds to sit on.

Add some yarn to the top of the tube to hang up in a

Indulgy.com



## NATURE HUNT

FREE PRINTABLE! **Bingo**



### BINGO—GAME

Take a nature walk, or even send the kids outside to look in your yard. Giving them a cheap plastic magnifying glass would also be a fun idea . See how many items on the Nature Card they can find, and “x” off the picture or have them use a “Bingo” dauber to stamp the picture. Set a time limit for the game, or see who can get a Nature Bingo First. Next page has the cards you can use for this game.



The Resourceful MAMA

Have the kids collect grass, leaves, wild flowers, etc. and make a face out of their findings gluing them to a paper plate.

### MUD PAINT

#### Supplies Needed:

1. Mud
2. Powdered Tempura, liquid water paint, or food coloring can be used instead of powdered paint.
3. Dawn (optional)
5. Water
6. Heavy Cardstock
7. Paint brushes

**\*Dawn is optional BUT it helps the paint to spread and also to keep the clothing stain free.**



# Mother's Day Ideas

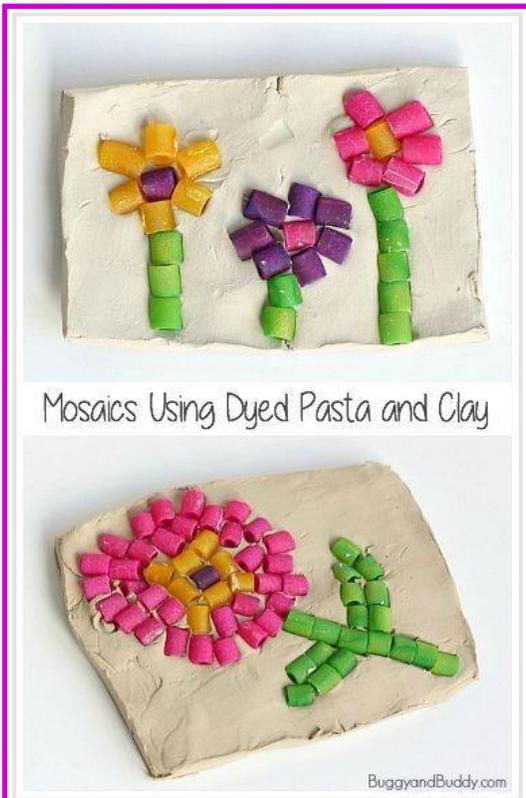


## Wind Chime:

Buy a flower pot the size desired for each child.

Assorted beads, water proof string (like leather) paint, 2 washers, old tray, waterproof sealer spray,

Have children pour the paints from the bottom on the pot to drip down the sides of the pot. Let dry. String beads on the string, thread through the hole and 1 washer on the bottom of the pot, put the second washer on top of the string. Make a loop with the string and tie to hang up.



## Mosaic decoration:

### Materials:

Clay (or similar material like Stonex Clay or Salt dough recipe on pg. 28)

Small pasta dyed in various colors

Newspaper to cover work space

Optional: clay tools, toothpicks, etc. for adding texture to your design

Decorate, dry in oven if using Salt dough, or follow direction on the clay package for drying instructions. and give as is or put a hanger up on the back to hang on a wall.



Have a Mason jar for each child—often they can be found at garage sales.

Using Acrylic paint, have the kids paint their jar.

Paint child's hand a different color to stand out on the color chosen for the jar, stamp handprint

on the jar. Let dry. Add a pretty colored bow and a flower to finish this gift.



Using Salt Clay (pg. 28 for directions) or you can purchase all ready clay from a craft store.

Shape the dough into the shape desired.

Have the child either stand on the shape, or press their hands on the shape. Write their name in the clay press hard enough to stay. Dry depending on the directions of the clay. When dry have the child paint them, and either put a wall hanging hook on the back, or hot glue a ribbon to the back.



Purchase an apron for each child. Can also use an oven mitt, a pot holder, etc. if you choose. Using fabric paint have the children paint their

aprons. Let dry, Make sure you add the child's name and date to the apron, on either the front or the back.



**Purchase a plain white dish for each child. Dollar store is always the place I check first.**

**On glass use Acrylic paint and decorate as desired. With glass paint pens add your own touch, and the child's name and date.**



**Buy wood blocks 1 for each child. Can be found at the craft stores). Sometimes you can find a block with a paperclip type holder attached. You can make recipe card holder out of these blocks.**

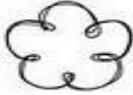
**Take 6 pictures of each child, cut to be the same size as a black side.**

**Paint the block with decoupage place picture on the decoupage and then decoupage over the top of the picture, let dry.**

**VERSUS YOU CAN USE TO ADD  
TO CRAFTS OR MAKE A CARD  
AS WELL.**

Mommy, I Love You

Mommy, I know you love me  
by the way you show you care.  
You hug me and talk to me softly;  
When I need you, you're always there.  
Mommy, I'll love you always.  
From my heart, I want to say  
I'm so glad you are my mommy.  
Happy Mother's Day!



MOM

You always  
clean the fingerprints  
I leave upon the wall.  
I seem to make a mess of things  
Because I am  so small.  
The years will pass so quickly  
I'll soon be grown like you  
And all my little fingerprints  
Will surely fade from view.  
So here's a special fingerprint  
A memory that is true.  
So you'll recall the very day  
I made it just for you!

~Author Unknown~

## My handprint

Here is my handprint,  
Five fingers in all,  
Outside they are short,  
But the middle is tall,

You will find them on windows,  
You can find them on the wall,  
They will make a big mess,  
For something so small.

One day I will grow,  
And leave them no more,  
My hand prints will be missed,  
Of that, I am sure.

So here is one now,  
That you can't wipe away.  
My present to you,  
This Mothers' Day.

Candy is Sweet  
Sugar is, too  
The Best Mom in  
the World  
Is no one but  
**YOU!**





rustic  
twig frame



Mother's or  
Father's Day

## Rustic Twig Frame

For Mother's or Fathers Day

Take a picture of the children with a Spring/Fall background.

Tip: Don't be afraid to use twigs from your own backyard. Real twigs give the frame a more natural look than the treated twigs you'll find at the craft store. Collect dead twigs, instead of green ones, which will shrink upon drying. Look for insects and signs of decay before bringing them in the house. Rinse and dry them before using.

Remove the frame from its glass and backing. Paint one coat of brown acrylic paint on the frame with the foam brush. Allow it to dry for one hour.

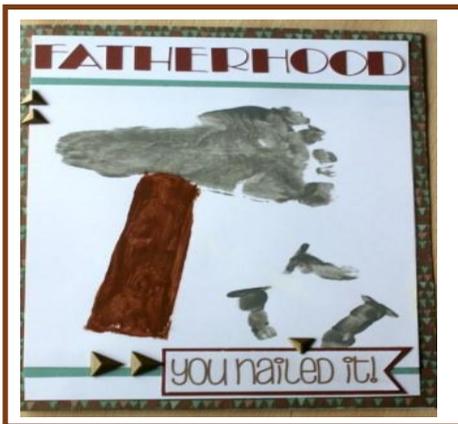
While the paint is drying, trim the twigs with pruning shears about 1/4 inch longer than the length and width of the frame. Separate the trimmed twigs into two piles, one for width and one for length. Heat your glue gun

When the paint is dry, take a few of the larger twigs and set them on the length and width of the frame. Look for the spots where they touch the frame, and apply a small dab of hot glue to secure.

Add twigs, little by little, overlapping them at the corners. Secure the twigs with a small dab of hot glue wherever they touch; sometimes it will be the actual frame, and other times it will be to another stick. Add the twigs evenly to the four sides as you work.

As the frame develops, you'll need to tuck smaller twigs under larger ones. Again, use just enough glue to secure. The smaller twigs don't need to be glued if they fit snugly. When you can't find an opening for another twig, the frame is done.

# Father's Day ideas



Foot print for top of hammer, and fingerprints for the nails.

Circle cut paper glued onto a larger piece of paper to resemble a baseball.

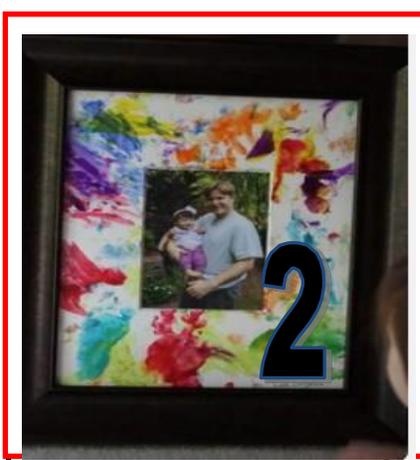
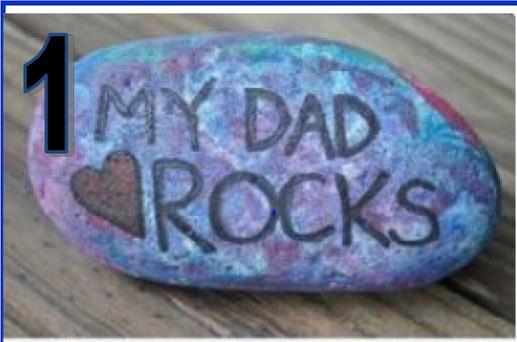


Twigs glued on frame.

Most of these are on Canvas Boards, using Fabric Paint, writing is in Fabric marker. Can use the same ideas on paper and frame them. Michaels sells nice wood frames for \$1.00. That's what the frame with the twigs glued on is. I have seen the wooden (tree trunk) on the right bottom, in Craft stores. The "D" for dad is at Michaels as well, comes natural wood and can be painted as desired.



Tree trunk idea.



Fathers' Day Fingerprint Dish



Large stone painted whatever

- 1 color the child chooses. Then decorate as desired (glitter, rhinestones, etc.)

SALT DOUGH RECIPE:

1/2 CUP SALT; 1 CUP FLOUR, & 1/2 CUP WATER. MIX SALT AND FLOUR TOGETHER SLOWLY ADD THE WATER (MAY NOT NEED IT ALL). KNEAD THE DOUGH. TOO STICKY ADD FLOUR, TOO DRY ADD WATER. MAKE DESIGN YOU CHOOSE, BAKE AT 200 FOR 45-60 MINUTES. WHEN COOL, PAINT WITH ACRYLIC PAINT. I MADE THE HEART FROM A HEART PATTERN CUT OUT LIKE I DID THE HANDS (DOUGH WAS COLORED PINK) AND PRESSED IT ONTO THE PALM OF THE HAND. I PUT CHILDS NAME & DATE ON THE BACK.

1. Picture frame painted the way the children choose, add a picture of the child.

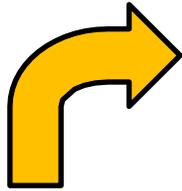
2. Over/grill mitt—Fabric paint for the child's handprint. Fabric pen to write down child's name/date and any saying. Bow added for extra touch.

3a & b—These are salt dough ideas painted with acrylic paint. My kids made these last year and were a huge hit. The plate (3a) they actually made a bowl, for loose change and keys etc. The hand (3b) the kids actually made for Mother's day) I made a pattern around their hands on paper, cut them out, then laid the pattern on the clay and using a knife cut out the hands. Then using a glass I wrapped the fingers to have them curl.

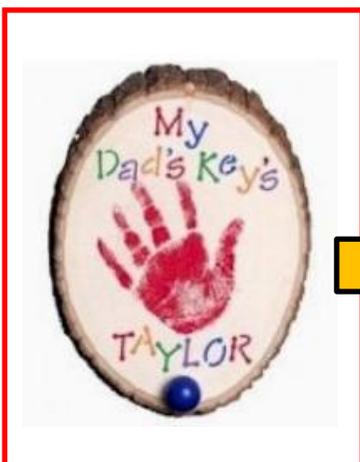
# FATHER'S DAY IDEAS CONTINUED



PURCHASE PLATTERS, GLASS OR PLASTIC., AT THE DOLLAR STORE, WALMART, TARGET. GET PAINT FOR THE SURFACE YOU PICK (GLASS OR PLASTIC) DECORATE AS DESIRED.

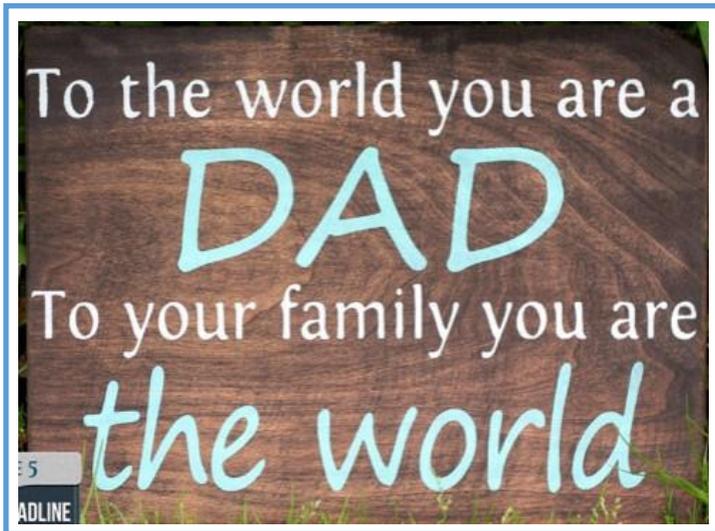


PURCHASE A WHITE CERAMIC MUG (DOLLAR STORE), WALMART, TARGET) FOR EACH CHILD. HAVE CHILDREN USE PAINTER'S PENS, I GOT MINE AT WALMART, BUT CAN FIND AT THE CRAFT STORES AS WELL. AND STICKERS; THEY ARE PUT ONTO THE MUG BEFORE THE KIDS COLOR THEM, AND REMOVED ONCE THEY ARE COMPLETE TO LEAVE THE PATTERN, ETC. ON THE MUG IN WHITE.

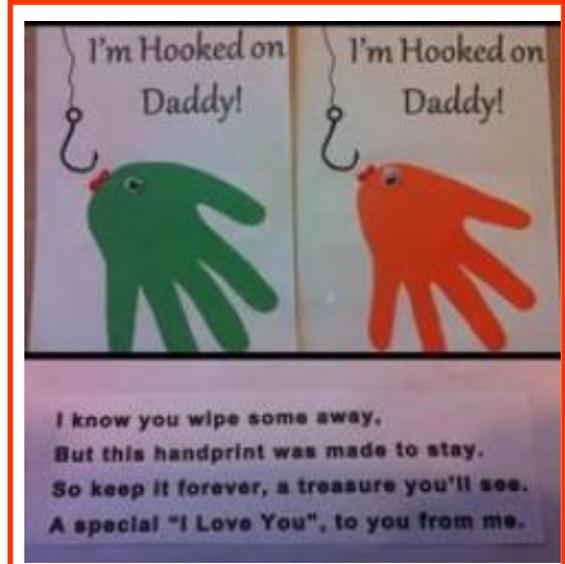


TREE TRUNK MADE INTO A KEY HOLDER. A LARGE HOOD ON THE FRONT BOTTOM FOR THE KEYS AND ON THE BACK OF THE WOOD TO HANG ON THE WALL, JUST A WALL HANGER.



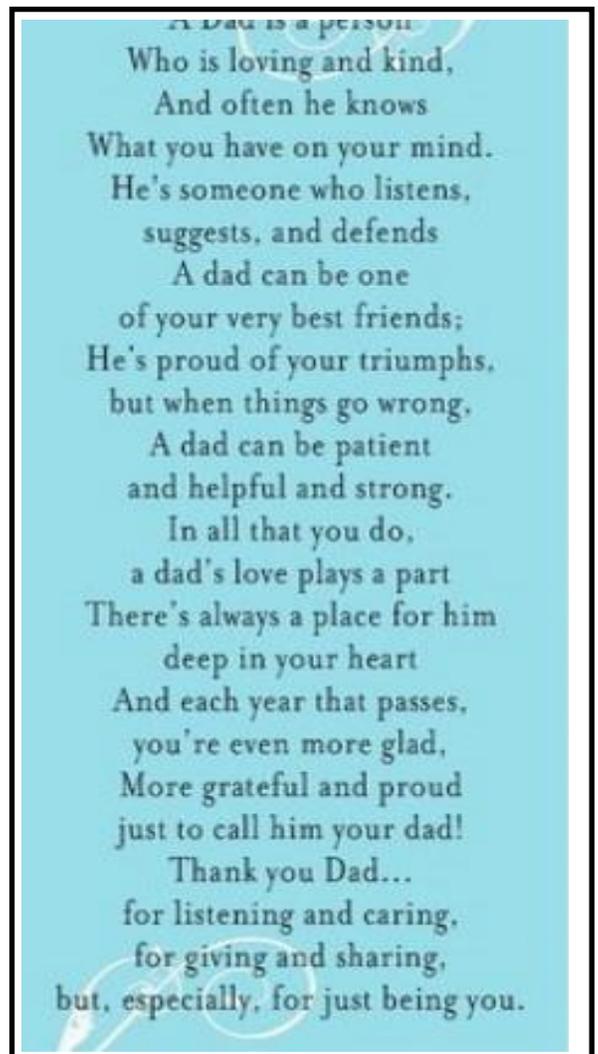


**VERSUS/SAYING TO ADD TO  
YOUR CRAFTS OR CAN USE AS A  
CARD.**



Actual verse on

Next page.



*A dad is a person  
Who is loving and kind.  
And often he knows.  
What you have on your mind.  
He's someone who listens,  
Suggests, and defends  
A dad can be one  
Of your very best friends;  
He's proud of your triumphs,  
But when things go wrong,  
A dad can be patient  
And helpful and strong.  
In all that you do,  
A dad's love plays a part  
There's always a place for him  
Deep in your heart.  
And each year that passes,  
You're even more glad,  
More grateful and proud  
Just to call him your dad!  
Thank you Dad...  
For listening and caring,  
For giving and sharing,  
But especially, for just being you*