



Little Noles

June 2015

The newsletter of the Florida State University's Childcare & Early Learning Programs

Parent feedback helps build a quality program

Dear Parents,

We would like to thank everyone for completing the parent satisfaction survey. Your feedback is essential as we continue to create a high quality, supportive and responsive program. In April of each year we ask parents to report back to us on how we are doing and provide information to help us improve. This year we distributed 118 surveys. Thirty parents completed the survey, a 25% return rate. A majority (64%) of responding parents have had children enrolled in the program for one to three semesters. Eighty-three percent of parents reported that they were students, 17% reported they were no students. Females (81%) comprised the largest group completing the survey (males 19%).

Child Development: Ninety-seven percent of parents reported that their child's growth and development is stimulated and supported by being enrolled in the centers (3% neutral). A majority (91%) of parents reported that the centers' learning activities/opportunities were fun and met their child's needs, 3% disagreed (6% neutral). Eighty-eight percent of parents reported that their child has the opportunity to learn about and celebrate different cultures (13% neutral). Ninety-six percent of parents reported that their child has opportunities to develop social skills (3% neutral).

Center Environment: Ninety-seven percent of parents felt their child's center provided a healthy and safe environment (3% were neutral). A majority of parents (93%) reported that the centers provide a warm and nurturing atmosphere (7% neutral). Ninety-four percent of parents reported that the supplies and equipment at the centers are adequate and kept in good condition (6% neutral).

Relationships: When asked about relationships within the program, 97% of parents reported that they know who to go to with any concerns and felt confident that their concerns would be addressed respectively and promptly (3% disagreed). Most parents (97%, 3% neutral) reported that they felt comfortable and at ease leaving their child at the centers each day. A majority of parents

reported that their child was greeted by name each morning (90%) and wished goodbye at the end of the day (97%). Ninety-three percent of parents (7% neutral) reported that their child was happy and enjoyed coming to the centers.

Teachers and Administrative

Staff: Most parents reported that the teachers (97%, 3% neutral) and administrative staff (93%, 7% neutral) appeared to enjoy what they were doing. Parents reported that the teachers and administrative staff (97%) are professional and informative (3% neutral). Parents reported that they were comfortable approaching their child's teacher (94%, 3% neutral, 3% disagreed) and administrative staff (93%, 7% neutral) with concerns or questions. Parents reported that they feel their child's teacher (94%, 6% neutral) and administrative staff (97%, 3% neutral) know and care about their child.

Communication: Eighty-seven percent of parents reported that the communication system keeps them well informed of

what is happening in the program (10% neutral, 3% disagreed). Most parents (87%) reported that the daily conversation that they have with their child's teacher kept them informed about their child's learning activities and progress (7% neutral, 6% disagreed). Sixty-three percent of parents reported that Parent-Teacher conferences provide them with assessment results and information concerning their child's growth and development (30% neutral, 7% disagreed). Parents reported that emails, daily conversations with teachers and flyers in their child's folder/cubby are the most helpful type of communication.

Continued on page 15

INSIDE THIS ISSUE



PLAYING TO DISCOVER MEANING
PAGE 7

LEGISLATION IN REVIEW, PAGE 9



INFANT & TODDLER CENTER PAGE 6



CHILDREN'S CENTER, PAGE 8



MENUS ARE ONLINE

<http://childcare.fsu.edu/For-Parents>

ONLINE COMMENTS/ SUGGESTIONS BOX

https://fsu.qualtrics.com/jfe/form/SV_8A44fzs9taRgynn

FSU Childcare
Comment & Suggestion Box

Let us know what
you are thinking!
Click here!

Tuition and Program Fees

Program fees		Current	Effective September 1, 2015
Annual Registration Fee	<i>Charged at Enrollment & every September</i>	\$10	\$20
Late Tuition Fee	<i>Tuition paid after the 10th of the month</i>	\$10	\$10
Returned Check Fee/Insufficient Funds		\$25	\$25
Late Pick-up Fee	<i>Any portion of first 5 minutes after 5:30 PM</i>	\$5.00	\$5.00
	<i>Per minute after 5:35 PM</i>	\$1.00	\$1.00

Tuition Rates		Current	Effective September 1, 2015
---------------	--	---------	--------------------------------

Infant and Toddler Center

Alumni/Community	<i>Full cost of care</i>	\$817	\$817
Faculty & Staff	8% off full cost of care (\$68/mo)	\$749	\$749
FSU Student	18% off full cost of care (\$147/mo)	\$670	\$670
Military Connected student family	26% off full cost of care (\$214/mo)	\$603	\$603
Pell recipient/eligible student	34% off full cost of care (\$281/mo)	\$536	\$536

Children's Center			
Alumni/Community	<i>Full cost of care</i>	\$885	\$885
Faculty & Staff	27% off full cost of care (\$241/mo)	\$631	\$644
FSU Student	39% off full cost of care (\$345/mo)	\$529	\$540

VPK Wrap Around Rate

Alumni/Community		\$593	TBA
Faculty & Staff		\$339	TBA
FSU Student		\$237	TBA

FSU Childcare & Early Learning Programs

FSU Child Development Programs

Monday-Friday 7:30 AM- 5:30PM

Associate Director, Tiffany Karnisky
850-644-5664
tkarnisky@admin.fsu.edu

Program Associate, Brenda Thompkins
Grants Analyst, Bill Stacey
Telephone: 644-7970
Fax: 644-8565
157-01 Herlong Drive
Tallahassee, FL 32310-4174

Infant and Toddler Center

DCF License #C02LE0260
Monday-Friday 7:30 AM- 5:30PM
Center Director, Dana Johnson
Telephone: 644-0003
330 Pennell Circle #1
Tallahassee, FL 32310

Children's Center

DCF License #C02LE0519
Monday-Friday 7:30AM- 5:30PM
Center Director, Beth Roberts
Telephone: 645-9576
169 Herlong Drive
Tallahassee, FL 32310

The Little Noles is a monthly publication of The FSU Child Development Programs, 942 Learning Way, University Housing, Florida State University, Tallahassee, FL 32306-4174, (850) 644-7970. The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.

Tuition Rates. Tuition rates are assessed according to parent status. Non-refundable registration fee \$10 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care or 11 months. Tuition is not charged in August. Tuition is due on the first day of the month; late by the 10th day.

Student Rate

Undergraduate parents must be registered for a minimum of 6 hours and graduate student parents must be registered for a minimum of 3 semester hours. During the summer semester, if a student parent is not enrolled, to receive the student rate during the summer semester, the parent must be registered as student for the preceding spring semester and upcoming fall semester.

Pell Recipient/Eligible student
(under Infant and Toddler Center CCAMPIS Grant)

To receive the Pell Grant student parent rates, the parent must be eligible to receive or be receiving Pell Grant funds.

Military Connected Family student

(under Infant and Toddler Center CCAMPIS Grant)

To receive the Military connected student parent rate, the student must be in veteran or active duty status or have a spouse in veteran or active duty status.

Faculty/Staff Rate

Parents must be employed as an FSU faculty member, OPS, USPS or A&P staff member, FSU Visit-

ing Scholar/Researcher /Post Doc. FSU employees enrolled as special students or as a student using the university tuition waiver will receive the Faculty/Staff rate.

School Readiness Subsidies.

Parents will be responsible for paying the full amount of tuition at the stated rate above before the 10th of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account when it is received from the agency. School Readiness Program provides *tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.*


Do you have news you would like to share?

Tell others about a great book you and your child have read? or just say happy birthday, thank you or congratulations,?

Please send us your news.

Submissions are due a month in

advance. Email Brenda Thompkins at bthompkins@admin.fsu.edu



Sunscreen & Insect Repellent

During the spring and summer months, the weather can be very hot and sunny and mosquitos can be a problem for outside activities. We will provide sunscreen & insect repellent for your child that provides protection. If you are providing your own protection, please be sure to apply to children before bringing them to the Centers.

Withdrawal Notices

A thirty day written notice must be given to avoid incurring tuition fees past the date you plan to have your child participate. **The notice must be submitted online or by paper form** available at the center or at FSU Childcare & Early Learning Programs Office, 157-01 Herlong Drive.

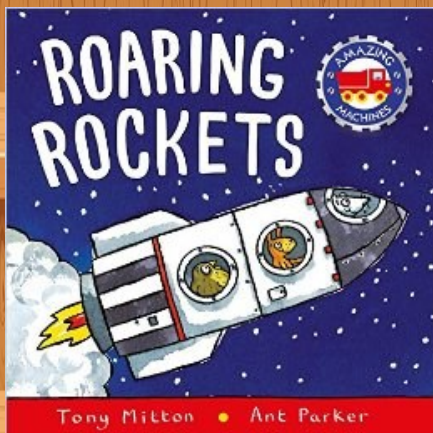
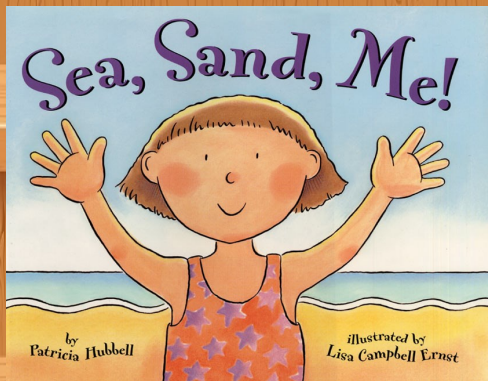
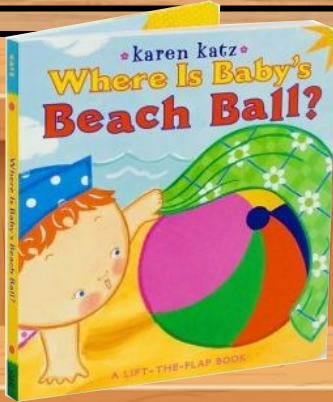
Online forms are considered valid and binding once submitted. Paper forms **must** be signed and time/date stamped by a program staff member to be valid. Other notifications such as verbal communication with a staff member will not be considered valid notices.

Once a withdrawal form has been submitted, changes to an earlier date will not be accepted. **Failure to give the required 30 day notice will result in monetary charges for a full month's tuition irrespective of whether the child attends or not.** This allows the centers and families adequate time to prepare for the child's departure from the center and new families adequate time to enroll.

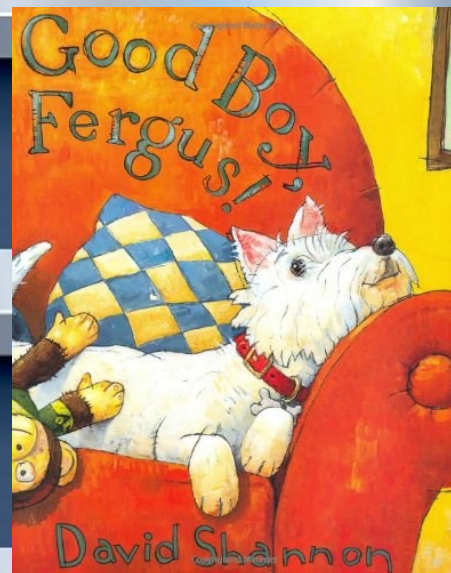
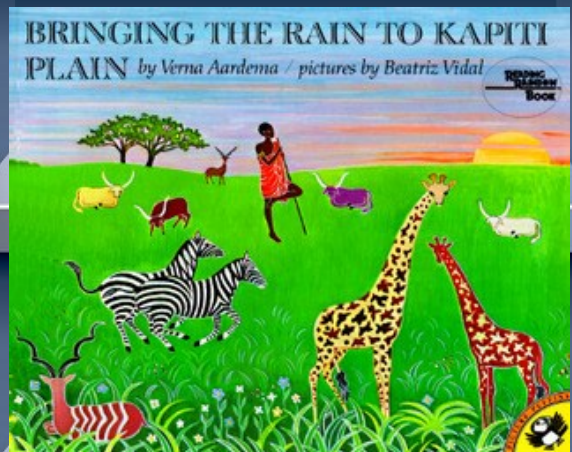
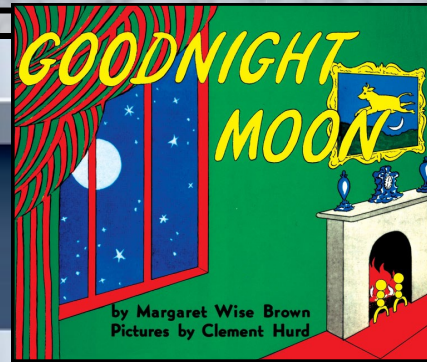
FSU REGISTRAR CALENDAR

Main Campus Dates	Session A May 11–Aug 7 (13 week)	Session B May 11–June 19 (6 week 1)	Session C June 29–Aug 7 (6 week 2)	Session F May 11–July 2 (8 week 1)
Last day for doctoral students to submit their manuscript for initial format check.	June 22	June 22	June 22	June 22
Prorated 7th week session deadline. Last day to submit form requesting S/U grading or to change S/U option back to regular grade. Last day to reduce course load without permission of Academic Dean. Dean’s permission required to drop below minimum hours. Last day for doctoral students to take and pass their preliminary examination in order to add or convert dissertation hours for the current semester. Last Day to drop a course without receiving a grade. Last Day to withdraw from school without receiving a grade.	June 26	May 29	July 17	June 5
No Classes: Independence Day Observed.	July 3	...	July 3	...
Last day for master’s students to submit their manuscripts for initial format check.	July 6	July 6	July 6	July 6
Financial Aid Exit Interviews Deadline, for all students with federal loans graduating, transferring or taking less than six semester hours at http://my.fsu.edu .	July 15	July 15	July 15	July 15
End of prorated 12th week of classes. Deadline for late drop with dean’s permission.	July 17	June 12	July 31	June 19
Last day for all doctoral and master’s students to submit revised, defended version of manuscript and all required forms.	July 20	July 20	July 20	July 20
Last day for all doctoral and master’s students to receive clearance email from the Manuscript Clearance Office.	July 31	July 31	July 31	July 31
Financial Aid Deferments Expire. Full tuition payment must be received to avoid a late payment fee.	August 1	August 1	August 1	August 1
Last day for community college, FSU, and FAMU students to submit Fall 2015 Cooperative Program applications. Veterans’ Deferments Expire. Full tuition payment must be received to avoid a late payment fee. Last day to turn in ServScript hours online. Last day to officially withdraw from the University.	August 1	August 1	August 1	August 1
Last Day of Classes. Last day to reduce course load, if permitted, by the Academic Dean. Last day to apply for AA Certificate at the Office of Undergraduate Studies, <i>UCA 3400</i> .	August 7	June 19	August 7	July 2
Final Exam Week.	July 1-2
Term Ends.	August 7	June 19	August 7	July 2
Summer 2015 Diplomas dated with the following date.	August 7	August 7	August 7	August 7
Commencement , Civic Center, 9:00 a.m.	August 8	August 8	August 8	August 8
Residence Halls close at noon.	August 8 (noon)	Halls do not close; Vacate by noon June 20	August 8 (noon)	...
Online Grades Due by 4:00 p.m.	August 11	June 23; August 11	August 11	August 11
Grades available online.	August 12	June 24; August 12	August 12	August 12

**Teacher
Recommendations**



Good Reads



The summer semester is off to a wonderful sing “The Wheels on the Bus and Little Red Caboose” start. We would like to welcome our new friends! Everyone is doing great! Last month we had so much fun working on May flowers and fairytales!! We went on a nature walk to collect wild flowers. We painted with the dandelions and made a flower collage with the rest. We also made flower prints by painting with a soda bottle. We read all different fairytales like the Princess and the Pea and The Three Little Pigs and then did art and cooking activities to go with it.

This month we will work on vacations and travel for the first half of the month and then we will head Down By the Seashore for the rest of the month. We are looking forward to making “planes, trains and automobiles” and learning about all of the different vacation spots. If your family has a favorite vacation spot, please be sure to send in a picture that we can share with the class. We will



along with “going to the beach” and some other fun songs. We will glue sand from the sandbox onto our paper to make sandcastles and we will play with the beach balls on the playground. We will make sunglasses and paint airplanes. We will also read some of our favorite books including Where is Baby’s Beach Ball? By Karen Katz and Sea, Sand and Me by Patricia Hubbell.

This month we will also start Water Play!!!! We can’t wait!! We will go once a week and will need a bathing suit, towel and swimmie diaper (if in diapers). Ask your child’s teacher what day your child will go.

We can’t wait, we always have so much fun splishing and splashing our morning away!

***Make sure your child has an appropriate change of clothes in his/her cubby for the warmer weather. Thank you.



Playing to Discover Meaning

By Beth Roberts

This is an age of instruction. Concerned parents are teaching their children more and more, at younger and younger ages, until they're reading books and singing ABC's to babies in the womb. Teachers in nurseries and preschools are being pressured to be more like "big" schools. Federal and State laws provide extra pressure - the 2001 No Child Left Behind Act explicitly urged more direct instruction in federally funded preschools. State's Core Curriculum and Learning Standards emphasize what children should "know" without recognizing the critical importance of when (developmentally appropriate) and how (learning styles/methods). But for all of the pressure, laws and standards, it really just comes down to the human body and its unique time table of development. Early Childhood Educators understand it is as simple as a baby cannot walk until his muscular structure is developed enough to support him. A child cannot read until their brain and eyes have developed the muscles and pathways to process the information no matter if the state says they have to read by the age of 5. Rote memorization of sight words is not reading. This has been proven when children can "read" words but do not comprehend the sentence they just "read". It is like building a house with no foundation. The words must have meaning not just be memorized for them to be truly read and understand. A child needs time to develop physically and information processing skills to be able to attach meaning to words and objects. The best way to develop these skills is

through hands on manipulation of objects and materials in their environments. Learning through play



and exploration.

While learning directly from a teacher or parent may help children get to a specific answer more quickly than exploration, it makes them less likely to develop problem solving skills, utilize their own creativity or develop critical approaches to learning skills.

In a study at MIT, "Professor Laura Schulz, her graduate student Elizabeth Bonawitz, and their colleagues looked at how 4-year-olds learned about a new toy with four tubes. Each tube could do something interesting: If you pulled on one tube it squeaked, if you looked inside another tube you

found a hidden mirror, and so on. For one group of children, the experimenter said: 'I just found this toy!' As she brought out the toy, she pulled the first tube, as if by accident, and it squeaked. She acted surprised (Huh! Did you see that? Let me try to do that!') and pulled the tube again to make it squeak a second time. With the other children, the experimenter acted more like a teacher. She said, 'I'm going to show you how my toy works. Watch this!' and deliberately made the tube squeak. Then she left both groups of children alone to play with the toy. All of the children pulled the first tube to make it squeak. The question

"...play and exploration encourages children to learn using their innate abilities of curiosity and creativity... and attach meaning to the people, places, objects, and experiences in their worlds."

was whether they would also learn about the other things the toy could do. The children from the first group played with the toy longer and discovered more of its hidden features than

those in the second group. In other words, direct instruction made the children less curious and less likely to discover new information."

In another experiment conducted at a different school with 4 year olds to determine if direct instruction influenced children's creativity, researchers gave a group of 4-year-old children a new toy. They demonstrated for the children

Continued on page 15

May was a fun and interesting month. The children focused on studying "Our Big Backyard." We began by talking about insects. The children learned about various "bugs" like butterflies, moths, bees, ladybugs, beetles, fireflies, dragonflies, mosquitoes, crickets, grasshoppers, and ants. The children had a special visit from Karl Suber of The Bandana Bee Company and a few thousand of his bee friends. We made yummy rice cake ladybugs for a cooking project. We then talked about spiders and mice. The children worked together to make our own cheese nips from scratch. We wrapped up the month by learning about birds. We talked about birds of prey, song birds, and native birds in our area. We made bird feeders and ate "worms" in "dirt".

June begins our trip around the world! This year we will start by blasting off in space to learn more about the planets and solar system before returning to earth and visiting each continent. During the month we will study Africa, Asia, Europe, and North America to bring in the 4th of July. Parents from other countries (or even ones who have just visited) are invited to come share something about their native land, send in a native dish, or have their child wear a traditional outfit. We are eager to learn more about you!

Songs will include "Twinkle, Twinkle, Little Star," "Frere Jacques," and "London Bridge". Stories will include Roaring Rockets, Good Boy, Fergus, and Bringing the Rain to Kapiti Plain. The letters will be **F** for freedom, far, and fireworks and **W** for world, Wales, and (great) wall. The color is **Blue**.

Special cooking projects will include making Ukrainian Pampushky, Spring Rolls, West African Lime Cake, Scones, and much more!

A few fun things you can do with your child to reinforce their learning at home are staying up and

looking at the stars together. Getting a map or globe and talking about the various continents and countries we are exploring at school.

Splash days start **June 5th!** Look for additional information on what your child will need to bring on these special water days.



What's Is Goodnight Moon About?

By Bill Stacey

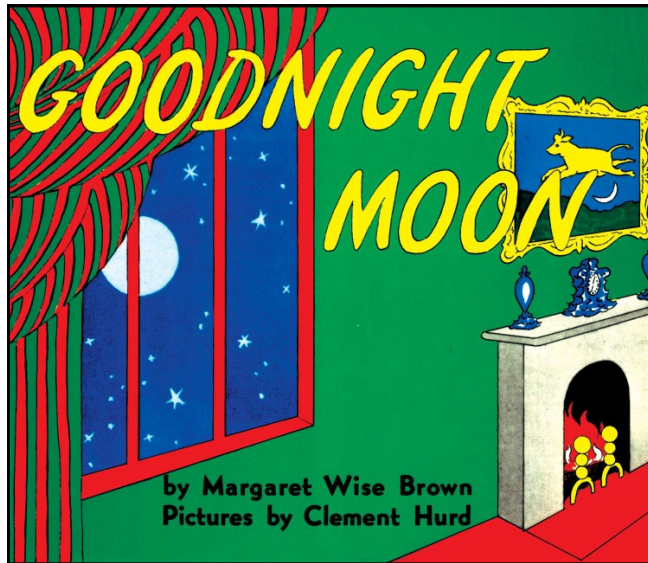
Goodnight

Moon is a simple story.

There is a little bunny in his room, getting ready to go to bed. With each page he says good-night to something new, a mouse, kittens, a pair of mittens... until eventually the world is resting and he drifts off to sleep. Some of the pages are in color, some in black and white, and each time we see the bunny's room it is growing darker and darker until the moon and the stars are shining brightly outside.

Margaret Wise Brown wrote hundreds of books and stories during her life, but she is best known for Goodnight Moon and Runaway Bunny. Even though she died over 45 years ago, her books still sell very well. Most of her books have animals as characters in the story. She liked to write books that had a rhythm to them. Sometimes she would put a hard word into the story or poem. She thought this made children think harder when they are reading. She wrote all the time. They say she was a creative genius who made a room come to life with her excitement. She tried to write the way children wanted to hear a story, which often isn't the same way an adult would tell a story. She also taught illustrators to draw the way a child saw things. Margaret saw herself as something else - a writer of songs and nonsense.

Source: amazon.com



Legislation in Review

Legislative Session Results 2015

By Beth Roberts

The abrupt end of this year's legislative session left many children and family related bills on the floor to die. This was both good and bad as some bills were very favorable for Florida's children and families while others were not. There were several that did make it through and are headed for the Governor's desk for signature.

HB 437 "The Regis Little Act to Protect Children with Special Needs" is a bill that will provide a instrument to identify and appoint a guardian or guardian advocate for 17-year-old dependent children who lack the capacity to make decisions for themselves before they

turn 18 and leave the foster care system. The bill is named after a bipolar, hyperactive, and aggressive child with an IQ of 65 who "aged-out" of foster care without a guardian and was murdered in 2010.

SB 378 allows law enforcement officers to issue up to three civil citations to juveniles who admit to committing misdemeanor crimes. Civil citations assist juveniles by diverting low risk youth from entering the juvenile justice system and prevents an arrest record.

HB 465, HB 369, and HB 467 are Human Trafficking laws which create harsher penalties for people who buy prostitution services, safe-

guard the identities for juvenile sex trafficking victims, make locations of sex trafficking victim safe houses confidential, and mandate postings of the sex trafficking hotline number in public places.

HB 7013 creates a program to advance the permanency, stability, and well-being of children in the child welfare system along with removing the ban on gay adoption from Florida statute.

SB 7078 will diversify child death investigation teams, establish minimum meeting frequency, standardize data collection, and allow for expanded use of Critical Incident Rapid Response Teams (CIRRTs).



Hurricane Season starts June 1st

Tropical Depressions sweep across the Atlantic Ocean between **June 1** and **November 30**. Tropical depressions are weak areas of low pressure, shaped like large cyclones. Some build up from depressions to tropical storms, to hurricanes. A Hurricane Watch means that winds of 75 MPH or greater possibly pose a threat to nearby coastlines within 24-36 hours.

A Hurricane Warning means that a hurricane is predicted to move directly at or near a nearby coastline within 12-24 hours. While Tallahassee lies about 40 miles inland, we are still at risk for extensive damage from high winds due to the beautiful, large, old trees we have here. Downed power lines from fallen limbs pose more of a threat here than in coastal areas with fewer trees. According to the Department of Community Affairs, Division of Emergency Management, even a category 1 or 2 hurricane would almost certainly cause 2 to 3 days of power outage, including no water and no phone. A category 3 or 4 hurricane could cause a week or two of power outages.

Here is what to do in case of a Hurricane Watch:

- Stay updated through TV and radio news, or weather radio. Discuss emer-

gency procedures with your family in case a warning is issued.

- Plan a safe evacuation route, in case a warning is issued, if you feel that evacuation would be the safest option for you and your family.
- Fill your car up on gas.
- Recheck or stock up emergency supplies and emergency canned food, drinks (see list).
- Gather inside all loose outdoor articles (as they can become dangerous projectiles).
- Check and restock first aid supplies and medicine.

In case of Hurricane Warning and during the storm:

- Keep updated through TV/Radio/Weather radio.
- If you decide to evacuate, leave immediately, before downed trees, power lines, or flooding block your route.
- Close blinds or drapes to block any shattering glass.

Continued on page 16

Hurricane Checklist

- | | |
|---|--|
| <input type="checkbox"/> Batteries | <input type="checkbox"/> Lanterns |
| <input type="checkbox"/> Flashlights | <input type="checkbox"/> Lamps |
| <input type="checkbox"/> Bottled water | <input type="checkbox"/> Cups |
| <input type="checkbox"/> Containers | <input type="checkbox"/> Medicines |
| <input type="checkbox"/> Charcoal | <input type="checkbox"/> Tools |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Wire |
| <input type="checkbox"/> Clean clothes | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Electrical Tape |
| <input type="checkbox"/> Wipes | <input type="checkbox"/> Duct Tape |
| <input type="checkbox"/> Disposable | <input type="checkbox"/> Portable Radio |
| <input type="checkbox"/> Plates | <input type="checkbox"/> Prescriptions |
| <input type="checkbox"/> Utensils | <input type="checkbox"/> Mops |
| <input type="checkbox"/> First Aid kit | <input type="checkbox"/> Baby Food |
| <input type="checkbox"/> Candles | <input type="checkbox"/> Formula |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> Bread |
| <input type="checkbox"/> Fuel Cans | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Lighter fluid | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Ice | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Ice Chests | <input type="checkbox"/> Canned Fish |
| <input type="checkbox"/> Can Opener | <input type="checkbox"/> Canned Meat |
| <input type="checkbox"/> Washcloths | <input type="checkbox"/> Condiments |
| <input type="checkbox"/> Brooms | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Buckets | <input type="checkbox"/> Canned Drinks |
| <input type="checkbox"/> Non-electrical clock | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Watch | <input type="checkbox"/> Jelly |
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Canned Milk |
| <input type="checkbox"/> Tissue | <input type="checkbox"/> Powdered Milk |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Canned Veggies |

Smart Snacking

By Bill Stacey

"Don't eat that, you'll spoil your appetite." If only you had a dollar for every time you heard that growing up. But if the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition. A well-timed snack can even out spikes in hunger and provide a much-needed energy boost between meals.

Snacks can keep younger children from getting so hungry that they become cranky, and they can keep older kids from overeating at larger meals. And for picky eaters of all ages, snacks can be added insurance that they're getting the necessary nutrients. This doesn't mean that giving your child a cupcake half an hour before dinner is suddenly a good idea. The best snacks are nutritious — low in sugar, fat, and salt. Fresh fruit and vegetables and foods that contain whole grains and protein are also good choices. But it's not just about what you offer as a snack — it's how much you serve and when. Pay attention to portion sizes and timing of snacks so they don't interfere with a child's appetite for the next scheduled meal.

Kids who are allowed to graze all day long often have a hard time figuring out when they're truly hungry — one key to maintaining a healthy weight in childhood and later in life. A structured meal and snack schedule is one solution. You offer the meals and snacks at the same times each day, and your kids can decide what they want to eat and how much.

Snacks & Toddlers

Toddlers may not eat much at a sitting and they often get hungry before the next meal. At this age, kids may need to eat five or six times a day — three meals and two to three snacks.

There are two common "snack pitfalls" to avoid with toddlers because once done, they can be hard to undo:

1. using sweets to reward good behavior, which sends the message that desserts are somehow better or more valuable than other foods, and can start a pattern of unhealthy eating
2. pacifying kids with a snack just before a meal, which can decrease their hunger and make them less willing to try new foods at the table

Scheduled snacks served at the same times every day give kids a sense of control and also establish that snacks are available only at certain times. Offer two or three nutritious options and let kids choose. Try:

- low-sugar, whole-grain breakfast cereals
- cut-up fruit (if pieces are small and soft enough to avoid choking)
- graham crackers
- cheese slices cut into fun shapes
- Applesauce
- Yogurt



Snacks & Preschoolers

Control is still a key issue at this age, so preschoolers also might enjoy the chance to choose their snack from the options you present. The desire for sweets can be quite strong at this age, but you can avoid the struggles. Don't offer candy and cookies at snack time. You can decide not to stock them at all or, if you do, to keep them out of sight. Preschoolers are just learning to label their feelings, and they'll often say "I'm hungry." But they could just be bored, tired, or in need of some attention. Figure out what your child really needs. It may be that some playtime with you or a change of scenery could end the cries of "I'm hungry." Also, when kids do need a snack, make sure it's eaten at the table and not in front of the TV.

Healthy snacks for preschoolers include:

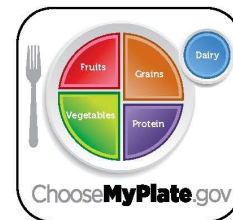
- cut-up fruit or applesauce
- yogurt
- sliced or chopped veggies
- whole-grain crackers topped with cheese

Source: http://kidshealth.org/parent/nutrition_center/

10 tips

**Nutrition
Education Series**

snack tips for parents



10 tips for healthy snacking

Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

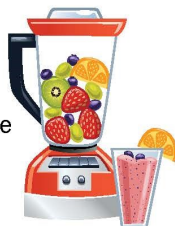
Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

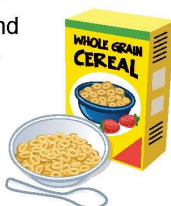


3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



By Dana Johnson

It is that time of year again, time to get outside and enjoy the sunny hot days of summer. Here are some safety tips for Infants and Toddlers at this time of year:

- Babies under one year old should be kept out of direct sunlight. Move your baby to the shade or under a tree, umbrella, or stroller canopy.
- Dress infants and toddlers in light weight clothing. Young infants should wear clothing that covers the arms and legs and use a brimmed hat.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF (sun protection factor) should be at least 15.
- Use sunscreen whenever you will be in the sun for more than thirty minutes.
- Try to avoid sun during the middle of the day.
- Make sure your child is getting plenty of fluids. This is espe-

cially important during the summer. Infants and Toddlers become overheated much faster than adults, they need to drink plenty of water.

- Another good way to cool down is in the sprinkler or baby pool. Make sure your infant or toddler is supervised at all times.
- Last but not least, Never leave your child in a car in summer heat, even if you have the window down. Temperatures in the car escalate very quickly in the heat. On an 85-degree day, the car's inside temperature can reach 102 degrees in 10 minutes. On hot and humid days in direct sunlight, the temperature can rise more than 30 degrees per minute. Also, check the temperature of the car seat before buckling your children in the car.



Father's Day

In the United States, the driving force behind the celebration of Father's Day was Mrs. Sonora Smart Dodd. Her father, Civil War veteran William Jackson Smart, as a single parent raised his six children in Spokane, WA. She was inspired by Anna Jarvis's efforts to establish Mother's Day. Although she initially suggested June 5, the anniversary of her father's death, she did not

provide the organizers with enough time to make arrangements, and the celebration was deferred to the third Sunday in June. The first Father's Day was celebrated on



June 19, 1910, in Spokane, WA. Unofficial support from such figures as William Jennings Bryan was immediate and widespread. Woodrow Wilson was personally so feted by his family in 1916, and Calvin Coolidge recommended it as a national holiday in 1924. The all-male U.S. Congress, however, was mindful that passing a measure so favorable to males could be seen as a conflict of interest. In 1966, Lyndon Johnson made Father's Day a holiday to be celebrated on the third Sunday of June. The holiday was not officially recognized until the presidency of Richard Nixon in 1972. More collect calls are made on Father's Day than on any other day. Countries that observe Father's Day on the third Sunday of June include Argentina, Canada, Chile, Cuba, France, Hong Kong, S.A.R., India, Pakistan, Ireland, Japan, Macao S.A.R., Malaysia, Malta, Mexico, the Netherlands, Peru, the Philippines, Singapore, Slovakia, South Africa, Turkey, the United Kingdom, the United States, and Venezuela.

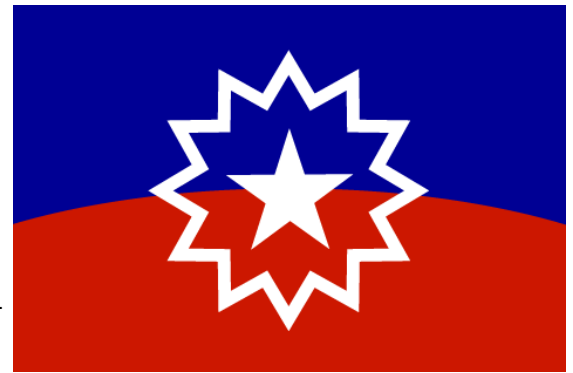
Source: http://www.netglimse.com/holidays/father's_day/history_of_father's_day.shtml
<http://www.trinityonline.org/2013/09/23/fathers-day-2014/>

<http://www.journeymart.com/holidays-ideas/festivals/fathers-day.aspx>

Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a school teacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday' or 'Flag Day'. Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating June 14th of each year as National Flag Day.

Source: <http://www.usflag.org/history/flagday.html>
<http://www.sodahead.com/united-states/its-june-14-i-salute-our-flag-do-you-for-them-who-care-its-flag-day/question-2726297/?link=ibaf&q=&esrc=s>



Juneteenth

Juneteenth celebrates the freedom of over 250,000 slaves at the close of the Civil War. The holiday is based on events that occurred mainly in Texas but is now celebrated nationwide. The celebration takes its name from June 19, 1865, the day federal troops arrived in Galveston to enforce the Emancipation Proclamation. Although the Proclamation had taken effect on January 1, 1863, it freed few, if any, slaves. News of the war's end did not reach Texas until well after the Confederate surrender at Appomattox. Many speculate that the news was deliberately withheld so that slave owners could bring in one last crop. Others believe that the news was delayed because the messenger traveled by mule while some believe the original messenger was murdered en route. When the news was finally delivered, it was celebrated in great fashion. Over the years, Juneteenth festivals have evolved into day long events which include picnics, parades, music, dancing, and baseball. In Kansas City, events include a parade, a festival at Swope Park, karate and golf tournaments, a baseball game, a theatrical

Continued on page 16



The NAEYC for Families website at <http://families.naeyc.org/> offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child. *Topics* includes articles and even more tips for parents.



Continued from page 1

Parent Involvement in the Centers:

Ninety percent of parents reported that they feel their participation at the center is welcomed (10% neutral) and 76% reported that the centers offer a variety of opportunities to participate (17% neutral, 7% disagreed). Thirty percent of parents reported that they have participated at their child's center, 70% have not. For parents who participated at their child's center they reported that their participation has increased their knowledge of child development and their parenting skills.

Benefits to Parents: All parents, who are current students, reported that they have remained enrolled at FSU as a direct result of the child care provided by the program. Student parents reported that the ways the child care program has benefitted them most are financially, allowing them to attend classes, to take a full course load, providing them with more study time and time to conduct research. These parents reported that the program provided them with the opportunity to enroll their child in an early learning center.

When asked to provide feedback about the programs' services and how it helps parents attain their educational goals one parent responded, *"The FSU Child Development Program has been a lifesaver for me. I wanted to go back to school to become a nurse and I was accepted into FSU's one year accelerated program. Thanks to the wonderful, amazing care that my son gets each day, I am able to focus fully on my classwork and clinicals during the day and I come home and my son tells me all about the fun things he did at daycare. It sets my mind at ease. ...It was so hard for me to go from being a stay-at-home mom back to*

school, and the FSU Child Development Program 100% helped me transition because I could see how much they care for the children. I wouldn't have been able to study as much as I needed to without this program."

We appreciate the thoughtful and candid feedback provided by all of our parents...from those that completed the survey to those that we talk with daily. This feedback helps us to create a program that continues to provide high quality education for your children and meet your needs as parents and students. We are providing an excellent environment for your children's education but we can do better. We look forward to continuing to review your comments and incorporating them into our program as we continue to grow. Once again, thank you!

*Tiffany Karnisky
Associate Director for Family Services*



Play, from page 7

several sequences of three actions on the toy, some of which resulted in the toying playing music and some which it did not. The researchers repeated the same sequences with all of the children except with one group, the researcher acted as if she were clueless about the toy ("Wow, look at this toy. I wonder how it works"). With another group, she acted like a teacher ("Here's how my toy works.") When she acted clueless, many of the children figured out the most intelligent way of getting the toy to play music (performing just the two key actions, something the researcher had not demonstrated). But when the researcher acted like a teacher, the children imitated her exactly, rather than discovering the more intelligent and more novel two-action solution.

These two experiments are just a few examples of many that inform us that direct instruction really can limit young children's learning. Direct teaching is a very effective way to get children to learn something specific. But in early childhood education, play and exploration encourages them to learn using their innate abilities of curiosity and creativity. These qualities are the conduits in which they are able to find and attach meaning to the people, places, objects, and experiences in their worlds. When they discover and attach meaning in their learning they are more likely to retain the knowledge storing it in their long term memory rather than short term. The knowledge retention in a concrete versus abstract manner enables them to transfer and apply this knowledge to places outside of the school setting. They recognize words at school, home, stores, etc. They can use their early math skills at school, home and in the

grocery store! Children learn by doing and so do adults. Just ask yourself – do I remember best how do drive somewhere when I drive there myself or when someone else drives me? Let them hold it, smell it, taste it, hear it, see it – let them PLAY and they will learn to read, write, make friends and balance a checkbook!

Some information adapted from Why Preschool Shouldn't Be Like School. New research shows that teaching kids more and more, at ever-younger ages, may backfire. By Alison Gopnik

Holidays, Continued from 14
play, and the crowning of Mr. and Mrs. Juneteenth.

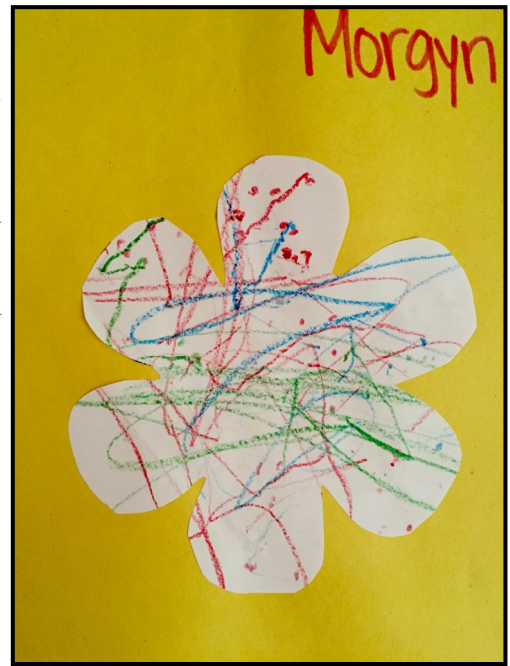
Source: http://www3.kumc.edu/diversity/ethnic_relig/juneteenth.html , <http://respublica.typepad.com/respublica/2011/06/juneteenth.html>

Summer Solstice

In the northern hemisphere, the summer solstice, near June 22, is the day when the sun is farthest north. The summer solstice also marks the first day of the season of summer. The inclination, or tilt, of Earth's axis, away from a perpendicular to Earth's orbit of the Sun, determines the seasons. These are commonly marked in the northern hemisphere, where spring begins at the vernal equinox, summer at the summer solstice, autumn at the autumnal equinox, and winter at the winter solstice. In the southern hemisphere, the seasons are reversed. Spring begins at the autumnal equinox, summer at the winter sol-

stice, etc. The points at which the sun crosses the equator are the equinoxes, when day and night are most nearly equal. The points at which the Sun is at a maximum distance from the equator are the solstices. Days and nights are then most unequal. However, at the equator, day and night are equal throughout the year. In June, the North Pole is tilted 23° 27' toward the Sun, and the days in the northern hemisphere are longer than the nights, while the days in the southern hemisphere are shorter than the nights. The summer solstice is the longest day of the year, respectively, in the sense that the length of time elapsed between sunrise and sunset on this day is at a maximum for the year.

Source: <http://www.history.com/encyclopedia.do?articleId=226609>; <http://scienceworld.wolfram.com/astronomy/SummerSolstice.html> , <http://past.theweathernetwork.com/glossary/summersolstice>



Hurricanes, continued from page 10

- Stay inside!
- Fill clean containers with fresh drinking water (1 gallon per day per person).
- Store ice in ice chests and freeze containers of water.
- Turn settings in freezers and refrigerators to maximum cold.
- Listen for tornado watches; plan where to go.
- Stay away from windows on the ground floor.
- Beware of the calm eye of hurricanes winds will soon return from opposite direction.

- Swap items someone might have something you need and vice-versa.

Family Disaster Plan

Disasters; natural, technological, or human-caused; can occur quickly and without warning. You and your family can be forced to evacuate your neighborhood or be confined to your home. Having an emergency plan will ease the confusion you feel before, during and after a disaster. To create personalized Family Disaster plans go to www.redcrossplans.org/.

Remember, children are also affected by disasters. To help them understand the importance of being prepared,

FEMA offers a Web page just for children. It is filled with learning activities. Go to <http://www.fema.gov/kids/>.
Source: <http://hspca.convio.net/site/MessageViewer?>

After the storm:

- Seek medical care, if needed, at Red Cross shelters or hospitals.
- Beware of outdoor hazards (downed power lines, trees, debris, flooding, weakened buildings, washed out roads, poisonous snakes, etc.)
- Do not touch downed power lines.
- Throw away spoiled foods and contaminated water.
- Use the telephone only in emergency.
- During power outage, be a friend and share grills, emergency supplies and any food or drink you can spare with neighbors in need.





WHAT'S HAPPENING?



- **When:** Saturday, June 6, 2015, 7:00 am - 5:00 pm
- **Location:** Andrews Square in Downtown Wellborn, FL 32094
- **Cost:** free

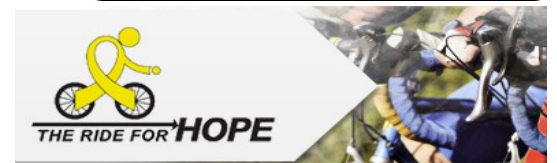
Fun-filled day of blueberry treats and down-home entertainment, featuring Arts & Crafts and Food Vendors, Country Store, live entertainment, blueberry bake-off, parade, blueberry pancake breakfast and talent contest. Hosted by non-profit Wellborn Community Association.

Website: www.wellborncommunityassociation



**Doughnuts for Daddy
Breakfast To Go
June 22**
Because you work so hard for your family, let us take care of your breakfast!

Pick up at your child's center



The Ride for Hope

- **When:** Saturday, June 13, 2015, 6:00 am - 1:00 pm
- **Location:** North Florida Fairgrounds, 441 Paul Russell Road, Tallahassee, FL 32301
- **Cost:** Century: \$45 Metric Century: \$35 40 Mile: \$30 29 Mile: \$25 11 Mile: \$20 Family Fun Ride/Walk: Free donations appreciated

A fun-filled cyclist and wellness event for all ages, The Ride for Hope provides six distance rides ranging from a family fun ride/walk to a 100-mile century through the rolling hills and canopy roads of Tallahassee. Excellent SAG support and water stops! Jersey order discount for early registration! Free insulated water bottle for Century & Metric riders – while supplies last – register now!

The Ride for Hope also features music, food, face painting, and fun for the whole family. All proceeds benefit the Tallahassee Memorial Cancer Center and help to keep quality cancer care close to home.

Website: therideforhope.com



Sundown Summer Concert Series at Cascades Park

- **When:** Friday, June 5, 2015, 6:00 pm - 9:00 pm
- **Location:** 2727 Apalachee Parkway Suite 200 Tallahassee, FL 32301
- **Cost:** free

The Tallahassee Downtown Improvement Authority is proud to announce the capital city's newest concert series. Kraft Nissan presents the Sundown Summer Concert Series at Cascades Park. The Kraft Nissan Sundown Summer Concert Series is a four concert series that will take place on the first Friday of May, June, July, and August in the Capital City Amphitheater at Cascades Park. Each concert in the series will be FREE and open to the public with a different regional band headlining each event. The concerts will feature great family friendly entertainment each month in Tallahassee's most family friendly Downtown park.

Website: tallahasseedowntown.com



Free Train Rides at Veterans Memorial Park

- **When:** Saturday, June 13, 2015, 11:00 am - 3:00 pm
- **Location:** 10561 NW Theo Jacobs Way, Bristol, FL
- **Cost:** Donations are appreciated.

Train rides at no charge the 2nd Saturday of the month (Feb.-Nov.) The train goes over a mile of track that has a trestle bridge. Also available are a playground, 2 picnic pavilions, RR Caboose you can walk through, and a museum.

Website: VeteransMemorialRailroad.org

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p><i>Tuition Due</i></p> <p>Nadav </p>	<p>2</p> <p>Bill S </p>	<p>3</p> <p>Ms. Antoinette's Water Day </p>	<p>4</p> <p>Ms. Ariel's Water Day </p>	<p>5</p> <p>Ms. Caitlin's Water Day </p>	<p>6</p> <p>Sophia </p>
<p>7</p>	<p>8</p> <p>Ms. Jenniffer's Water Day </p>	<p>9</p> <p>Ms. Michelle's Water Day </p>	<p>10</p> <p><i>\$10 late fee for unpaid tuition</i></p> <p>Ms. Sue's Water Day </p>	<p>11</p> <p>Ms. Antoinette's Water Day </p>	<p>12</p> <p>Ms. Ariel's Water Day</p> <p>Splash Day @ Children's Center </p>	<p>13</p> <p>Everett </p>
<p>14</p> <p><i>Flag Day</i></p>	<p>15</p> <p>Ms. Caitlin's Water Day </p>	<p>16</p>	<p>17</p> <p>Ms. Michelle's Water Day </p>	<p>18</p> <p>Ms. Sue's Water Day</p> <p>Milo </p>	<p>19</p> <p>Ms. Antoinette's Water Day</p> <p>Splash Day @ Children's Center </p>	<p>20</p> <p>Nina </p>
<p>21</p> <p><i>Father's Day</i></p> <p></p>	<p>22</p> <p>Ms. Ariel's Water Day</p> <p><i>Father's Day Breakfast To Go Bags</i></p>	<p>23</p> <p>Ms. Caitlin's Water Day </p>	<p>24</p>	<p>25</p> <p>Ms. Michelle's Water Day </p>	<p>26</p> <p>Ms. Sue's Water Day</p> <p>Splash Day @ Children's Center </p>	<p>27</p> <p>Wyatt </p>
<p>28</p>	<p>29</p> <p>Ms. Antoinette's Water Day </p>	<p>30</p> <p>Ms. Ariel's Water Day </p>				