

October 9th 2009
Issue 2 - Fall Edition

PSAB Newsletter

**Next PSAB Meeting
Friday Oct 9, 2009**

Fall 2009

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- Articles of interest
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Designed and Edited
by Indy Godhia

**In bringing up children,
spend on them half as
much money and twice
as much time.**

Author Unknown



**Each day of our lives
we make deposits in
the memory banks of
our children.**

Charles R. Swindoll

Parent Student Advisory Board – Miramar College Child Development Center

President's Message

- America F Jimenez and Indy Godhia

Thank you, to all who attended our first PSAB meeting. It was one of our best turnouts and we appreciate your presence. The agenda listing the events from fall to next spring was finalized with your help. We look forward to your participation in various events we have lined up – Picture day, Open house, fall festival, fall parade. We have two fundraisers planned and will be giving out the flyers for these events.

The **Pat & Oscars** fund raiser is set for Wednesday the **14th October** between 11:00 a.m. and 8:00 p.m. The **Souplantation** fund raiser is set for Thursday the **5th November** between 5:00 p.m. and 8:00 p.m. Please remember to take your flyers along when you attend these events as the restaurants require them before they send in your contributions to the PSAB. Both restaurants are in **Mira Mesa**.

There will be a **family meet up** time at both these events between 5:00 p.m. and 7:00 p.m. The children love seeing their friends and families at the restaurants. We thank you in advance for your support. Please remember that all funds collected go towards improving your child's experience at the child development center. Funds are used to support events planned and to purchase materials and supplies for use by the children.

Parenting

The hardest and most rewarding job in the world

- Indy Godhia

As a parent, we always worry whether we are doing the right thing by our little ones. We all have high expectations for ourselves and are the most critical of our shortcomings. There is no instruction manual with our kids when they arrive. Even the most informative books on parenting techniques, although valuable, really cannot prepare anyone for the noble task ahead of us. One thing I have learnt as a parent is to be patient. Always remember to live in the moment with your child. Childhood is fleeting, although many of you changing diapers and cleaning up messes, may not agree with me happily right now. I would like to share this beautiful excerpt from the author Diane Loomans book:

**"If I had my child to raise all over again,
I'd build self esteem first, and the house later.
I'd fingerprint more, and point the finger less.
I would do less correcting and more connecting.
I'd take my eyes off my watch, and watch with my eyes.
I would care to know less and know to care more.
I'd take more hikes and fly more kites.
I'd stop playing serious, and seriously play.
I would run through more fields and gaze at more stars.
I'd do more hugging and less tugging.
I'd see the oak tree in the acorn more often.
I would be firm less often, and affirm much more.
I'd model less about the love of power,
And more about the power of love."**

source: Diane Loomans: "If I Had My Child To Raise Over Again"





Where parents do too much for their children, the children will not do much for themselves.
Elbert Hubbard

Parenting Tips – encouraging self help skills

- *Indy Godhia*

It is important to encourage our children to develop self help skills. These can be as simple as:

- Washing their hands by themselves. The parent can model this and help them get it right.
- Learning to pull on and off their socks. This can extend to shoes as well – be patient.
- Ask them to help you setup the dinner table – let them distribute the napkins.
- Ensure that they help pick up their toys once they finish playing – sing the clean up song.
- Allow them to wash some fruits and vegetables to help at dinner or lunch.
- Allow them to help you in the garden – watering or planting bulbs, sweeping pathways.

All these activities will help build their self esteem and confidence.

Chuckle corner 😊

- *Indy Godhia compiled from <http://www.haruth.com/KidsSayFirstGradeTeacher.htm>*



“A first grade teacher collected some well known proverbs. She gave each child in her class the first half of a proverb, and had them come up with the rest. Here are their completions:

- **Better To Be Safe Than... Punch A 5th Grader.**
- **Strike While The... Bug Is Close.**
- **It's Always Darkest Before... Daylight Savings Time.**
- **Never Under Estimate The Power Of...Termites.**
- **You Can Lead A Horse To Water But... How?**
- **Don't Bite the Hand That... Looks Dirty.**
- **No News Is... Impossible.**
- **A Miss Is As Good As A... Mr.**
- **You Can't Teach An Old Dog New... Math.**
- **If You Lie Down With the Dogs, You'll... Smell funny in the morning.”**

Influenza (“the flu”) is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can cause severe illness and life-threatening complications. About 10% to 20% of Americans get influenza each year, about 36,000 Americans die from it each year, and many more are hospitalized.
 - CDC



Precautions to prevent the spread of flu and germs

- *Anita Lenus quoting from <http://www.cdc.gov/flu/protect/habits.htm>*

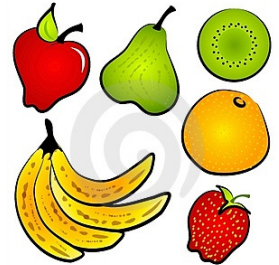
- **Stay at home** if you have flu-like symptoms (fever greater than 100 degrees Fahrenheit, or 38 degrees Celsius, with cough or sore throat) for at least 24-hours after you no longer have a fever without the use of fever reducing medications.
- Avoid contact with ill persons.
- When you cough and sneeze, cover your nose and mouth with a tissue or sleeve. If you do not have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- Avoid touching your eyes, nose, or mouth and throw used tissues in the trash can; germs are spread this way.
- After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel which is available in some locations on campus.
- Frequently clean your living quarters. If you live together with other students, you should frequently clean commonly-used surfaces such as doorknobs, refrigerator handles, remote controls, computer keyboards, countertops, faucet handles and bathroom areas.
- Monitor your health by checking for fever and other symptoms of flu.
- Seek medical care if you are severely ill.
- Talk with your health care provider about whether you should be vaccinated for seasonal flu and **H1N1**.
- **Do not go to work, school, or travel while ill.**

Fruits and Veggies – No Mom! - To - More please mom! 😊

- Rekha Chhabra

Children can help:

- Let them wash fruits and vegetables. This is a way they can learn the names of different fruits and vegetables
- Let them choose the fruit or vegetables at the supermarket
- Let them participate in tearing lettuce leaves or snapping green beans
- Play the “I spy” game in the grocery store
- Kids love measuring, stirring and pouring things. Let them do some of this while you are cooking. Older kids can help in cutting carrots, cucumbers etc for fixing a salad bowl.
- For fruits and vegetables that they dislike - offer them in some other form e.g. if they do not like apples, they may try apple sauce. If they do not like strawberries, blend it with non-fat vanilla yogurt and a little orange juice for a yummy smoothie
- Let them sprinkle herbs or other seasonings onto vegetables – they will feel like a chef
- Try different textures and color which could be appealing to them
- Keep in mind that tastes change – so try a variety of fruits and veggies to find new favorites, or serve old favorites in a new and exciting way.



Snacks:

- Freeze 100% orange juice in a Popsicle mold, a great alternative for a snack
- Slices of pears or apples with a filing of low fat cheese
- Slices of apples with peanut butter or sticks of celery with peanut butter and raisins
- Fresh Fruits dipped in yogurt and frozen

When my kids become wild and unruly, I use a nice, safe playpen. When they're finished, I climb out.
Erma Bombeck

Songs we sing at preschool

- Indy Godhia

The children have been singing this song for the last few weeks. It is accompanied by hand actions and wonderful sound effects. The children love it and will be pleasantly surprised when you sing it at home with them.

Octopus song (Slippery fish)

Slippery fish, slippery fish, sliding through the water,
Slippery fish, slippery fish, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by an ...

Octopus, octopus, squiggling in the water
Octopus, octopus, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...

Tuna fish, tuna fish, flashing in the water,
Tuna fish, tuna fish, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...

Great white shark, great white shark, lurking in the water,
Great white shark, great white shark, Gulp, Gulp, Gulp!
Oh, no! It's been eaten by a ...

Humongous whale, humongous whale, spouting in the water,
Humongous whale, humongous whale,

Gulp! ... Gulp! ... Gulp! ... BURP!
Pardon me!



Don't worry that children never listen to you. Worry that they are always watching you.
Robert Fulghum

Upcoming events / Fundraisers / Meeting dates

PSAB Meetings - Friday at 11 to 12pm – Room 209 at the Center

Attendance at each meeting equals 5 PSAB points!!!

- **October 9th 2009**
- **November 20th 2009**
- **December 4th 2009**

Important: If unable to attend meetings, please volunteer and contribute to activities to earn PSAB points.

Oct 1 st	Picture Day
Oct 14 th	Pat & Oscars, Mira Mesa – Fundraiser Wednesday (watch out for flyer) 11:00 am - 8:00 pm
Oct 15 th	Open House, Thursday (6:00 - 7:00pm) Please Note New Date for this event.
Oct 23 rd	Fall Festival Friday (10:30am - 11:30am)
Oct 26 th	Parent Teacher Conferences Begin
Oct 30 th	Campus Fall Parade Friday (10:30am - 11:30am)
Nov 5 th	Souplantation, Mira Mesa - Fundraiser Thursday (watch out for flyer) 5:00- 8:00 pm
Nov 18 th	Police Dept Visit McGruff The Crime Dog - Stranger Danger Topic (11am - 12pm) Rm F209 (parents welcome). Only Astros will be attending talk.
Nov 20 th	Children's Potluck Friday (12 noon)
Dec 11 th	Winter Potluck Friday (12:15 pm - 2:00pm)

Teaching responsibility to your child

- America F Jimenez

Too often we give children answers to remember rather than problems to solve.
Roger Lewin

Teaching responsibility to your child is a task that parents must start from a very early age. Little children enjoy helping grown ups with simple chores around the house. Especially, if this activity is fun. Such an experience affects different areas of development such as the social, emotional, cognitive and physical selves of the child.

Teaching responsibility helps the **social development** of the children as they are learning to interact with people, such as parents and siblings; understanding the needs of others and how being responsible affects others.



In the **emotional** aspect the child would be able to learn how to help himself or herself and how to control their own behavior. Doing things on their own helps to increase self esteem.

Cognitively a child would be able to develop by understanding their environment and by solving a problem that a chore may present. Even if the problems to solve are as simple as categorizing colors of clothing in two different piles or helping to set the table for five people. Cognition is enhanced by providing opportunities for the child to understand messages and communicate back and forth. It is important that the language used is at the child's level. Repeating the message according to their age and looking for clues that show us that the child got the message are important. For example, when asking for help to set up the table and count the napkins, ask how many napkins you need and who are the napkins going to be for?

Physical development will be optimized when you teach responsibility to your child by assigning different chores around the house to them. For instance, if you ask your child to sort clothing in two different piles, the gross motor skills will develop because their arms would be moving. Furthermore, hand eye coordination and visual skills would also be enhanced.

Be sure that your child is **safe** and that the chores they are doing are safe and helpful to your child's development.

If you want children to keep their feet on the ground, put some responsibility on their shoulders.
Abigail Van Buren

Do you have a healthy home? Try this quiz created by Diane Loomans

- Indy Godhia quoting from <http://www.dianaloomans.com/resources.htm>

12 SIGNS OF AN UNHEALTHY HOME

Twelve Signs of an Unhealthy, Inconsistent Environment

Are you raising your child in an unhealthy, inconsistent environment filled with unpredictability and chaos? A child who lives in an unreliable environment with random rules, or no rules at all becomes unruly and un-cooperative.

The following checklist will help you to explore what areas of your home environment most need improvement. Use the list below to take an inventory of your home, as well as the home you were raised in as a child. Check each of the signs that currently exist in your home.

1. ___ Meals served at random times, without sitting down to eat together
2. ___ Non-nutritious snacks, sweets, and treats available anytime
3. ___ Erratic bedtime hours during the school week and weekends
4. ___ Curfew inappropriate to age (too early or too late), or no curfew at all
5. ___ Household chores that are age inappropriate (too few or too many)
6. ___ Clutter, chaos, junk, filth, or disorder in the home most of the time
7. ___ Poor manners or disrespectful communication among family members
8. ___ No regular homework time or accountability/follow-through on homework
9. ___ No limits on the use of television, telephone, the Internet, and video games
10. ___ Sibling disrespect regarding feelings, needs, differences, or privacy
11. ___ Quality time between parents and children irregular or nonexistent
12. ___ Unclear rules or agreements with random punishments or no consequences



A child who is allowed to be disrespectful to his parents will not have true respect for anyone.

Billy Graham

Each of the twelve signs that you checked from the above list is strong evidence that your home environment needs improvement. Consider each one carefully and begin improving one area at a time - starting with the one that is most needed, and progressing from there.

12 SIGNS OF A HEALTHY HOME

Twelve Signs of a Healthy, Consistent Environment

A child who lives in a consistent, reliable environment with fair rules that are understood by all learns to be a balanced, cooperative child. Use the following checklist to take an inventory of your home, as well as the home you were raised in as a child. Use it to explore the level of consistency you currently have in your home.

1. ___ Nutritious meals served at scheduled times, often shared as a family
2. ___ Nutritious snacks with limits on sweets and treats
3. ___ Regular bedtime hours, especially during the school week
4. ___ Curfew on weeknights and weekends appropriate to age
5. ___ Consistent household chores that are age appropriate
6. ___ Reasonable cleanliness and order kept in the home most of the time
7. ___ Respectful manners & positive communication among family members
8. ___ Homework or chores completed on schedule with good follow-through
9. ___ Reasonable limits on television, telephone, the Internet, or video games
10. ___ Sibling respect regarding feelings, needs, differences, and privacy
11. ___ Quality time with parents and the family as a whole on a regular basis
12. ___ Clear rules and agreements established with fair, natural consequences

There are few successful adults who were not first successful CHILDREN.

Alexander Chase



Each of the twelve signs that you checked from the above list is wonderful progress toward creating a balanced, harmonious home. Keep up the consistent efforts. Each of the signs that you did not check is an area that is calling for your attention and care as a parent. Introduce one area at a time, and stay with it until the entire family has established it as a new habit.

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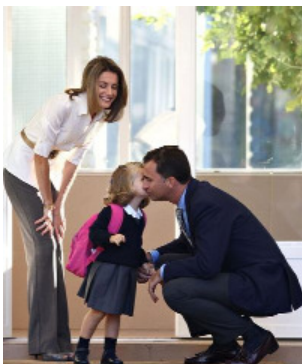
Starting a New School Year off on the right foot

Summer is just about over and the smell of new crayons and sharpened pencils is in the air. Getting your child back into a routine early is a good idea. A few weeks prior to the official start of school, try to get your child to go to bed early and to wake up early. This may be a bit challenging, but it will allow the children to become adjusted to the school year schedule. The following are some helpful tips in making the transition from home to school go a bit smoother:

- **Be enthusiastic** about the start of school. It's a new beginning.
- To get a sense of how your child feels about returning to school you could **open a dialogue** with your child by asking them what they are more excited about this year. Join in on the excitement and share a personal story about your own school experiences.
- For young children who are just beginning school give yourself a little extra time to help your child get comfortable at **drop off time**. The teacher will help you with this process as well. Adjusting to separating from you may take some time, but with parents and teachers working together it will soon be a smooth transition.
- Try not to sneak out without **saying goodbye**; sometimes this further upsets a child. Always say goodbye with a hug and a reminder that you will be back to pick them up. The idea that you are coming back is the key to coping with separation.
- For children who are struggling with separation anxiety providing a **photo** of you to take with them to school can increase their comfort level. This will help your child feel that a little "piece of you is with them all day."

The most important thing that parents can teach their children is how to get along without them.

Frank A. Clark



You will always be your child's favorite toy.

Vicki Lansky

Showing interest and involvement in your child's learning at school will make a difference in their success. **Celebrate their achievements.**

Who we are and contact details

(Visit our website at <http://psabmiramarcollege.weebly.com>)

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