



Kachemak Kids

Early Learning Center

News and Stories

5/30/08

SHAVING CREAM

Do any of you know that Boy Scout song about shaving cream? In it, the characters in the song keep finding piles of shaving cream all over the place. Well, our week wasn't all that much

different. We brought out tubs full of shaving cream with a little food coloring hidden at the bottom. On Tuesday, we added some water and took the whole sensory



table outside so that we could enjoy it in the sunshine. The kids had a blast with it and the teachers marveled at the fact that shaving cream apparently doesn't absorb food coloring. Hmmmm...

WATER COLOR OUTSIDE

One of our families bought us some brand new water color paints. Hooray! To celebrate, we took all our supplies out onto the



playground and the kids spent a lot of time carefully painting the masterpieces in their minds.

PARACHUTE

We brought our big colorful parachute outside on Tuesday and every child held on tight as we popped popcorn and counted to three before lifting the parachute high over our heads and looked at each other beneath our giant umbrella. This was a great activity for large muscle movement as well as counting and teamwork.

BEAN BAG TOSS

The popcorn on our parachute was actually beanbags and once the parachute game was done, we used chalk to draw a target on the gate and the kids took turns trying to hit the target



with their beanbags.

A WALK TO THE LAKE

We took a little walk to Beluga Lake this week to see those float planes that are always buzzing overhead. The kids were



very excited to see the planes up close. While we were there, some of the kids discovered some other fascinating things sitting in the water such as ducks, rocks and even a park bench.

"Look," said Lindsey, "it's a bench!"



BUG HUNT

The kids were fascinated by and sometimes terrified of the many insects and spiders that have begun to make homes on our playground equipment.



Some Things We Need

(Tax Deductible Donations)

- Digital Video Camera
- Picnic table
- Fruit Dehydrator
- Bubbles
- Dish Soap
- Liquid hand soap
- Elastic Strings for beading
- 1' step stool
- Laptop computer
- Bicycle for Emily to get to work.



Parent Time

Opportunities

- Thoroughly clean the chairs.
- Install the plumbing in our kitchen/art area sink.
- Clean out the P-traps in the bathroom sinks. Who KNOWS what the kids have stuffed in there.
- Sweep/shovel the dirt out of the parking lot.
- **Sweep, vacuum, empty trash and mop the school at the end of the day.**

EVENTS

Otter Beach Education Center
Closing Celebration

Saturday May 31st 4-8pm
at OBEC on Birch Park
Drive. (Potluck)

Platt Park Clean Up

Saturday May 31st 10am-
1pm at the KHLT property
FREE!!

Homer Garden Club Plant Sale

Saturday May 31st 11am-
12:30pm @ City Hall

Dancing in the Streets

Look for your KKELC
friends at the Bay Realty
parking lot on Sunday June
1st from 3-4:30pm as they
dance with Diane Ditton
and Kara Bakken-Clemens.
FREE!!!

Playgroup for 0-5 year olds

Monday June 2nd 10:30am-
NOON at Bayview Park.
Toys are welcome! FREE!!!

Storybook Hour with Ms. Jolee
for ages 2years and older

Wednesday June 3rd 10-
11am at Homer Public
Library FREE!!



Important Notes to Parents

Crazy Summer Schedules

Our summer program has officially begun. What does this mean to you? Well, if you're anything like us, it surely means that your schedule has changed a bit and that that are a million things to do and not enough time to do them. It also means that Jane has taken over as the director and that Jon is gone set-net fishing. It also means that we have our new summer assistant teacher, Emily and, due to the fact that our numbers are lower for the summer, she is only here $\frac{3}{4}$ time. So, our staffing schedule will be a little different. Therefore, **we really need parents to drop off kids at 8am and pick up by 5pm.** There is currently only one staff member at the school from 4:30-5:30 and according to state regulations, we cannot have any more than 6 children

at the school at that time. If you require earlier drop off or later pick up, please let staff know. This is imperative to avoid entering into overtime pay, increased rates and overworked staff. **There will not be any staff members at the school before 7:30am or after 5:30pm.**

Also, please remember to let us know in advance if your child will be out for any reason including camps and last minute family trips. It helps us plan our day if we know that four of our kids won't be in until 11am. Thank you!



Articles of Interest

Who among us has not experienced the wrath of a tantrum? They are never fun, but sometimes, watching a child come out of a tantrum and helping them find the words to express their feelings can be really rewarding. I found an Australian article about dealing with tantrums and it gives some great ideas for dealing with an out of control tot including things like modifying their foods and watching for blood sugar issues.

Toddler Tears and Tantrums – 9 Great Tips For Dealing With Toddler Tantrums

By Pinky McKay IBCLC
International Board Certified Lactation Consultant, Parenting Editor, Author, Infant Massage Instructor & Mum of five

If you have ever watched a desperate mother trying to avoid flailing arms and legs as she wipes her child's snot off her arms in the middle of a shopping centre and vowed that your own sweet baby will never carry on like that, think again. Tantrums are a normal part of toddler life.

It can help to think of a tantrum as an intense storm of emotion that a toddler isn't equipped to handle, rather than an attempt to wield power over everyone around him. Tantrums are often an expression of emotional distress and can be triggered by frustration, loss, disappointment, feeling misunderstood or a need to discharge an accumulation of stress. Of course, some tantrums are about pushing boundaries, perhaps to get the biscuit or toy that isn't allowed. These outbursts are usually fairly easily diverted or will blow over if they are ignored (with you close by). But do consider whether the 'biscuit tantrum' is actually the straw that broke the camel's back – is your child's seemingly massive reaction really about the biscuit or an accumulation of minor but stressful events that have happened to her throughout the day (a spilt drink at breakfast, her brother knocking over her block tower, waiting for lunch while Mummy settled the crying baby) or the result of tiredness or low blood sugar?

By trying to see things from your child's perspective, it is much easier not to take tantrums personally, and it will be much easier to help your little one grow through this stage relatively smoothly than if you turn every outburst into a power struggle.

You can reduce tantrums and help your child (and you) cope better with stressful situations by using some simple strategies and sensible planning:

Eliminate frustration beyond your toddler's limits

Challenges are necessary for children to develop, but try to step in before a challenge becomes a frustration. Guide

gently, but don't take over. For instance, discreetly turn the puzzle piece over so he can put it in by himself. When you sense your tot is reaching the brink, create a diversion towards a calming, soothing activity – a different place, a toy, a hug, a story, a song or perhaps a snack.

Look for triggers

Do tantrums seem to happen mostly when your tot is tired, hungry, rushed? Are there situations he finds difficult to handle such as playgroup, shopping or being strapped in a car seat? Keeping a tantrum diary might help you understand triggers. Try to think ahead and limit overwhelming situations. For instance, plan short shopping trips when he isn't tired, take nutritious snacks and water whenever you go out, and don't wait for difficult behaviour before you offer food or it can seem like a reward.

Cut out junk food

Some foods can make little angels morph into complete rascals: sweets can trigger blood sugar variations that cause mood swings; caffeine in drinks can hype kids up for hours (toddlers should never have 'cola' drinks, and that goes for Diet Coke too), so they are literally unable to sit still, let alone fall asleep; and additives in foods (even many that are normally considered healthy), can affect some sensitive tots. Again, a tantrum diary might shed light on food triggers.

Listen respectfully

Imagine the frustration of a little child who can't express what he is trying to tell you. Is it any wonder he 'loses it'?

when he doesn't feel heard by the important people in his life – you would too, wouldn't you? Listen carefully to what your toddler is trying to say, just as you would with another adult. Reflect back your child's feelings so that he feels heard and understood. Say, 'You look angry that your block tower crashed,' or 'I get angry too, when I can't have what I want.'

Choose your battles

Don't sweat the small things is a good rule for parents. Save your energy for the things that really matter and avoid power struggles (it doesn't matter, for instance, if your child insists on having her cereal in the pink bowl or wears gumboots with her party dress). Allowing her a little independence on small things can help your child feel in control, and she may then be more flexible on the things that do matter. Rules like seat belts and holding hands near roads are not negotiable, but a balance between health and safety and a happy day can benefit family relationships. So take a peak at things from your child's perspective (imagine how you would feel if somebody told you how to dress or messed up your morning ritual), childproof your home, and keep rules for important things.

Say no and mean it

It's far better to say yes initially than to change your mind after your child has exploded. Remember, maybe means yes to a child. Rewarding genuinely uncontrollable tantrums can encourage tots to use (semi)deliberate tantrums to get what they want.

Don't give in to embarrassment

It can be difficult to consider your child's feelings when he performs a tantrum in public but whatever you do, don't yell back, don't smack and don't resort to giving in because you feel embarrassed. And please, don't walk away from an unruly tot in places like shopping centres. It is scary enough to be out of control without also feeling abandoned. The best thing you can do is scoop up your child and leave.

Offer comfort

Because you know your child best, you'll know whether this is a 'tiny tanty' or a major blow-out, and whether he is better letting off steam by himself (with you nearby) or whether he needs to be removed from an overwhelming situation and held firmly but calmly. If your child is thrashing wildly and at risk of hurting himself or others, you can help him by using a technique known as 'holding'. This will only work if you can keep yourself calm – the idea isn't to restrain your child, but to help him feel secure and emotionally held.

Sit against a wall, if possible, to support your back, and breathe deeply to calm yourself. Psychotherapist Dr Margot Sunderland advises: 'Visualise yourself as a lovely warm, calm blanket.' Now envelop your child by holding him with his back to you (if he kicks, he will be kicking away from you) and folding your arms over his. If he is a bigger toddler, take an arm in each of your hands and cross his arms. You can also cross your legs over his to contain his legs and prevent kicking. Hold him calmly and use a gentle tone to say

soothing words ('It's all right, I am going to hold you until you calm down'), allowing him to release his angry feelings. He won't be in any space to reason with and will, in any case, not be able to activate the reasoning part of his brain while he is distressed. As your tot calms, let him lie in your arms and cuddle until he is over his blow-out. Then offer him reassurance and a different, preferably quiet, activity.

If you find walking away works for your child during a fairly mild tantrum, return when he settles, hug him and say, 'I'm still here and I love you.' Giving reassurance is not giving in. Just as adults need comfort when they feel upset or overwhelmed, toddlers need to know they are loved, even when their behaviour isn't lovable, and by hugging him when he is calm you are rewarding him for settling down. By showing your child that you are in charge, he will feel secure and safe enough to let out his feelings and then move on.

Express your own feelings appropriately

Supporting your child's emotional fallouts goes hand in hand with acknowledging and expressing your own feelings appropriately and honestly. It can also help to think about which of your child's feelings you have the most difficulty dealing with, and to try to understand your child's perspective by trying to recall your own feelings as a child. Think of a time when you felt upset as a child and the response of adults in your world was unsupportive. Were you belittled for crying? Punished for expressing anger? Now, imagine how you would have liked to be treated.

<http://www.bellybelly.com.au/articles/toddler/toddler-tears-tantrums>

Potty Training

A few of our kids are moving into the transition of potty training. It is an exciting time for the child as they imagine being more independent and adult-like and it is exciting for the adults who imagine a life without diaper changes. Had you considered though, that potty training a boy may wind up being very different from potty training a girl?

Potty Training: Girls vs. Boys

By Jessica Kowal, Parenting

Most moms potty train in hopes of (finally!) being able to walk past the diaper aisle. But the difference between teaching boys and girls can seem like night and day. Both genders begin by sitting, but boys eventually learn how to stand and aim. Girls learn more quickly but have to figure out how to position themselves and wipe correctly.

To train boys and girls in their own special way:

Girls

The equipment
Try using a potty chair -- her feet will touch the floor, which relaxes her pelvic muscles. If she's using an adult toilet, give her a step stool.

Positioning

Limit spray by having her sit all the way back so her bottom and vagina are over the potty opening. Encourage her to sit with her knees apart, which will also help relax her pelvic muscles.

Toilet tactics

Teach her to wipe (or pat) from front to back by letting her watch you. Keep her entertained and sitting with books, stickers, or music next to the potty.

Boys

The equipment

Let him use a potty chair to pee if he's not ready to stand and aim. For pooping, use a potty chair or toilet-seat insert (plus a step stool).

Positioning

Have him push his penis straight down before he sits on the potty chair to avoid scraping it on the splash guard. If he's

standing, be sure to position him, feet slightly apart, directly in front of the potty.

Toilet tactics

Have him watch his dad, or show him how to aim his pee into the bowl. To improve his aim, drop a few Cheerios or goldfish crackers in the toilet, then offer him a fun sticker for hitting a few. If he's making poop, give him a book or play some music to encourage him to sit.

Related Links

* [Dealing With Setbacks](#)

* [Potty-Trained for Preschool](#)

[On Call: Potty-training Tricks](#)

My 3-year-old refuses to poop on the potty. How can I get him to give up the diapers for good? - Parenting.com

[Top 10 Potty Training Articles](#)

Top 10 Potty Training Articles - Parenting.com

In this guide: