Announcements

- Thank you to all our families who attended our Back to School Night on Oct. 2nd! It was wonderful to spend time with you, your child, and extended family!
- Mark your calendars! The annual Fall Dress-Up Celebration will be held on Friday Oct. 30, from 4-5pm. Please note the start time is 30 minutes later than in previous years.
- Looking for ways to help your child’s classroom? Keep an eye out for our Classroom Treasure Chest, listing out helpful items needed at the center. More information to follow!
- Parking permits for Lot 1 are still available. Please see Teacher Jodi or Teacher Arlene for details.
- Check out the “Places We’ve Been” maps in each preschool classroom. Please bring a photo of your family at a destination and write the city, state, and a brief description. The children have shown an interest in maps and this will help the concept come to life for them!

What’s Too Scary?

It is important to remember that each child is unique and different so it is hard to give facts or a “correct” answer to this question. Because this is true, the most important thing to keep in mind is your individual child and their reactions to things that may be frightening. There are children’s books that seem like they may be too scary and you may wonder why. These books are based off of traditional fairy tales and legends. Once again, it is important to see your child’s expressions and reactions in order to determine what may be too scary.

Some children are amused by being scared a little. This speaks to the development of emotion regulation. Gradually, especially within warm relationships and with our support, children begin to be able to manage their emotional reactions to various situations (including Halloween stuff). Some parents may feel the need to keep their children from experiencing scary or stressful situations in order to protect them, but the truth is that, with our support, small bits of stress (child-size bits) are important sources of positive development, as children broaden their toolkit of coping strategies.

There are a few tips on how to handle fears around this October holiday. It is important to make sure there is a firm line against violent/bloody/gory and generally horrific images. Not just because they are “too scary” but because they do not represent the values or images that we want our children to be exposed to. Also children learn through play and pretend play and master fears and difficult experiences by reinventing them in a playful way.

For full article visit: http://families.naeyc.org/learning-and-development/child-development/whats-too-scary

Spinach Muffins Kids Love!

Ingredients: ¾ cups of pureed spinach, 1 teaspoon vanilla, 2 eggs, ¼ cups oil, ½ cup applesauce, 2 cups flour, ¾ cups of sugar, 2 teaspoons baking powder, ½ teaspoon baking soda, ½ teaspoon salt

Directions:

1. Preheat oven to 350 degrees and grease a muffin tin.
2. Puree spinach- thaw it and puree in food processor (steam spinach for a few minutes. Then blend.)
3. Use ¼ of the spinach in the blender and mix with vanilla, eggs, oil and applesauce.
4. In a bowl combine all dry ingredients: flour, sugar, baking powder, baking soda and salt
5. Mix your dry and wet ingredient mixtures and pour into muffin tin. Each about 2/3 full.
6. Bake for 20 minutes at 350 degrees.