Child and Family Center, CSULB
Toddler Classroom Newsletter
November 2015

Announcements

- Keep an eye out for our Treasure Chest Wish Items to be put up in the classrooms. We invite families to take a look at the list of items that would assist in the classrooms, and bring them in! Every donation is very much appreciated!
- The CFC will be closed on Wednesday 11/11 in observance of Veterans’ Day.
- THANKSGIVING SCHEDULE:
  Wed. 11/25 – close at 12pm
  Thurs. 11/26 – CLOSED
  Fri. 11/27 – CLOSED
- Parent Conferences will be scheduled soon. Please keep an eye out for the sign-up sheets to be put up in the sign-in areas!

Positive Guidance Through the Ages

What is positive guidance? Positive guidance is looking at situations through the lens of child development and guiding children’s behavior. Punishment is replaced with responses that teach children how to modify and control their behavior as they grow and mature. It’s important to think about behavior as a developmental process that takes time to master instead of expecting to see immediate change in your child behavior.

Older Infant:
Give infants opportunity to explore in a safe environment. Reframe situations so that they work for both you and the child. An example is instead of locking kitchen cabinets, fill them with plastic containers allowing them to safely play in the kitchen.

Toddler:
It is important to set limits with toddlers. As a family, set very clear limits for behaviors that are important to you and reinforce them consistently. Redirection can also be used to channel their energy into something positive.

Preschooler:
Your child will gain confidence in making her own decisions within an appropriate framework. Offer choices to preschoolers. Also explain natural consequences of their actions. It allows freedom but also the opportunity to learn from consequences. You can also positively guide your child by thinking of choices you can offer to them. Get them involved in making decisions such as what vegetable to have at dinner that night.

For full article visit: http://families.naeyc.org/child-development/positive-guidance-through-ages

Baked Apple Chips

Ingredients: 1 red apple per person (you can make 2 apples worth on 2 sheets at once in the oven but you will need to bake it for an extra 30-45 minutes)

Directions:
1. Preheat oven to 200 degrees.
2. Slice apples very thin, about 1/16 of an inch.
3. Arrange on lined thick bottomed baking sheet, making sure none overlap.
4. Bake for 1 hour, flip slices and then bake for 1 more hour.
5. Remove from the oven and let cool to crisp.
6. Store in an air tight container.