



Extended Child Care Family Newsletter December 2006

Vacation Credit for Winter Break

If you are planning on using your vacation credit during the winter break this year, please call the main office at 545-2402, **prior to winter break**. Winter Break in each district is as follows:

Mark West District is 12/25/06-1/5/07

Windsor District is 12/18/06 through 01/02/07

Wright District is 12/21/06 through 1/8/07

If you plan on having your child attend during the winter break, please be sure to sign up at your center. Once we have an idea as to how many students will be attending, our Programming Department will decide which centers will combine for the winter break. Your winter break full day or part day fees will appear on your January and or February statements. If you have any questions regarding winter break, please call the main office. The full day fee is \$24.75 and the fee for part day care is \$12.25 for 0-4 hours of consecutive care.

Reminder: Center Closed Days

All Extended Child Care centers will be closed for Christmas Day 12/25/06, New Years Day 01/01/07 and Memorial Day 05/28/07. You are not charged for any days that Extended Child Care is closed.

Extended Child Care Web Site

We have a new web site at www.extcc.org. Each center's fee schedule is on the web site as well as information about the Agency. Check this out!

Employment Opportunity

Do you know someone who loves working with children? Extended Child Care has part time, before and after school schedules available with competitive wages. Contact Libby or Cherelle in the main office @ 545-2402.

Tips for Keeping Your Kids Fit From Kaiser Permanente

- Kids need to play hard for 60 minutes each day. They can break up the time into two or three periods, before and after school.
- Remove the TV from your child's bedroom.
- Help your child eat five servings of fruit and vegetables a day. Have cut-up fruits and vegetables ready for an instant snack.
- Eliminate sodas, which contain up to 18 teaspoons of sugar per serving. Limit juice drinks to no more than one small cup a day. Encourage water to quench thirst.
- Switch to low-fat (1%) or nonfat milk starting at age 2.
- Be a good role model. Let your child see you eating your fruits and vegetables and being active.
- Make meals a family time. Have conversations, not TV time.

For more tips, go to kp.org/children

Teasing – Is it a Need for Attention?

Sometimes children tease each other, even though they know they'll get in trouble for it. This confuses parents. Why would kids misbehave and be cruel to others – knowing the consequences? The answer may be related to power and attention.

Kids don't have much power, and teasing is an easy way to get it. Meanwhile, teasing also gets noticed. It encourages people (adults and peers alike) to react, and negative attention feels better than no attention at all.

To prevent teasing:

- **Spend one on one time with your child every day.** Even a few minutes together are worthwhile. Do things that interest him/her.
- **Schedule at least one hour a week of parent-child time.** Choose an activity your child loves. Plan it in advance; write it on your calendar and make it a top priority.
- **Praise your child often.** If he/she has siblings, compliment everyone and make sure giving one child a compliment doesn't hurt another's feelings.
- Pay attention to behavior. A little playful teasing is normal, but hurtful teasing is not okay. Help your child find positive alternatives.

Talk with your child's teacher about what you have observed. Discuss concerns and possible solutions. Working as a team will make difference.

(from Polly Greenberg, "The Problem with Teasing", Scholastic Parent & Child.)

