



CHILD CARE  
AND LEARNING CENTER

You *are* what you think.  
You become what you think about.  
Words have **POWER!**



## NEW YEAR RESOLUTIONS

Here are some "no"-focused resolutions to help you ease into the new year:

1. **Stop overcommitting:** Jumping into too much, too soon, is a pitfall of many parents
2. **Avoid information overload:** In today's wired world, it's impossible to avoid feeling overwhelmed by information—whether it's e-mail, voicemail or texts.
3. **Don't lose your cool with your kids.**  
When your kids are trying your patience, avoid stress and resentment by refusing to take the bait. Calming yourself before you react is key. When reining in a whining tot, "Short, simple answers are best. Preschoolers' thinking skills aren't really that well developed. They're more 'in the moment' and they can't think through a problem to conclusion."
4. **Say good-bye to parental guilt.** For parents struggling to maintain balance, the "guilt monster" can rear its ugly head all too often.

## JANUARY LEARNING FOCUS: WEATHER

This month our theme is "The Weather." First we will talk about sunny days. We will learn to make a rainbow in a jar, test the effect of the sun on art work, and create a beach in our Dramatic Center. We will continue to explore the alphabet, graph weather conditions, and sort blocks by size. Next we will discuss rainy days. We will explore water in the Science Center, give daily weather reports, and read books about rain. We will also work with shapes and paint with water colors. The third week we will talk about snow. We will read several great books about snowy days. We will write a class story about a snowman, create an igloo in the Dramatic Center, and make model igloos in art. We will talk about storms and how scary they can be. We will also read books about storms. Parents, please help us by bring large cardboard boxes, beach chairs, beach towels, umbrellas, and other beach accessories. Dress children appropriately because we go outside **EVERYDAY!**

happy  
birthday  
to you!

Ethan R	1/13
Ah'Shun L	1/19
Ba'Hari L.	1/19
Surprenta T.	1/16
Skylar M.	1/29
LeRickey H.	1/31

### CONFIDENTIALITY TIPS TO HANDLE SENSITIVE INFORMATION

1. Keep yourself informed of all laws and regulations regarding the handling of personal information.
2. Don't share information with people who don't need it. ...this includes kinfolks
3. Keep written information in a safe place.
4. Don't Gossip

### Volunteers

1. Lunchtime daily at 10:45 a.m. to 11:45
2. Playground Safety 9:30 to 10:30 or 2:30 p.m. to 4:30 p.m.
3. Birthday Celebration
4. Read, sing, arts and crafts—see teacher to schedule