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Minimizing Power Struggles

No matter how compliant a child, there will be times when he does not want to put on his socks or when she refuses to pick up toys. As young children develop, they begin to understand that they can make their own decisions and occasionally they make a power play at an inconvenient time.

While a power-play can be frustrating for the adult who is trying to get the child to do something, it is a healthy part of children's social/emotional development. These incidents help children develop a stronger sense of self and the eventual capability to set their own limits.

We as adults need to react appropriately. In many instances, trying to force a child to do what he has said he will not do escalates the situation into a full blown power struggle.

Try offering assistance or choices instead. For example, "I can help you put on your socks this morning or you can do it

yourself." Or, "would you like help putting your toys away or would you like to do it yourself?" "Would you rather wear blue sock or green sock today?" "Which would be easier to do first putting the blocks back in their bin first or the cars back in their case?"

Power plays are simply a part of growing up. When we as adults choose to handle them in a calm manner, we are offering opportunities for children to develop both self-esteem and self-control.

Upcoming Events

The Children's Center will be closed on Friday March 16, so that the staff can attend the Rocky Mountain Early Childhood Conference. Thank you so much for the opportunity, we appreciate it! March early closure is on the 30. Week of the Young Child is April 16-20 (look for more information on our annual Art/Documentation Show soon. April early closure is on the 27th.

Upcoming Events

| | |
|-------------------------|-----------|
| Center closed | 3/16 |
| Early Closure | 3/30 |
| Week of the Young Child | 4/16-4/20 |
| Early Closure | 4/27 |

Welcome Cyndi Pugh

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**“The beautiful thing about learning is that no one can take it away from you.”
-BB King**

We are really excited to have Cyndi Pugh “officially” join our family here at The Children’s Center. Cyndi is a student here at Red Rocks who has been helping us out part time for the last several months. Cyndi will be taking over Patti’s group in the Garden Room beginning March 5. Cyndi has raised 5 children of her own and understands the demands of being a parent. If you are experiencing challenges with your children she has likely already been there and done that. Cyndi has been working with young children since 1997. Cyndi’s desire is to see children take risks and try new skills, she enjoys seeing the aha moments as children learn what they are capable of doing and she really likes “messy” activities! Cyndi is a recent transplant to Colorado and would love to know some of your favorite activities so that she can learn about all of the cool things that Colorado has to offer. If you happen to see her around, please be sure to welcome her.

Illness Policy Reminder

Illness

The following is an excerpt from our family handbook:

Deciding whether to keep your child at home or whether Center staff should send a child home from child care can be difficult. It is important for parents and

caregivers to discuss what symptoms they have observed and agree on a plan of action based on consensus about what symptoms require that children stay home.

There are three reasons to exclude children from our child care:

- 1) The child does not feel well enough to participate comfortably in usual activities.
- 2) The child requires more care than the program staff is able to provide without affecting the health and safety of the other children.
- 3) The illness is on the following list of symptoms or illness for which exclusion is recommended.

If a child has been vomiting, had diarrhea, or had a fever, it is our expectation that they will be symptom free for 24 hours without the help of medication before returning to care.

Interesting Links

<https://wellnessmama.com> This website is favorite of mine for healthy and more natural living (I make my own deodorant and lotion)

[http://www.pbs.org/parents/education/reading-language/reading-](http://www.pbs.org/parents/education/reading-language/reading-milestones/baby-language-development-milestones/)

[milestones/baby-language-development-milestones/](http://www.pbs.org/parents/education/reading-language/reading-milestones/baby-language-development-milestones/) (This has great information on language milestones)