

NOVEMBER
2015



KTK News of the Day

Notes from Our Feathered Friends

Baby Chicks: The holidays are upon us, can you believe it? We are eager for the holiday season with some fun activities planned. Our babies looked adorable in their Halloween costumes while trick-or-treating around the building. This month we sadly say farewell to Ivyllynn whose family is moving out of town. Etta will be starting to visit the Penguins as she is showing off some new skills. We are excited to welcome Camille to our Baby Chicks family. With all the changes to our baby room, everyone continues to thrive while working on their various skills. The Baby Chicks want to wish everyone a Happy Thanksgiving and hope to see you at the Thanksgiving feast on Wednesday, November 18. Gobble, gobble!

Penguins: We are so excited for Thanksgiving to be near. We are so thankful for all our Koala-T-Kare children and their families. We had to say good-bye to a couple of friends last month: Owen moved out of town. Aldo has graduated to the Parrot room and is doing great. Emily will be graduating this month, too. We are always available for snuggles at the gate! We also welcomed a few new faces to our class as well. Emily T. and Othello jumped the wall from Baby Chicks, and Romus is a new friend. Welcome to our busy room. As our children grow and learn new things every day, it is always fun and adventuresome! Our children are all working on perfecting their skills and meeting milestones. We wish you all a very Happy Thanksgiving!

Parrots: It's getting cooler and most of the leaves are gone, so it must be November. Our highlights from October included an informative meeting with Firefighter Jon, and lots of walks in our neighborhood to look at the leaves changing colors and falling. We also welcomed Aldo to our room from the Penguins. November themes will include teddy bears, food, and Thanksgiving. National Hug a Bear Day is Nov. 7 and Thanksgiving is Nov 26. November will also bring a few changes, as Emily will be joining us from the Penguins and we will be bidding farewell to Jackson, who will be joining the Peacocks. Please remember that

we get outside daily as long as the temperature is above 20, so make sure your child has appropriate clothes for the weather (which, as we've seen, can change frequently).

This is also a good time to make sure your child's extra clothes are seasonally appropriate.



Peacocks: We had such an exciting October! Some of the highlights were making our awesome autumn bulletin board, marble painting (which the kiddos thought was just a hoot), riding the bus to visit the farm and get our very own pumpkins, seeing Jon transform into a firefighter before our very eyes, making a jack-o-lantern for our classroom, a cooking project, and a fun-filled day of trick-or-treating. This month we are going to work on the following themes: All About Me, castles, food, and Thanksgiving. This month we get a new friend in our classroom: welcome to our Peacock family, Jackson! Please bring in all the warm gear for your child to wear outside. Our playground is almost always full of wind and our

outside time is first thing after breakfast. It is often quite chilly out then, even on a day that is supposed to warm up. Please label clothes with a name whenever possible - it is much appreciated! Our friends always put their things back in their cubbies when they are done (well they TRY, but that doesn't always work out). If things are labeled, it is much easier for us to ensure your child has what he/she came with when the day ends. Thank you for everything you do to help our program be successful. Wishing you a WONDERFUL Thanksgiving!

Preschool: Fall is here! We had SO much fun the month of October! Thank you to all the parents who helped on our field trip. It was a huge success! This month the preschoolers will be talking about "giving thanks." Our themes include friendship, recycling, pilgrims and Thanksgiving. We want to welcome our new friend Carson to our class. The playground is starting to be chilly in the morning. Please make sure your child has hat, mittens and a winter coat every day. Here's to a month of turkey, family, friends and giving!

A Note from the Director

Dear Parents,

It was great to see so many of you at our movie night last month. Now that November is here we can look forward to a couple of days off and our Thanksgiving dinner. Please let your child's teacher know how many will be attending, so Jessica can plan accordingly. We will be serving the Thanksgiving meal from 4:30 – 6:30, so you'll be able to pick up at normal times, have a nice supper upstairs and not have to worry about cooking for the night.

Due to parent feedback, we are going to forego our Christmas celebration, but we hope to plan a special dinner around the Valentine holiday instead.

Now that the snow will be here all too soon, I wanted to remind new families about our hazardous weather policy. Our Policy Book states the following: At Koala-T-Kare's discretion, the center may close at times due to dangerous weather conditions or other emergencies. Every effort will be made to reach parents about the closing. If you are unsure if the center will be open or closed, please call your child's teacher or the director to check before coming in. If the center closes early, parents will be called to pick up their children. Koala-T-Kare closes when the Madison Metro School District is closed due to bad weather.

Also remember that we are closed on November 26 & 27 for the Thanksgiving holiday.

May your travels be safe!

Sue Schneider
Koala-T-Kare Director

Out of the Mouths of Babes

One of the little guys in the Peacock room took off his boot. Ms. Kristi teasingly said, "What's that smell?" and the little boy replied, "Bacon."

Ms. Amanda was taking one of the babies who was wearing a Cubs sweatshirt outside, when a little guy from the Peacocks saw them. He is also a Cubs fan, so when he saw the baby, he looked at him and raised a high five hand and said, "Go Cubs."

Ms. Cassie said "Good morning," to one of the Baby Chicks when she arrived at daycare and the baby spit at her and giggled!

One of the babies in the Baby Chicks class was squealing and talking loudly during quiet time. It made all the teachers laugh!!



Upcoming Events

Nov. 1: Daylight Saving Time ends
Nov. 3: Election Day
Nov. 11: Veterans Day
Nov. 26: Thanksgiving Day/CLOSED
Nov. 27: KTK CLOSED

November Birthdays

Nov. 17: Jackson
Nov. 19: Hazel
Nov. 28: Henry

New arrival

Sept. 30: Abraham Johnson

Babys due

Bender twins
Baby McWilliams
Baby Wilson-Tepeli



The Benefits of Pets

5 surprising ways pets are good for kids -- and families too!

By Bill Strickland, adapted from *Parents Magazine*

When I was growing up, I always had at least one dog padding beside me on every adventure, and my wife was raised on a farm. So we planned all along to make animals a part of our child's life, and we are delighted by how enthusiastically our daughter, Natalie, has embraced pets. Her natural zeal and passion for critters of all kinds has led to our current menagerie of one German shepherd, three cats, a freshwater aquarium, a confoundingly long-lived tank of mail order Sea-Monkeys, and, because we live on 4 1/2 acres of Pennsylvania woods, an endless series of cameo appearances by turtles, mice, moles, frogs, toads, tadpoles, ducks, geese, and slugs -- to name just a few of the creatures that have come to visit.

All these beasts have been beneficial to Natalie's development, but we've been surprised by how wide-ranging those benefits have been. Like most parents, my wife and I counted on the common-sense idea that having pets around would help teach our daughter responsibility, and maybe empathy. But we've also learned that the presence of animals in our house helps foster her emotional, cognitive, social, and physical development. And I've discovered there's plenty of solid evidence to back that up.

1. Pets Help with Learning

While book groups are the rage among her mother's friends, Natalie has her own reading tribe: We often find her curled up in her bed or lying in a den of blankets in a quiet nook of the house, reading to one or more of her cats. She pets them as she reads, stops to show them pictures and ask them questions. She even reassures them during scary parts of the story.



That's no surprise, says Mary Renck Jalongo, PhD, education professor at Indiana University of Pennsylvania and author of *The World of Children and Their Companion Animals*. Educators have long known that bringing therapy animals (mostly dogs) into schools helps developmentally challenged kids learn. Now they are finding that all children can benefit from the presence of a nonjudgmental pal with paws. In one study, children were asked to read in front of a peer, an adult, and a dog. Researchers monitored their stress levels, and found that kids were most relaxed around the animal, not the humans. "If you're struggling to read and someone says, 'Time to pick up your book and work,' that's not a very attractive offer," Dr. Jalongo says. "Curling up with a dog or cat, on the other hand, is a lot more appealing."

2. Pets Provide Comfort

In another study, children were asked what advice they would give less-popular kids for making friends. The top answer didn't focus on a cool toy or must-have sneakers. It was: Get a pet. Whether a hamster or a horse, Dr. Jalongo says, an animal gives a child something to talk about and a shared interest with other kids.

Animals are also a great source of comfort. Dr. Melson asked a group of 5-year-old pet owners what they did when they felt sad, angry, afraid, or when they had a secret to share. More than 40 percent spontaneously mentioned turning to their pets. "Kids who get support from their animal companions were rated by their parents as less anxious and withdrawn," she says.

3. Pets Encourage Nurturing

Dr. Melson began studying the impact of pets in order to learn how

human beings develop the ability to care for others. "Nurturing isn't a quality that suddenly appears in adulthood when we need it," she says. "And you don't learn to nurture because you were nurtured as a child. People need a way to practice being caregivers when they're young."

In our modern world, there's little opportunity for kids to provide for other living things aside from pets. "In many other countries, siblings look after one another, but in the U.S. that's not culturally acceptable," Dr. Melson says. "It's actually illegal in many states to leave kids in the care of anyone who is under 16 years of age."

So how are the seeds of good parenting skills planted during childhood? Dr. Melson believes one way is through pets. In her research, she tracked how much time kids over age 3 spent actively caring for their pets versus caring for or even playing with younger siblings. Over a 24-hour period, pet-owning kids spent 10.3 minutes in caregiving; those with younger sibs spent only 2.4 minutes.

"Nurturing animals is especially important for boys because taking care of an animal isn't seen as a 'girl' thing like babysitting, playing house, or playing with dolls," Dr. Melson says. By age 8, girls are more likely to be involved than boys in baby care both inside and outside their homes, but when it comes to pet care, both genders remain equally involved.

4. Pets Keep Kids Healthy

According to a study by Dennis Ownby, MD, a pediatrician and head of the allergy and immunology department of the Medical College of Georgia, in Augusta, having multiple pets actually decreases a child's risk of developing certain allergies. His research tracked a group of 474 babies from birth to about age 7. He found that the children who were exposed to two or more dogs or cats as babies were less than half as likely to develop common allergies as kids who had no pets in the home. Children who had animals had fewer positive skin tests to indoor allergens -- like pet and dust-mite allergens -- and also to outdoor allergens such as ragweed and grass. Other studies have suggested that an early exposure to pets may decrease a child's risk of developing asthma.

No one knows for sure why this is the case, but Dr. Ownby has a theory: "When a child plays with a dog or a cat, the animals usually lick him," he says. "That lick transfers bacteria that live in animals' mouths, and the exposure to the bacteria may change the way the child's immune system responds to other allergens."

5. Pets Build Family Bonds

A pet is often the focus of activities that families do together. Everyone takes the dog for a walk, or shares in grooming and feeding him, or gets down on the floor and plays with him. There are even benefits from simply watching a cat chase his tail or a fish swim in his tank. Spending time like this offers the wonderful potential of slowing down the hectic pace of modern life. If someone asks what you've been doing, you might respond "nothing." And in this era of overscheduled children and parents who are constantly on the go, "nothing" can be an important thing to do.



www.parents.com/parenting/pets/kids/pets-good-for-kids/

Happy Thanksgiving

Employees of the Month



Fun Facts about Ms. Jeri

What is your favorite ice cream?
Butter Pecan

What is your favorite children's book? All the lessons and stories from the Bible and Aesop's Fables

What was your favorite children's toy? Growing up, boys toys were more fun. But now I find all toys to be engaging!

What is your favorite color? Pink

What is your favorite holiday?
Thanksgiving



Fun Facts about Ms. Mary

What is your favorite ice cream?
Chocolate Chip Cookie Dough

What is your favorite children's book? *You Are My I Love You* and the Little Critter books

What was your favorite children's toy? Care Bears

What is your favorite color?
Blue or Black

What is your favorite holiday?
Halloween

News from the Kitchen

It's hard to believe the holidays are upon us again! This year our annual Thanksgiving celebration will be Wednesday, November 18, from 4:30-6:30 p.m. It will be upstairs in the multipurpose room. Please let your child's teacher know approximately how many will be attending. The menu for dinner will be:

Turkey and gravy
Corn
Stuffing
Mashed potatoes
Rolls
Pies, cookies, etc.
Milk/water

We would be very grateful if families would volunteer to bring dinner rolls, milk or pies for the meal. There will be a sign-up sheet outside the kitchen next week. KTK staff will provide additional desserts. We look forward to seeing all of you for a fun evening!

This month I have pumpkin dip on the menu for a snack. This is a fun thing to take to parties or family get togethers. It's something you can make a lot quicker than pumpkin pie, and it's fun for the kids because they can dip whatever they like in it. I've had it with graham crackers and ginger snap cookies. It's even good with pretzel sticks if you like that salty-sweet combo! Hope you enjoy, and have a wonderful Thanksgiving!

Pumpkin Dip

Ingredients:

1 container (16 oz) cool whip, thawed
1 package (5 oz) instant vanilla or pumpkin spice pudding mix
1 can (15 oz) solid pack pumpkin
1 tsp. pumpkin pie spice

Directions:

In a large bowl, mix together instant pudding, pumpkin and pumpkin pie spice. Fold in the cool whip. Chill in the refrigerator until serving.

