



KTK News of the Day

Notes from Our Feathered Friends

Baby Chicks: The babies had a spooktacular time celebrating Halloween. Last month the babies helped decorate the room with painted bats, pumpkins, and ghosts. Everyone looked adorable in their Halloween costumes while trick-or-treating around the offices in the building. The babies have been working hard on their skills: lifting heads during tummy time, rolling, sitting up, and applying weight to their legs. Tessa and Wyatt both hopped over the gate to join some familiar faces in the Penguin room. They are both doing remarkably well and loving their new room.

Penguins: The Penguins have been growing more and more. Martin recently graduated to the Parrots room; we miss him but he was ready for some new adventures with the big kids. We have gained some new friends from the Chicks class: Tessa and Wyatt have joined our group and are progressing very well in their new surroundings! We had so much fun showing off our costumes at Halloween – it's hard to believe that Thanksgiving is just around the corner. Most of our friends are very busy perfecting all their talents; every day someone is learning something new!

Parrots: It's getting cooler and most of the leaves are gone, so it must be November. Our highlights from October include an informative meeting with Firefighter Jon and lots of walks to look at the leaves in our neighborhood changing colors and falling. We also welcomed Ronan, Abby, and Martin to our room. Our November themes include Weather, Teddy Bears (National Hug a Bear Day is November 7), Food, and Thanksgiving. We will bid farewell to Hazel, who will join the Peacocks. Remember that we go outside daily as long as the temperature is above 20 degrees, so make sure your child has appropriate clothing 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: Last month was so exciting, especially our

trip to the pumpkin patch. Ms. Linda and Ms. Sheila want to thank all of the parents who joined us, making the day one the children will talk about well into the future. Our next month's focus is on nursery rhymes and being thankful. We'll talk about the Three Little Pigs, and the Three Little Bears. Some of our project highlights will be paint blowing and building a house in the art area; we'll also be spending time in the block area and outside. We will make a thankful tree and have it bloom with all the things we are thankful for. We are working on self-help skills daily. Some of the

exciting things your children are achieving: putting on jackets by doing the up-and-over trick and helping out in the bathroom by pulling down their pants (some can even take off their own diapers). Ask them show you these new cool skills at home!



Starlings: The Starlings sure had a wonderful October. A few highlights from the month: exploring pumpkins (inside and out), being witnesses to the changes in nature around school, making hats for Mad Hatter Day, Gal (Kristi's lizard) turning orange, learning new songs, playing games with Firefighter Jon, taking a field trip to Busy Barn Adventure Farm, and – of course – trick-or-treating. This month we will be working on activities that reinforce being thoughtful and thankful. One ongoing activity will be keeping happiness journals. Each week, the kids will be instructed to draw or write about things that made

them smile or feel happy. This will help us introduce the next goal we have for our class: learning what it means to show appreciation and different ways to express that feeling (words, hugs, smiles, gifts, cards, helping hands, and so on). We will also learn about families, foods, and the concept of a "tradition." Finally, we would love to display a photo of each of Starling family on our wall. If we don't have a photo of your family, please share one with us. A big thank you to Lisa for sharing books and art activities with us; to Jess for reading to us; to everyone who has donated items for our art room; to Dawn and Amanda for joining our farm adventure; and to the great employees upstairs who let us visit for trick-or-treating.

A Note from the Director

Dear Parents,

It's November, the start of the Holiday season and the month that we focus on who and what we are thankful for. I am so thankful for all of you: the parents of the children we are so lucky to have in our presence. I am also thankful for the amazing team of teachers we have on staff, for all of the hard work they do and for their dedication to your children. I hope you'll join us for our Thanksgiving celebration on November 16, and please be sure to let me know if your family will be taking any extra days off around the holiday.

Amanda Johnson
Director
ajohnson@koala-t-kare.com

Out of the Mouths of Babes

Firefighter Jon: What do you do if your clothes catch on fire on your way out of the house?

Preschooler: You should just go naked.

Preschooler: Ms. Kristi, what are you going to be for Halloween?

Ms. Kristi: I don't know. I am still waffling between two ideas.

Preschooler: Ms. Kristi...you are going to be a waffle?!

The Peacock classroom was telling Amanda that they learned the "Five Little Pumpkins Sitting on a Gate" song. One child sang, "the fourth little pumpkin said 'let's run and run and run'" another child noted, "but pumpkins don't have legs."

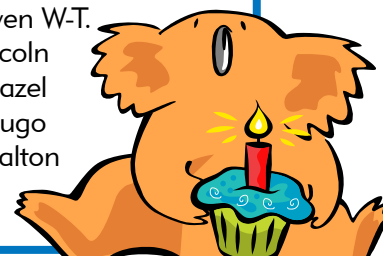
Upcoming Events

- Nov. 2: Free Family Night at Madison Children's Museum
- Nov. 5: Home Depot Kids Workshop
- Nov. 5: - TRICK OR TREAT (For the troops!) Halloween Candy Trade-In Party at UnityPoint Health – Meriter
- Nov. 6: Daylight Saving Time Ends
- Nov. 8: Election Day
- Nov. 11: Veteran's Day
- Nov. 12: Dino Yoga at the Children's Museum
- Nov. 13: UW Madison Arboretum Family Nature Program
- Nov. 16: KTK Family Thanksgiving Dinner
- Nov. 19: Fantasy In Lights Begins at Olin Park
- Nov. 24: Thanksgiving, **KTK CLOSED**
- Nov. 25: **KTK CLOSED**
- Nov. 25: Zoo Lights begin at Henry Vilas Zoo
- Nov. 25: Pictures with Santa at Dreambank
- Nov. 26: Space Yoga at the Children's Museum



November Birthday

- Nov. 2: Owen W-T.
- Nov. 7: Lincoln
- Nov. 16: Hazel
- Nov. 19: Hugo
- Nov. 19: Dalton



Raising a Thankful Child

By Julie A. Riess

As we enter this season of Thanksgiving, we may find ourselves reflecting more often on how to raise a thankful child. At first glance, parents might think about how to teach the social scripts of thank you. Should a 2-year-old be forced to say thank you to Grandma for a gift? Should a 4-year-old sign a thank you note for a birthday present? Should a 6-year-old show appreciation for a large helping of spinach and cranberry sauce on his or her Thanksgiving plate?

Parents often have the best intentions of raising a thankful child as part of their parental job descriptions. We tend to use the social graces of please and thank you as one index of raising a "good kid." Indeed, manners such as these are important tools for getting along and working together with others in our society.

Even young children can be taught to say please and thank you. Giving them prompts ("What do you say?"), withholding the requested item ("You can't have the cookie unless I hear the magic words"), and modeling ("Could you please pass the juice?") are ways to encourage learning these manners. But is learning to say thank you the same as being thankful?

Think about something in the past year for which you are thankful. Is it a person, place, or thing? an event? a state of being? Did you say thank you? How did you express your gratitude? Did it feel sincere or more like satisfying a social grace?

The development of morality is marked in part by the emergence of the moral emotions such as shame, pride, guilt, embarrassment, and empathy. As these emotions develop, they allow children to feel a response in relationship to their own actions toward others. The emotional feedback contributes to that sense of sincerity.

Our gut reactions may highlight a comparison of manners vs. morals. While both reflect an aspect of how we treat others, children can use manners just by learning a script. The problem in learning scripts for manners for a child too young or separated from meaning is that children satisfy the social grace without experiencing the emotional response or acting upon their own intent. For example, 4-year-old Beth runs to greet her grandmother. "Thanks, Grandma!" she says, grabbing the present out of her grandmother's hand. She

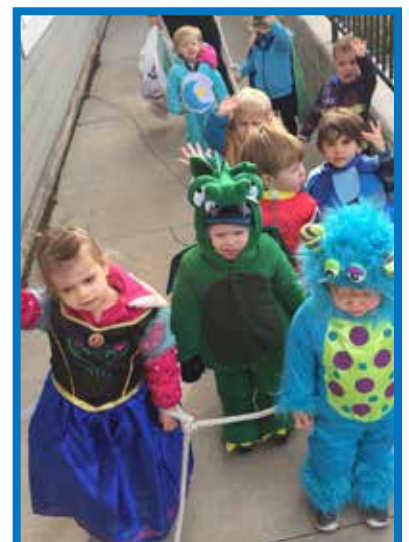
opens the box to find six pairs of white socks. Crestfallen, she says, "Thank you, Grandma, for my socks." Beth's first thanks is genuine appreciation for receiving a present, but her second thank you is the script that she is supposed to say.

Teaching manners is a fine art of modeling but not always the making of meaning. Raising thankful children is a fine art of helping them make their own meaning. Maybe it is a crumpled, crayon-scribbled card. Maybe it is a fresh bouquet of dandelions (and a few other weeds) from the back yard or local park. Maybe it is just a warm hug after a cold ice cream treat.

Children express some sense of thankfulness and desire to be appreciated all the time. It is our role as parents to model appreciation and reflect those genuine feelings back to the child. With a warm smile and a sincere voice, we can say, "Thank you for my beautiful card. I can tell you worked hard on it. You used so many different colors! It makes me feel really good and happy inside. I'm going to put it up right here on the refrigerator so our whole family can enjoy it."

Thankfulness also emerges from children raised with the Golden Rule: "Do unto others as you would have them do unto you." Like adults, children need to be exposed to genuine appreciation and to feel appreciated.

Many years ago on our family vacation, my 8-year-old daughter saved some of her carnival money and schemed a way to buy me a small candle and matching stand. The gift brought tears to my eyes, and we both knew our appreciation was genuine. And yes, I said thank you.



Happy Thanksgiving



News from the Kitchen

It's hard to believe the holidays are upon us again! I found an easy, yummy recipe for pumpkin pancakes to put you in a festive mood. I threw in some pumpkin pie spice for an additional kick of holiday goodness, but you could also sprinkle a few mini chocolate chips on top for an even more decadent holiday breakfast. Enjoy, and have a wonderful holiday!

Puffy Pumpkin Pancakes

Ingredients:

- 2 cups complete pancake mix (such as AUNT JEMIMA® Buttermilk Complete)
- 1-1/2 cups water
- 2/3 cup pumpkin (such as LIBBY'S® 100% Pure Pumpkin)
- Nonstick cooking spray
- Pumpkin pie spice, pancake syrup and chocolate chips, if desired

Instructions:

Combine pancake mix, water and pumpkin in medium bowl. Add a dash of pumpkin pie spice, if desired. Stir just until moistened. Batter may be lumpy. Spray griddle or large skillet with nonstick spray. Heat over medium heat. Pour 1/4 cup batter onto hot griddle; cook until batter bubbles begin to burst. Turn and continue cooking for 1 to 2 minutes or until golden. Repeat with remaining batter. Serve with syrup and chocolate chips.

Makes 6 servings (about 12 pancakes)

Please join us for our annual Thanksgiving celebration!

Wednesday, November 16
4:30-6:30, multipurpose room

We'll provide turkey, gravy, corn, stuffing and mashed potatoes. We'll be grateful to families who can volunteer to bring dinner rolls, milk or pies. Watch for an RSVP/signup email – we look forward to a fun evening!

