

OCTOBER
2015



KTK News of the Day

Notes from Our Feathered Friends

Baby Chicks: Can you believe it is fall already? We sure can't! At the end of last month we welcomed Ivylynn and Declan O. to our Baby Chicks family. All of our friends are working on their new skills. Some of our friends are testing out rolling and enjoying a little tummy time, while others are working on their core muscles and sitting up. The babies also love going on strolls. Please check your child's spare clothes and outdoor attire.

Penguins: Hello everyone! We all made it through the summer and are ready for the fun changes that autumn brings. When we take walks and go outside, we will be looking for the telltale signs. We will look for pine cones, colored leaves and acorns. Please continue to have a jacket and hat here as the weather begins to cool down so that we may keep enjoying the brisk weather. We were happy to have Owen join us this past month. He's doing well and has been a wonderful addition to our room. We will also be welcoming Emily to our room from the Chicks class sometime soon. She has visited a little here and there and has enjoyed her time. Halloween is coming soon, so we ask that (the day that the kids trick-or-treat here) you bring your child's costume so we can dress up before we go around the building. We will let you know the exact date when it gets closer. We look forward to fun and exciting adventures every day. If you have some extra time, please feel free to come and visit us and join in on the fun.

Parrots: Happy fall from the Parrots! We will do a lot of talking about fall this month with the themes of fall, fire safety, leaves, and Halloween. I'm especially looking forward to going outside and playing in the leaves. We also bid farewell to Aubrey and Sanjay in October. They will be moving on to face new challenges with the Peacocks. Our highlights from September included our apple taste testing (we loved sampling all of the different apples) as well as our many walks.

Peacocks: October -- such an EXCITING month, full of extra special events and changes in the Peacock classroom! Our friend Alyssa is turning 3 and headed to Pre-school for her next BIG adventure. We will be having two new friends join our Peacock family: Aubrey and Sanjay. Welcome to our room! Our buddy Piero is coming to visit us later this month as well. We look forward to many fun-filled nature walks to observe the wonderful changes that nature has to offer (and sing down the sidewalk of course). This month is full of great extras to enjoy. Wednesday, October 14, the Peacocks and the Preschool friends are going on a field trip to Busy Barns Adventure Farm. Besides many fun activities there, we will get to bring home our very own pumpkin. The cost for the pumpkin farm adventure is \$10.00 per person. Please sign the permission slip and return it to us with your child's money as soon as possible. On Friday, October 16, firefighter Jon is back for a visit! He will show us tools that firefighters use, as well as dress up in his fire gear, so we can see what firefighters would look and sound like if they had to come to our homes to help. We will end the month with more excitement by having Halloween festivities, including trick-or-treating on Friday, October 30. We will be trick-or-treating during the morning in our building, at 4C and at an assisted living center nearby. Wishing everyone a fun-filled October and a HAPPY HALLOWEEN!

Preschool: Happy fall to all of our preschool families! This month our theme is "Fall into Autumn." Weekly themes include fire prevention, apples, pumpkins, and Halloween. This month we look forward to our field trip to Busy Barns Adventure Farm and trick-or-treating. For Fire Prevention week, Kristi's husband, Jon, will be visiting us to talk about fire safety and show us his fire gear! We would also like to say Happy Birthday to Alyssa, who turns 3 this month and will be joining our friends in the preschool room. Just a friendly reminder that any birthday treats must be commercially prepared, instead of made at home. We look forward to an exciting and busy month!

Out of the Mouths of Babes

The Peacocks were talking about their parents' names. Ms. Kristi asked one of the boys, "What's your mom's name?" The little boy said, "Lisa." Then the teacher asked, "What's your dad's name?" He responded, "Uncle Ryan."

A little girl came up to Ms. Sue in the hallway and stated, "Guess what? I went to the cabin this weekend and I found a caterpillar. He was crawling up the back of my chair and he was angry."

A little boy in preschool was tracing his letter "D" sheet and when he finished he handed it to Ms. Sara. Ms. Sara said, "Thank you." The little guy responded, "Just doing my job."

One of the teachers overheard a little girl talking on the playground to one of her friends, "...I bought it at Target. It didn't work, but I fixed it with my screwter."

One of the little boys in preschool told Ms. Cassie, "Little boys don't like coffee." Pause. "Only grandpas and grandmas...and Cassie's!"



A Note from the Director

Dear Parents,

October? You're kidding! Leaves have already begun to fall and the air has a slight chill. Time for digging out the hats, coats and maybe mittens. The children will be trick-or-treating in the building and around the neighborhood for Halloween at the end of the month. Watch for updates and details in this month's newsletter, your child's mailbox or flyers on the doors.

We can't wait to have our next family night out. Our tentative date is Wednesday, October 28 for a family-friendly movie night! Weather permitting, we will be outside; otherwise, we will be in the MPR room. We'll meet in the bottom parking area around 5:30 and share some popcorn, hot cider, and apple juice for the kids. Our feature film will be a kid-friendly movie. Plan to stick around and visit if you like and enjoy the lovely fall weather.

Hope to see you all there!

Sue Schneider
Koala-T-Kare Director

October Birthdays

Oct. 4: Aubrey
Oct. 8: Nathan
Oct. 10: Alyssa
Oct. 12: Sanjay
Oct. 22: Alex M.
Oct. 28: Presten

New arrivals:

Aug. 25: Camille
Sept. 15: Theodore

Baby due:

Baby Johnson



Childhood Stress

kidshealth.org



As providers and caretakers, adults tend to view the world of children as happy and carefree. After all, kids don't have jobs to keep or bills to pay, so what could they possibly have to worry about?

Plenty! Even very young children have worries and feel stress to some degree.

Sources of Stress

Stress is a function of the demands placed on us and our ability to meet them. These demands often come from outside sources, such as family, jobs, friends, or school. But it also can come from within, often related to what we think we

should be doing versus what we're actually able to do.

So stress can affect anyone who feels overwhelmed — even kids. In preschoolers, separation from parents can cause anxiety. As kids get older, academic and social pressures (especially from trying to fit in) create stress.

Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overscheduled. Talk with your kids about how they feel about extracurricular activities. If they complain, discuss the pros and cons of stopping one activity. If stopping isn't an option, explore ways to help manage your child's time and responsibilities to lessen the anxiety.

Kids' stress may be intensified by more than just what's happening in their own lives. Do your kids hear you talking about troubles at work, worrying about a relative's illness, or arguing with your spouse about financial matters? Parents should watch how they discuss such issues when their kids are near because children will pick up on their parents' anxieties and start to worry themselves.

World news can cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war, and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear, and monitor what they watch on TV so that you can help them understand what's going on.

Also, be aware of complicating factors, such as an illness, death of a loved one, or a divorce. When these are added to the everyday pressures kids face, the stress is magnified. Even the most amicable divorce can be tough for kids because their basic security system — their family — is undergoing a big change. Separated or divorced parents should never put kids in a position of having to choose sides or expose them to negative comments about the other spouse.

Also realize that some things that aren't a big deal to adults can cause significant stress for kids. Let your kids know that you understand they're stressed and don't dismiss their feelings as inappropriate.

Signs and Symptoms

While it's not always easy to recognize when kids are stressed out, short-term behavioral changes — such as mood swings, acting out, changes in sleep patterns, or bedwetting — can be indications. Some kids have physical effects, including stomachaches and headaches. Others have trouble concentrating or completing schoolwork. Still others become withdrawn or spend a lot of time alone.

Younger children may pick up new habits like thumb sucking, hair twirling, or nose picking; older kids may begin to lie, bully, or defy authority. A child who is stressed also may overreact to minor problems, have nightmares, become clingy, or have drastic changes in academic performance.

Reducing Stress

How can you help kids cope with stress? Proper rest and good nutrition can boost coping skills, as can good parenting. Make time for your kids each day. Whether they need to talk or just be in the same room with you, make yourself available. Don't try to make them talk, even if you know what they're worried about. Sometimes kids just feel better when you spend time with them on fun activities.

Even as kids get older, quality time is important. It's really hard for some people to come home after work, get down on the floor, and play with their kids or just talk to them about their day — especially if they've had a stressful day themselves. But expressing interest shows your kids that they're important to you.

Help your child cope with stress by talking about what may be causing it. Together, you can come up with a few solutions like cutting back on after-school activities, spending more time talking with parents or teachers, developing an exercise regimen, or keeping a journal.

You also can help by anticipating potentially stressful situations and preparing kids for them. For example, let your son or daughter know ahead of time that a doctor's appointment is coming up and talk about what will happen there. Tailor the information to your child's age — younger kids won't need as much advance preparation or details as older kids or teens.

Remember that some level of stress is normal; let your kids know that it's OK to feel angry, scared, lonely, or anxious and that other people share those feelings. Reassurance is important, so remind them that you're confident that they can handle the situation.

Helping Your Child Cope

When kids can't or won't discuss their stressful issues, try talking about your own. This shows that you're willing to tackle tough topics and are available to talk with when they're ready. If a child shows symptoms that concern you and is unwilling to talk, consult a therapist or other mental health specialist.

Books can help young kids identify with characters in stressful situations and learn how they cope. Check out *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst; *Tear Soup* by Pat Schweibert, Chuck DeKlyen, and Taylor Bills; and *Dinosaurs Divorce* by Marc Brown and Laurene Krasny Brown.

Most parents have the skills to deal with their child's stress. The time to seek professional attention is when any change in behavior persists, when stress is causing serious anxiety, or when the behavior causes significant problems at school or at home.

Employee of the Month



Fun Facts about Ms. Margie

What is your favorite ice cream?

Carmel Cashew Sundae from Culvers

What is your favorite children's book?

The Giving Tree

What was your favorite children's toy?

Baby Alive

What is your favorite color? Blue

What is your favorite holiday?

Halloween

Upcoming Events

Oct. 10: Ms. Elissa's wedding!

Oct. 12: Columbus Day

Oct. 14: First of Muharran

Oct. 16-18: Wisconsin Dells Autumn Harvest Festival

Oct. 16: National Boss' Day

Oct. 23: Ashura begins

Oct. 24: United Nations Day

Oct. 31: Halloween



HAPPY
HALLOWEEN!

News from the Kitchen

Happy fall! October is a wonderful month. There are so many things to do in October: take a long drive and look at the beautiful leaves, head to a pumpkin patch and search for that perfect pumpkin, take a hayride, visit corn mazes, enjoy Halloween! My favorite part is getting pumpkins and carving or decorating them.

Does your family carve pumpkins? If so, what do you do with them after the holiday? Here are some tips of things to do with leftover pumpkins so all that hard work and fun isn't gone on November 1.

THINGS TO DO WITH LEFTOVER PUMPKINS

One important piece of information: once a pumpkin has been carved and has sat out for more than 24 hours, it could be unsafe to eat. So here are some things you can do with a pumpkin that has been carved.

Make a house for an Ant Colony

Place your rotting old pumpkin somewhere that you know ants frequently live or visit and allow the pumpkin to start rotting. The ants will love it, the ground around where you place it will love it and it is a 100% hassle free way to deal with it!

Turn it into Compost

Like the first idea, this is an environmentally safe and easy way to get rid of your pumpkin. Just break it up and throw it onto the compost. Do not do this if you have applied any paint or unnatural objects.

For pumpkins that haven't been carved, but only used as decorations, there is an endless number of delicious ways to use up your pumpkin.

Make Pumpkin Puree

You can turn your puree into pumpkin muffins, breads and soups or even that Thanksgiving pumpkin pie. Preheat the oven to 325 degrees. Cut the pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil. Bake in the preheated oven, foil side up, 1 hour, or until tender. Scrape pumpkin meat from shell halves and puree in a blender. Strain to remove any remaining stringy pieces. Use or freeze.

Make Pumpkin Butter

This treat is delicious on toast, in smoothies or on oatmeal. You can make it all year if you freeze extra pumpkin puree! Try this delicious recipe: <http://allrecipes.com/recipe/13632/pumpkin-butter/>

Make Roasted Pumpkin Seeds

You can do this even if you carve your pumpkin. When you scoop out the innards, save the pumpkin seeds and separate them from the pulp. Pre-heat the oven to 300 degrees. Toss the seeds in a bowl with melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown, stirring occasionally.

Happy carving, and have a safe and Happy Halloween!