



JOYFUL CARE
CHILDREN'S CENTER
WHERE EVERY CHILD FITS IN

August Newsletter 2018

Dates to Remember

School Closure Dates:

August 31, 2018
Staff Development Day

Boat & Water Safety



Children should always wear life jackets while on boats, participating in water sports, or around open bodies of water. Kids swimming classes increase the safety factor.

Make sure life jackets fit snugly and all straps and buckles are properly fastened.

Don't rely on swim aids or inflatable toys, they are not meant to be life jackets.

Adults should take CPR and boat

New Sibling



Your preschooler may have been looking forward to a new brother or sister, but now that the new baby has arrived it's a whole different story. Without realizing it, your child may start acting out while adjusting to your split attention. It is common for a first born child to react by regressing, asking for a bottle, or a diaper, sitting in the baby's seat, or even reverting to baby talk to get your attention. He's most likely to want your attention when you're right in the middle of a feeding or changing a

safety classes. Get a vessels safety check every year FREE from the Add to dictionary Guard. There are boat safety classes for kids as well.

Remember alcohol and boating don't mix, that goes for driver as well as passengers.

If the life jacket rides up at the shoulders or covers part of the child's face it is too big.

Babies should not travel on boats of any kind, including kayaks, row boats, motor boats or sailboats. The U.S. Coast Guards office of boating safety recommends that a baby not travel on a boat until he is the appropriate weight to wear a personal flotation device.

Car seats and baby carrier seats are not recommended, if the boat should capsize, the seat would sink instantly.

If you do take a toddler on a boat, both you and the baby should be wearing a properly fitted life jacket. Hold on to your baby at all times, do not let them roam freely around the boat.

Statistics on boating accidents reveal that many times life jackets are stowed away on the boat, but not worn while the boat is in operation.

Have extra towels or blankets on hand as children are at higher risk for hypothermia. Children should be made aware of boating rules such

diaper.

He or she may try to express his feelings by tugging on the baby's arm or taking her toys. Never leave your preschooler alone with the baby if you have seen any signs of aggression. Talk to your preschooler immediately and let him know his behavior could harm the baby and it is not acceptable; babies need gentle care.

Enlist big brother's or sister's help and ask him/her to help you take care of the baby. He/she can fetch diapers, clothing, or gently pat her back if she's crying. He/she can wash her back or her little toes while you hold her in the tub. He/she can also entertain her and try to get her to smile. This may help him/her feel more appreciated and help him/her understand his/her role as "big brother/sister." Hold him/her close and watch the baby together, even if she's sleeping. Ask him/her what he likes about his/her little sister; he will soon realize how special his sibling is.

Acknowledge there are times you may be busy taking care of the baby when he wants to spend time with you. Try to spend some "one on one" time with him/her each day even if it's just a few minutes of coloring or playing with cars.

If your preschooler doesn't want to be involved with the new baby, don't push it. Some kids cope with a new sibling by ignoring them. This may go on for a while, but sooner or later,

as:

Wear your life jacket at all times.
Attach a whistle for emergencies and practice using it.

No leaning over the side of the boat.
If something falls into the water, don't try to reach for it, tell an adult.

Keep hands and feet inside the boat at all times.

No running, jumping, or climbing on boat seats.

No standing at the edge of the boat dock.

No standing in the boat while fishing unless under adult supervision.

Teach your children that swimming in pools is different than swimming in open water with uneven surfaces, and to only swim with a buddy in designated areas with adult supervision.



**Calling all Entrepreneurs:
Opportunity is Knocking**

Help grow your business through
Joyful Care Children's Center
Networking and Relationship
Marketing Program!

he/she will be won over by his
adorable new sibling!

When Your Child Bites

It's never too soon to practice proper oral hygiene!

Did you know that dental cavities are the most common chronic childhood disease? Not only that, but oral diseases can lead to problems with eating, speaking, learning & self confidence. Parents should be sure to see a pediatric dentist with their child as early as one year old. Pediatric Dentists focus on the physical and psychological needs of the young child. Even if your little one doesn't have teeth, proper gum care can make a difference in your child's over all health. We hope these tips below will help you make the best plans for your child's Dental Health!

- Parents should clean infant's gums with a water soaked baby washcloth. this will stimulate gums and remove food.

- Begin brushing when the baby's first teeth appear around 6 months. Use a small soft brush with a pea size amount of fluoride tooth paste. Brush gently to inhibit tooth decay and plaque build up.

- Letting a baby fall asleep with a milk, formula, or juice bottle can lead to decay when the liquids stay in contact with the teeth for prolonged periods. If you must give

Joyful Care Children's Center has created a Networking Opportunity Area. This area will be in the entrance of our building. So, if you have any business cards or pamphlets that you would like for us to put out please hand them into the front office. We ask you to submit them to the front office, so we can compose a master list and then put them in our Network Opportunity Area.

Screen Time for Children Under 3?



"Screen Time" Is a term given to any activity done in front of a screen, such as watching TV, working on a computer, using a tablet or playing video games. Screen time is essentially a sedentary activity, meaning you're usually sitting down and physically inactive while engaged in screen time.

Most American children spend about 3 hours a day watching TV. Add to that all other types of screen time and it can total 5 to 7 hours a day. Excessive screen time can make it hard for your child to sleep at night. It can also raise the risk of attention problems, anxiety, depression, and poor academic performance. The more time your child spends watching a screen, the less time he spends being physically

active. To help a baby a bottle to fall asleep, make it water instead.

- Schedule Baby's first dentist appointment around one year of age, pediatric dentists have the knowledge and expertise to make it a positive experience.

- At 2 to 3 years old begin to teach proper brushing technique. You will need to supervise brushing & flossing until the child is 6 or 7 years old and dexterity improves to the point where they can do it on their own.

- Children should brush their teeth at least twice per day (morning & night) and floss daily. Brushing immediately after meals is always a good idea when possible.

- Parents should also encourage proper dental care throughout the teen years, also avoiding pop, sugary drinks, and candy that sticks to teeth.

Dental sealants and fluoride treatments can eliminate 95% of all cavities.

- Be sure to make plans to have your child seen by a dentist regularly so they can partner with you to ensure the best possible dental health for your child.

active and this can lead to obesity. TV commercials and other screen ads can lead to unhealthy food choices, as the ads aimed at kids often promote food that is high in sugar, salt, or fats. Children tend to eat more when watching TV, especially when they see ads for food.

The American Academy of Pediatrics suggests children under age 2 should have no screen time at all. Parents should instead encourage more interactive activities, such as playing and talking. Children over age 2 should be limited to 1 to 2 hours a day. Videos aimed at very young children do not improve their development despite what advertisements say.



Ms. Taylor Best:
August 3rd

Hailey Malensek:
August 8th

Samuel Lee:
August 8th

Kai Fritz:
August 21st

Adrian Darden:
August 25th

Amare' Graham:



13 Tips to Cut Down on Screen Time

Don't allow TV, computers, or gaming systems in your child's bedroom.

Put computers and TV where you can keep an eye on what kids are viewing.

No TV during meals, homework, or when getting ready for school in the morning.

Don't use the TV as a babysitter.

Don't leave the TV on for background noise. Try the radio or none at all.

Don't let children eat while watching TV or using the computer.

Decide what programs to watch ahead of time, Turn the TV off when those programs are over.

Watch programs with your kids and talk about what you see, such as family values or bullies.

Suggest other family activities, such as board games, puzzles, or going for a walk.

August 28th

Mason Gilchrist:

August 29th

Rayla Barton:

August 31st

To make your child more resilient,
you need to let he/she fail



In recent years, there has been [a concerted effort](#) to protect children from failure in order to safeguard their fragile self-esteem. This seems logical - failure is unpleasant. It tends to make you look bad, you have negative feelings of disappointment and frustration, and you often have to start again. While this is logical, it actually has the opposite effect. Children and adolescents [in Australia](#) appear [less able to cope than ever before](#).

The problem is, in our efforts to protect children, we take valuable opportunities for learning away from them. Failure provides benefits that [cannot be gained any other way](#). Failure is a gift disguised as a bad experience. Failure is not the absence of success, but the experience of failure on the way to success.

The gift of coping

When we fail, we experience negative emotions such as disappointment or frustration. When

Keep a record screen time and try to spend as much time being active.

As a parent, be a good role model and limit your screen time to 2 hours a day.

If it's too hard not having the TV on, try using a sleep function that turns it off automatically.

Challenge your family to go one week without watching TV or other screen time activities.

Find activities to do with your free time that will get your family moving and burning energy. This could be as simple as taking a walk, or hike down a nature trail. Going in your backyard and doing cartwheels, or planting flowers. The possibilities are endless when it comes to children!



To make your child more resilient,
you need to let he/she fail
Continued

Children with a growth mindset believe intelligence is malleable and can be changed with effort. Those with a fixed mindset believe they were born with a certain level of intelligence. So, failure is a signal for growth mindset children to try

children are protected from these feelings they can believe they are powerless and have no control over mastery.

The answer is not to avoid failure, but to learn how to cope with small failures. These low-level challenges have been called "steeling events".

Protecting children from these events is more likely to increase their vulnerability than promote resilience. When adults remove failure so children do not have to experience it, they become more vulnerable to future experiences of failure.

One of the greatest gifts failure brings is we learn natural consequences to our decisions. It's a very simple concept developed by early behaviorists: "when I do X, Y happens". If I don't study, I will fail; if I don't practice, I may lose my spot on the team.

Allowing children to experience these outcomes teaches them the power of their decisions.

When parents and teachers derail this process by protecting children from failure, they also stand in the way of natural consequences. Studies show children who are protected from failure are more depressed and less satisfied with life in adulthood.

The gift of learning
Mistakes are the essence of learning.

As we have new experiences and develop competence, it's inevitable we make mistakes. If failure is held as a sign of incompetence and something that should be avoided (rather than a normal thing), children will start to avoid the challenges necessary for learning.

harder or differently, but a sign they aren't smart enough for children with a fixed mindset.

Praise should be focused on effort
Praise can be used to compensate and help children feel valuable in the

face of failure. We see this when children get a participation ribbon in a running race for coming in last.

But research indicates, paradoxically, this inflated praise has the opposite effect. In the study, when parents gave inflated praise ("incredibly" good work) and person-focused praise (such as "you're beautiful", "you're smart" or "you're special"), children's self-esteem decreased.

Praise that is person-focused results in children avoiding failure and challenging tasks to maintain acceptance and self-worth. This is because praise is conditional on "who they are" rather than their efforts. Praise for effort sounds like "you worked really hard". This is better because children can control how hard they work, but they can't control how smart or special they are. Children need to be free to learn without there being a risk to their sense of worth.

Tips for parents

So how do we do this well? Here are some tips to help parents support their children:

Failure is only a gift if students see it as an opportunity rather than a threat. This depends on their mindset.

How to teach your children it's okay to fail

- 1 Don't protect children from **low-risk natural consequences**.

For example, if they don't study and fail an assessment don't defend them, let them deal with the consequences at school.



- 2 Use experiences of failure as a **chance to grow and learn**.

Talk through the experience and work out what to do differently next time.

- 3 Remind your child that **negative emotions come with failure and they are OK**.

They should feel them and move on to do things differently in the future.



- 4 Give **genuine praise for effort** ("you tried hard", "great perseverance"), but **don't feel the need to give inflated untrue praise** when children haven't actually done anything.



Joyful Care Children's Center *Where Every Child Fits In!*

(757) 865-4035

2 Kyle Street

Hampton, VA 23666



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