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Peaks Island Child Development Center - Newsletter : Nov 1978

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BOARD NEWS by Gail Vail

We were pleased to see the good turnout for our November Open House with staff, board members, parents and children, enjoying each other's company and the ample refreshments.

Our next regular board meeting will be Tuesday, December 6th. We have decided on a "Pot Luck Supper" from 6-8, with the regular business meeting starting at 8:00 p.m. We will be calling board members and parents to ask for donations such as salads, casseroles, desserts, etc. If you have not been called and would like to contribute, please contact Gayl Vail at 766-5050.

Please plan on staying for the board meeting—we need your comments, ideas and support!

Our Fund Raising project for December will be a Christmas Dance for 7th-12th grade students. This was a great success last year thanks to the energies and enthusiasm of some teenage volunteers, who wanted to support and contribute to the Center.

Date: Friday, December 15th
Time: 7:30 - 11:30
Place: Day Care

If anyone would like to chaperone or donate refreshments, please call:

Gayl Vail 766-5050
Pat Willard 766-2659

PROGRAM NEWS by Kathy Wilson

In the next few weeks, the children will be experiencing activities which involve their senses. Examples of a few activities are: directional hearing, hot-cold concept, sorting objects by their feel, smelling party, etc. These concepts of learning are one of many areas in which the child can begin to incorporate his or her surroundings into his/her own personal being. To help the child differentiate sounds, smells, tastes and touch can reinforce their self-awareness and confidence in themselves.

The staff will incorporate these activities into games the children can understand and enjoy. If you as parents would like to carry through on these activities at home, the staff would be happy to give examples of what the child is learning here at the Center.
NUTRITION AND BEHAVIOR by Kathy Caron

On Friday, November 17th, I attended an all-day workshop at the University of Southern Maine at Gorham. The topic of the workshop was Nutrition and Behavior. The speaker was Donald Land, director and founder of Nutrition Information Services, in Durham, N.H.

Dr. Land spoke about the increase in violence in our society as a result of our poor eating habits and lower quality of food we eat today. He stated that we are raising children today who are unable to cope with the stresses of everyday life. As our junk food intake increases along with our eating of more highly refined and processed foods we create more and more behavior problems in our children. We can change this pattern and learn how to control our behavior through diet.

Dr. Land stated that in order to be nourishing, food must be whole, or intact. We should eat foods from the lowest end of the food scale. In other words, the less refined and processed food is, the better it is for you.

Dr. Benjamin Feingold has been working with children considered hyperactive for many years. He has developed a diet for these children which is successful in eliminating all behavior problems in 50%-60% of the children treated. Some basics of the diet are the elimination of all sugar and all foods with artificial coloring, flavoring, etc. Dr. Feingold recommends a whole and natural food diet for his patients. You might be interested in reading his book Why Your Child is Hyperactive. Other books of interest are, Adelle Davis' Let's Have Healthy Children, Are You Confused by the Circle, and Improving Your Child's Behavior Chemistry by Lendon H. Smith, M.D.

Perhaps some of you have been experimenting with your menus at home in an attempt to improve your family's diet. If you have come up with some whole-food, sugar-free recipes, could you share them with us? Or you might like to donate some unsalted nuts or popcorn or other nutritious snacks.

PHOTOGRAPHS

Dick Klain took some marvelous pictures of the day care children for the open house. Many of them would make lovely Christmas presents for grandparents, relatives, etc. If you have not seen them, please drop in. We hope to use some of the pictures for a day care calendar for a fund raiser next month, if all works out. More on that later.

REMINDER

Winter seems to be here and we'd like to remind you to be sure to bundle up your children as we do go out during
the day, weather permitting. They need boots, mittens, a hat, plus a change of shoes or slippers for indoors. Some of you may have old boots and mittens which you can donate to the Center. We can always use a few extra pairs. You may also want to have your child bring a heavier blanket for naptime. Thanks for your help.

**DAY CARE HOME** by Angie Kelso

On Sunday, November 12, 1978, the Portland Sunday Telegram published an article concerning the functions of day care centers, group homes, private nurseries, family day care homes, etc. The premise of the news item was good, but I was one of the many day-care home providers who was quite upset about the commentary on family day care homes. The article stated that "day care homes were unsophisticated" and that "there was little or no assurance that a child was not stuck in front of a television set and fed junk food all day long."

I take my job pretty seriously. The Peaks Island Child Development Center has every assurance that their affiliate day care home provides a generous, warm, and fun place to be for a very young child. Most providers have been through a training program dealing with young children and their parents alike. My activities are structured enough so as not to leave room for total chaos for the children involved. Admittedly, children of this age are apt to be more curious than creative so my program deals with them on a pretty intensive basis. I allow these children to examine just about anything within reach while I offer a careful explanation. A child of 1½ or 2 years needs a constant adult figure present for praise, comfort, instruction, example. The day-care providers are on our toes all day, every day; I am monitored by the day care center and am subject to periodic visits from the state licensing agent who examines every facet of the program and who can offer suggestions about child safety, family day care home structure, what the children eat, and new ways the provider can stimulate the physical and mental growth of each young child. I hope that parents of children placed in this home will feel at ease knowing that this is a really nice place to be.

We've had a great time this fall. The children spent most of their times in the leaves, throwing them, jumping in them, picking them, pasting them, noticing their changes of color. We would like to thank Bill Cass for cooperating on our field-trip to his restaurant.

With bad weather coming up, I expect we will be spending lots of time inside. Some of the things I hope we can do are decorating our own little tree for Christmas, (homemade decorations), starting a small fish bowl, and practicing small motor skills (cutting-pasting). I'm also planning a winter scrapbook for each child so please save your old Christmas cards. We'd appreciate it!
Volunteer News

Pat Willard and Gayl Vail are helping Alice with the cooking until Alice is fully recovered. Luckily Alice has been able to work on a part-time basis to help do planning inventories, and ordering. We are really indebted to Pat and Gayl for their conscientious and generous effort.

We held a volunteer workshop November 28th and consequently have decided to have a volunteer committee which will deal with recruitment, training, communication, etc. Val Hart has offered to coordinate that committee so you may be hearing from him in the near future.