



Educare Newsletter

Quarterly Newsletter

Winter 2009

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Holiday Festival at Educare

The Educare Family Association held its annual Holiday Festival on Saturday, December 12 from 2-4 p.m. There were approximately 140 people in attendance. The families enjoyed making crafts, shopping at our holiday shoppe, making wreaths, getting a family photo taken, and some festive holiday food donated by families. The Educare Family Association thanks everyone for their attendance and wishes families "Happy Holidays!"



Children decorating wooden ornaments at the festival.

Turning Holiday Hassles into Holiday Happiness



As Seen in *Frederick's Child* Nov/Dec. 2008 Issue

By Susan Mogard, Owner and Kimberly Rokos, Director

How would your family describe their goals for the holidays? Most families would agree that holidays include time to enjoy good food, family, friends, gift-giving, and create moments that last a lifetime. Sadly enough, many families experience high stress, loss of sleep, out-of-control children, and strain on family budgets during the holidays. Just a little planning ahead and focusing on desired outcomes for the holidays can make the difference between spending holidays dealing with hassles and spending holidays with a happy heart.

Families with young children are especially vulnerable to experiencing holiday hassles if holiday plans do not take into account developmental needs of children. Keeping in mind the following *Holiday Happiness Tips* can greatly enhance holiday fun for the entire family.

1. **Do something for others.** Gift-giving can be a positive,

growth-enhancing experience for young children by simply focusing on meaningful ways children can give to others.

2. **Make realistic plans.** If the goal is to enjoy time together, plan for activities that include the whole family and their interests and capabilities.
3. **Talk with the family about all holiday plans.** Keep in mind, children need to be prepared for changes in routines which, from their perspectives, include eating different foods, sleeping in different beds, wearing different clothing, napping at different times and in different places, and the list goes on.
4. **Avoid too much commercialism at the holidays.** Take control of the mass commercialism by limiting children's exposure to too many "holiday happenings."
5. **Talking about holidays from parents' childhoods adds a special dimension to holidays for children.** Give children some historical highlights of your family activities during the holidays when you were young. Let

them feel connected to your extended family's history as a way of enriching the holidays they are experiencing today.

6. **Acknowledge Feelings During the Holidays.** Talking about feelings during one-on-one conversations can give children a greater sense of control during a time when so many things feel different for them.
7. **Keep in mind that receiving and opening gifts can be very stressful for young children.** Opening too many gifts at a time can overwhelm a child as well. Children want to play with their new toys and opening one gift after another while saying thank-you can put a child into a melt-down mode.
8. **Make time for some extra one-on-one with young children during the holidays.** When family activities become overwhelming, some simple "down-time" with Mom or Dad can work magic.

From a child's point of view, holidays represent stress on all levels. Planning ahead can turn a hassle into happiness.

Program Updates

This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!
—D.M. Dellinger



Blessed is the season which engages the whole world in a conspiracy of love. —Hamilton Wright Mabie

Accreditation

Educare is coming up on its renewal for Accreditation. Educare was accredited in June 2007 and is required to renew every three years. Maryland State Department of Education (MSDE) accreditation is a voluntary process in Maryland that recognizes a high standard of excellence in early childhood programs.

Licensing Update

We are due for our licensing renewal this month and are asking parents to stop by the desk to update their "All About Me" and Emergency Cards for their children. We appreciate your cooperation with this request.

Health Updates

Thanks to all families for their support through this year's flu season. We will continue to use the following precautions during the flu season, as recommended by our medical sources. 1) daily health checks

of children upon arrival, 2) increased frequency of hand-washing (upon entrance to a classroom), and 3) requesting that adults who enter the building use a hand sanitizing solution located in the entrance area.

Holiday Absences

Please remember to inform the front desk and your child's teachers of any planned absences during the holiday season.

End of Year Tax Statements

The end of year tax statements will be distributed to all families in mid-January.

Tuition Payments

Reminder that all past due accounts need to be caught up by the end of the year. Please contact Kim Rokos, Director to make arrangements for payment plans if necessary.

Referral Credit

A \$50.00 referral credit is given to any family who refers a new

enrollment. The credit is applied to the account. The new family must be enrolled for 30 days before the credit is applied. The best compliment you can give us is to give referrals in our community.

Registration

Registration for Summer 2010 and Fall 2010-11 will begin January 11. Current families will have until Friday, January 22 to register for our Summer and Fall Programs. Open enrollment for the community begins January 25.

Holiday Schedule

Reminder: Educare will be closing at 5:30 p.m. on December 24 and December 31 and will be closed on December 25 and January 1.

Inclement Weather

Please review the inclement weather update distributed in Thursday Folders on December 10. Please contact the front desk with any questions.

Parent's Place

Parent Resources

Please take a moment and visit our website at www.educatewithcare.com to view "Parent Resources." This page contains links to some great websites such as www.readyatfive.org and www.fcps.org. Another good resource is www.pyramid.gov which includes information about nutritional guidelines set out by the USDA. Please contact Educare at educare@educatewithcare.com if you have any other parent resource links to add to our site.

Annual Calendar of Events

Make sure to check your Educare Calendar of Events for Upcoming Events occurring at Educare. Please contact the front desk if you need a copy.

Educare Family Association

The next meeting is on Monday, January 4 at 6:30 p.m. Meetings are held the first Monday of the month. All Educare parents/guardians are encouraged to attend. Child care will be provided at no charge to families. This is an opportunity for parents to network with each other and become a support system to the program to help plan family events and raise funds to enhance program offerings and materials. Come with ideas! Contact the EFA at EFA@educatewithcare.com

Classifieds Corner

We are looking for computer donations to help upgrade our current computers. We are requesting computer towers with a minimum operating system of Windows XP. Please remember to delete any personal information and bring in any recovery CD's if applicable. We are also looking for any flat panel monitor screens to replace our current CRT monitors. If anyone has any computer equipment they would like to donate please contact the front desk or email educare@educatewithcare.com.

