



Ashley's Angel Gram

Kids Need Time & Attention

Life gets hectic and stressful for working parents trying to balance family and work schedules. Children can also feel stressed from busy schedules, holiday times, and even from things they see on television, including the news. Children need time and attention from the adults in their lives to teach them skills to cope with exciting and stressful times.

Parents can help children by doing the following:

- Spending "one-one-one" time daily with each child.
- Talking about feelings.
- Keeping routines and schedules the same whenever possible.
- Praising a child for something well done.
- Doing activities such as finger painting, playing with play dough, and water play.
- Using art, music, puppets, pretend play, and writing as ways to express feelings.
- Making sure to let children know what you expect them to do.
- Taking time to be silly and laughing together.
- Having children help with cooking activities such as stirring batter, beating eggs with a hand beater, or tearing lettuce for a salad.

Being sure there is enough time each day for active play, reading, and just plain daydreaming!

"We do not stop **playing** because we grow old,
we grow old because we stop playing!"
- Benjamin Franklin

A CHILDCARE PROVIDER

A willing partner for working moms,
She comforts, pampers, soothes,
and calms.

With all the love she has to share,
She's great to have when Mommy
can't be there.

She loves to rock a fussy child,
Corrects the one who gets too wild.
She hears her share of tearful
pleas,
And comforts those with skinned up
knees.

With little children she plays games
of peek,
For bigger ones it's hide and seek.
She is an expert at each game,
But somehow loses just the same.

She helps them learn the alpha-
bet,
And gives them hugs when they're
upset.
She gently tucks them in their
beds,

With dreamland tales for sleepy-
heads.

She is a true and trusted friend,
Who helps them learn and play pre-
tend.

Although she's paid, it's plain to
see,
She serves them with a love that's
free.

-Author Unknown

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Meal Times Are Important Times

Ask a child about his day and you often get a reference to what he had for lunch or snack. Mealtimes are important times for kids. Children often have two meals and two snacks during their day at child care. I make sure that meals times are happy times with the right kinds of food for the children. Listed are some things to look for in our child care program.

Nutritious, well-balanced meals are served. Menus are posted for you to see. The children wash their hands before mealtimes.

There is a relaxed atmosphere where children interact with each other and with me.

Enough food - The children are given small portions, but can have seconds or thirds if they wish. Forcing a child to eat foods she doesn't like can result in behavior problems. The amount of food a child needs can vary each day depending on the activity level and other factors.

Good table manners are taught with modeling the behavior rather than just telling the children what to do. Children learn quicker by good example. Children can leave the table when they are finished eating and go to activities available for them to do until the other children are finished eating. Slow eaters are given time to finish.



Suggested Reading

