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**ELC Parent Newsletter**  
**October 2016**

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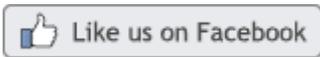
 Visit our website



**S.E.E.K. Early Learning Center**

1848 N. 52nd Street  
 Phoenix | 85008  
 480.902.0771

**Check us out on Social Media!**



**Earn a FREE day!**

Write a review on Yelp! to earn a free day at school. The reviews show our teachers how proud you are of them and their impact on your little ones. Let us know after

Hello Families,

This month the children will learn about the farm, the human body, fall harvest, and the fall environment.

The Farm:

The children will learn the name of farm animals, the sounds they make, and uses of farm animals. Children will also explore how farm life is important to our life.

Human Body:

Children are very interested in their bodies. In this unit, children will explore the different parts of their body and how they function.

Fall Harvest/Environment:

Autumn is welcomed into our classrooms and to celebrate this time, children will learn about the changes in foliage, pumpkins, apples, and life cycles.

you've shared your experience on our [Yelp](#) page and we will credit you with ONE FREE DAY of childcare (Limit one per child, please).

Don't miss our Fall Festival on October 31st at the Early Learning Center from 9:00am - 11:00am. Flyers will be posted with specific information!

Please like us on Facebook for activity ideas, articles, and more [S.E.E.K. Early Learning Center on Facebook](#)

## Friendly Reminders

- We are a **nut free** and scent free facility. Also, please be mindful that we have children enrolled in the center with other food allergies. **Label your child's food containers** and keep food in the lunch box not in the child's cubby.
- The ELC is open 7am-7pm, teachers are not permitted to accept students outside of these hours.
- Please send a refillable water bottle with your child daily. **Label your child's bottle and take home daily to be washed.**
- Toddlers and preschoolers rest between 12pm-2pm. Please **bring a blanket from home for your child.** This allows the child a piece of comfort from home. **Take the blanket home on Friday to be washed.**
- Please send a change of clothes appropriate to the season labeled with your child's name.
- Please do not open the ELC's front door for anyone you are unfamiliar with during drop-off and pick-up.

Happy October Everyone!

Sara Van Winkle  
Early Learning Center Director

## A Peek into the Infant Room

## A Peek into the 1's Classroom



The children explored curlers! We used our fine motor skills to take curlers apart. We also discussed colors, texture, and size.

## A Peek into the 2's Classroom

### Important Dates at the ELC

Oct. 10th      Closed for Teacher

	In-Service Day
Oct. 17th - 21st	Spirit Week
Oct. 17th - 28th	Parent Teacher Conferences
October 31st	Fall Harvest Festival



The toddler 2 class talked about colors, shapes and size while stacking blocks. They also identified the letters in their name while they painted.

### Taking a Vacation?

Each family who attends S.E.E.K. will receive 10 days of credit for vacation per year, August 1st to July 31st. The credit of \$20 for half day and \$35 for full and extended day children will be applied to the following month's invoice. Please note: credits for vacation days are per child, not per family. Any credits not used by July 31st of each year will expire. Please give a two weeks notice by submitting a Vacation Request form to the Director. Please contact [Beulah Spencer](#), our Payroll Clerk, with questions.

### A Peek into the Preschool Room

#### Community Helper, Lt. Bryan Chapman from the Phoenix Police Department visited our school!



### Things to do in October:

- 1st: Baby and Kids Expo at the Mesa Convention Center
- 3rd: ASU Concerts at the Scottsdale Center for the Performing Arts
- 7th & 8th: Arizona's Dance Festival Tempe Center for the Arts - Studio, 700 West Rio Salado Parkway
- 7th - 30th: Arizona State Fair at the Fairgrounds in Phoenix
- 8th & 9th: Arizona's Ultimate Women's Expo at



the Phoenix Convention Center

- 15th & 16th: Arizona Taco Festival at Salt River Fields at Talking Stick in Scottsdale
- 16th: Art in the Olive Grove at Queen Creek Olive Mill, 35062 S. Meridian Rd., Queen Creek.
- 16th: Arts in the Park at the Wigwam Resort in downtown Litchfield Park
- 22nd & 23rd: Autumnfest at Anthem Community Park
- 22nd: Chandler's Day of Play An event to promote health, wellness, and fitness for kids of all ages. Free admission
- 23rd: Autism Speaks Walk at Tempe Beach Park

## Need Drop-In Care?

We need to be notified at least **24 hours in advance** of any "drop-in" as our enrollment is now at capacity. If needed, please complete the drop-in form and leave it at Kelsie's desk. You can also email it to [Sara Van Winkle](#). We will then determine if we have the staff and/or space for an additional student to attend.

Drop-in/unscheduled services are available on a first come, first served basis. Payment will be deducted from the credit card on file.

Thank you in advance for adhering to this policy.

## Dealing With Biting Behaviors in Young Children

### Why do young children bite?

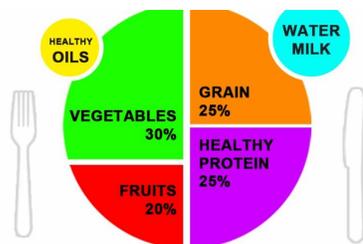
The literature suggests that biting may be a normal developmental phase for infants and toddlers, with virtually no long-lasting developmental significance. Once a child turns 3 years old, however, biting may indicate other behavioral problems, especially if the biting incidents are frequent. Because of the developmental nature of most biting, experts stress that biting is not something to blame on the child, parents, or teachers.

### Infants

For infants, developmental theorists suggest that biting is probably a form of exploration--infants use their mouths to explore because it is one of the most developed parts of their bodies. Biting in infants may also be a primitive form of communication; it is likely that the infant does not connect biting to pain experienced by others. Infants also are impulsive and lack self-control; some babies may bite simply because something is there to bite; others bite when they are excited or over-stimulated (e.g., music stimulates the infant, who then bites because he or she is so happy and excited).

### Toddlers

Theorists believe that, as with infants, biting in toddlers between 12 and 36 months old is a form of communication (i.e., to communicate frustration while learning social, language, and



### Five Nut Free Lunch Ideas:

1. Grilled chicken strips, peas, whole wheat roll with cheese, and sliced apples.
2. Meat loaf, rice, mixed vegetables, orange slices and strawberry yogurt.
3. Rolled turkey and cheese, chickpeas, cucumber slices, tomato

slices and yogurt covered raisins.

4. Salmon, quinoa, roasted butternut squash, apple slices with SunButter and apple sauce.

5. Quesadilla triangles, black beans, brown rice, 1/2 of banana, and tomatoes.

### 10 Sensory Activity Ideas



1. Straw, pumpkins, pinecones and artificial corn
2. Colored pom-poms and tongs
3. Bird seed and funnels
4. Soapy water and dishes
5. Garden soil, artificial flowers, shovels, and garden gloves
6. Moon Sand and scoops
7. Pebbles, sand and dinosaurs
8. Marbles and tongs
9. Beads and colored cupcake plastic wrappers
10. Metal dishes (varied sizes, shapes, and texture)

self-control skills). Theorists also posit that toddlers seldom plan ahead, but rather that they see and act on what they are experiencing at the moment. Toddlers, do not have the language necessary to control a situation, or their attempts at communication are not understood or respected. Biting becomes a powerful way to communicate with and control others and the environment. Biting demonstrates autonomy and is a quick way to get a toy or attention.

Child caregivers have noted that toddlers may also bite when they experience a stressful event, a particularly distressing lack of routine, or inadequate adult interaction. According to Claffey, Kucharski, and Gratz (1994), toddlers may be more apt to bite if they have not interacted with adults for more than 5 minutes. Other toddlers may bite as a self-defense strategy, or they may simply be imitating other toddlers who bite (Marlowe, 1999; NAEYC, 1996).

### Preschoolers

Occasional or rare biting from preschoolers may occur for some of the same reasons as it does for infants and toddlers--to exert control over a situation, for attention, as a self-defense strategy, or out of extreme frustration and anger. Frequent biting after a child turns 3, however, may indicate other behavior problems, because by that time many children have the communication skills necessary to relate their needs without biting.

Kranowitz (1992) speculates that biting may also be caused by sensory integration dysfunction in a small number of young children. She suggests that developmental screening for preschoolers may be useful to identify children with tactile dysfunction. (These children may respond negatively to touch sensations, becoming anxious, hostile, or aggressive. They may be under- or over-responsive to touch, or react negatively when others are close. Light touches from behind may be particularly distressing, leading, in some situations, to biting.)

### Create positive physical and learning environments

Several experts suggest that caregivers examine the center environment and try to minimize congestion and confusion, competition for toys and adult attention, frustration, and boredom. Young children do better in small groups, according to experts, so spreading out activities

and staff may help reduce undesirable behaviors. They also suggest the following strategies for caregivers:

- Be aware of the children's favorite toys and educational materials and duplicate these (because sharing is not always in the toddler's behavioral repertoire!).
- Provide a variety of options and motor/sensory choices (e.g., make the toys and climbing structures challenging but not so frustrating that the children become angry or bored). Adjust the schedule so that the children eat and nap when they are beginning to get hungry and tired rather than when these conditions become extreme.
- Find ways to strengthen the sense of security/stability in the environment.
- Maintain a consistent routine that minimizes surprises for children.
- Ensure prime times with the child's favorite primary caregiver.
- Create warm/cozy places to be.
- Avoid unnecessary staffing changes.
- Develop/maintain group rituals.

Article written by: Ron Banks and Sojin Yi (The Early Childhood and Parenting (ECAP) Collaborative)

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