



S.E.E.K. Early Learning Center

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Earn FREE Day Care!

Write a review on Yelp! to

Dear Parents,

This month your children will learn about winter, winter animals, snow, and the color green. We welcome any family volunteers that would like to share a book, song, or activity that is a regular winter holiday custom in your family. Set-up a day and time with your classroom teacher!

The Reindeer Pokey Song

(Tune: *Hokey Pokey*)

You put your right hoof in,
You put your right hoof out.
You put your right hoof in,
and you shake it all about!
You do the reindeer pokey,
and you turn yourself around.
That's what it's all about!

earn a free day of childcare. The reviews show our teachers how proud you are of them and their impact on your little ones. Let us know after 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).

Continue with left hoof, right antler (using hands on head), left antler, tail, and red nose.

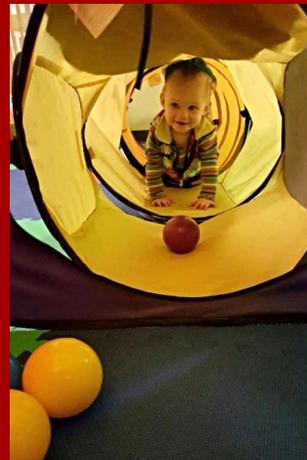
Cool Weather is Here

Classes will continue to play and learn outside. Please send a change of clothes that is appropriate for the season and label all jackets, hats, gloves, scarves etc. with his/her name. We are looking forward to enjoying the beautiful weather!

Friendly Reminders

- The ELC is open 7am-7pm, teachers are not permitted to accept students outside of these hours.
- Please send refillable water bottles to school with your child. Label these items with your child's name.
- Please send a change of clothes appropriate to the season.
- Please do not open the ELC's front door for anyone you are unfamiliar with during drop-off and pick-up.

A Peek into the Infant Room



The infant room gets physical! The children crawled through tunnels and chased balls through the tunnels.

Important Dates

Dec. 5th	Winter
10:00am -	Wonderland
12:00pm	Event at the ELC
Dec. 15th	Holiday
9:00am -	Show and
10:00am	Pancake Breakfast at the ELC
Dec. 24th & 25th	The ELC will be closed for Christmas

A Peek into the Toddler Room



Not only did we play with Mr. Potato Head, we tried on his glasses, too.

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 [Margaret Irwin](#) with



Ms. Cynthia led our music and movement session. We played with a drum, tambourines, bells, and an xylophone.

A Peek into the Preschool Room

questions.

Scholastic Books



The S.E.E.K. Early Learning Center has an account with Scholastic Books. If you would like to order books for your own library, as gifts, or if your client's would like to order books, just visit the Scholastic website. Once you create an account, put in the code **MBJRR**. All of your purchases will be linked to the S.E.E.K. Early Learning Center and our teachers will earn books for their classroom libraries. For more information, please contact [Sara Van Winkle](#).



Thank you to Master Tommy Brown, a 5th Degree Black Belt Instructor, for sharing tips on stranger danger to our preschool class.

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 is due at drop off or the credit card on file will be charged accordingly. Your child will not be permitted to attend class without advance payment in full. An additional \$2 fee will be charged for all drop-ins.

Thank you in advance for adhering to this policy.

Things to do in December:

- 1st - 31st: 23rd Annual Arizona's Largest Gingerbread Village Prescott Resort & Conference Center
- 2nd - 23rd: The Night Before Christmas show at the Great Arizona Puppet

Goodbye Without Tears

Even after you manage to get your child through

Theater

- 3rd - 5th: Sedona - Tlaquepaque Arts & Crafts Village
- **5th - FREE Winter Wonderland Event at S.E.E.K. Early Learning Center** 10am-12pm: photos with Sensitive Santa, hot chocolate and cookies, make & take ordainments!
- 5th: 29th Annual APS Electric Light Parade - Central Avenue from Montebello to Camelback
- 5th and 6th: 21st Annual Arizona Asian Treasures Festival - Mesa Arts Center
- 5th and 6th: 8th Annual Christkindlmarket - Heritage Square
- 5th - 25th: Annual Santas in the Park - Sierra Vista Veterans Memorial Park
- 5th and 6th: Annual Santas in the Park - Veterans Memorial Park

the morning moves of brushing those tiny teeth, getting dressed, eating breakfast, finding and putting on (matching) shoes, and buckling up in the car, still one final hurdle remains: saying good-bye to your little one at school.

The anxieties a child may feel at drop-off time are completely normal, and so are the anxieties that the parent feels. There are many positive and peaceful ways to say goodbye at school that will help build a child's confidence. Here are some things parents can try for a stress-free, tear-free goodbye:

1) Be an Early Bird. One way to ease the transition is to arrive at school 15 minutes early to give children ample time to adjust to the transition and say goodbye. Plan ahead and make sure you have enough time in those first weeks for a special goodbye. At drop-off time, take the time to focus your attention on your child. This can help children relax and ease their anxieties about separating.

2) Develop a Routine. It's important for parents to develop and maintain a consistent morning routine, including a consistent drop-off routine at school. Because young children cannot tell time and are learning to recall day-to-day events, their sense of security comes from predictable routines. Knowing what to expect next gives them confidence. Waking up at the same time each morning, doing the same things to get ready for school and saying goodbye in the same way each day at school will provide much-needed consistency.

3) Talk with Your Child. When saying goodbye, let your child know you are leaving. Slipping away unnoticed makes children more anxious because suddenly they can't find you. Verbalize

- 5th and 6th: Asian Treasures - 20th Annual Arizona Asian Festival - Scottsdale Civic Center Mall
- 11th,12th,18th and 19th: Glendale Glitters Enchanted Evenings - Historic Downtown Glendale
- 12th: Fantasy of Lights Boat Parade Presented by SRP - Tempe Town Lake
- **15th: Holiday Show and Pancake Breakfast at the ELC from 9:00am - 10:00am**
- 19th: Indu's (one of the Zoo's Asian elephants, is turning 50) 50th Birthday Celebration & Presents for the Animals at the Phoenix Zoo
- 31st: Noon Year's Eve: Ring in the New Year at the Phoenix Zoo with fun activities
- 29th - Jan. 17th: Cinderella Show at

every action to your child. Let your child know you are leaving and that you will be picking him or her up at a certain time. For example, you might say, "I'm going to leave in five minutes and go to work. I'll come back and pick you up after you've eaten lunch." Talk your child through the posted classroom schedule for the day so he or she knows what to expect. You might say, "This morning you will paint and build with blocks. Later, you will sing songs and read a book with your teacher. After that, you will play outside on the playground and then get ready for lunch." Parents should also remember to speak to children about separation anxiety in a positive and upbeat manner. For example, avoid saying things like, "Big boys don't cry at school." Instead, you might say, "I know you're sad to see me leave. I will miss you too and will pick you up after you have outdoor playtime this afternoon." Children show emotion through crying, and it's normal for them to do so. Acknowledging their emotions is an important part of helping them cope with separation anxiety.

4) Read to Your Child. In addition to talking with your child about preschool, reading with your child about preschool can be just as important. Books such as Llama, Llama Misses Mama (by Anna Dewdney), The Night Before Preschool (by Natasha Wing and Amy Wummer), and Preschool Day Hooray! (by Linda Leopold Strauss) help children understand what might happen and what to expect at school. As a bonus, reading to your child will help him or her develop a lifelong love of reading.

It's important to keep in mind that every child is unique and may respond in different ways to separation. Remember, teachers are experienced at helping families and children with separation anxiety, and are always willing to step in at any moment during goodbye time to help

the Great Arizona
Puppet Theater

- Until Jan. 6th:
Lagoon Light, Desert
Ice Skating Rink, and
S'mores Land &
Christmas
Carousel at the
Fairmont Scottsdale
Princess
- Until Jan. 10th: Zoo
Lights at the Phoenix
Zoo

**Since we are a nut free
environment, have you or
the kids tried...**

Wowbutter: an alternative to
peanut butter, Wowbutter
provides omega-3's, c
omplete protein, non -gmo,
s afe-for-school,
kosher/halal, and it's a
vegan product.

No-Nut Butter made by The
Sneaky Chef. This
alternative to peanut butter
is made from naturally
sweet and "nutty" tasting
golden peas. It is a
delicious peanut butter
alternative, without a trace
of peanuts, tree nuts, seeds,
or soy! Enjoy! Yes, it's made
with yellow peas and it's
good!

you and your child work through the transition.
- from Parenting.com

Oral Health for Toddlers: Eight Ways to Protect Your Child's Teeth

You can prevent tooth decay by starting your
child's dental care early. Follow these steps to
keep their teeth healthy.

1) Get a Checkup: Your child should see a
dentist by his first birthday. Early preventive care
saves you money in the long run. A CDC report
shows that dental care costs are nearly 40%
lower over a 5-year period for children who see a
dentist by age 5.

2) Teach Good Habits: Brushing is crucial from
the get-go. Before your baby has teeth, you can
gently brush his/ her gums. Use water on a baby
toothbrush, or clean them with a soft washcloth.
When your baby's teeth appear, brush twice a
day with an infant toothbrush and toothpaste that
is approved by your dentist or pediatrician.
Start flossing when two of teeth touch each other.
Ask your dentist about techniques and
schedules.

Your dentist can suggest when your child should
start using mouthwash. You'll need to wait until
she/he knows how to spit it out.

3) Avoid 'Baby Bottle Decay': Don't put your child
down for a nap with a bottle of juice, formula, or
milk. Sugary liquids cling to teeth, feeding
bacteria that can cause tooth decay.
If you must give your child a bottle to take to bed,
make sure it contains only water.

SunButter: A peanut free sunflower seed butter, SunButter is a peanut butter substitute that is also tree nut free and is naturally gluten free.

Lunch Ideas for Kids

1. Turkey sandwich, cheese stick, hummus and crackers, and apple sauce.
2. Lemon pepper chicken, strawberries, mixed veggies, brown rice and yogurt.
3. Turkey burger, peas, corn blueberries, and avocado.
4. Cheese and black bean quesadilla, oranges, tomato, rice, and a sweet potato.
5. Chicken noodle soup including vegetables, yogurt, a roll, and sliced grapes.



White Chocolate & Cranberry Cookies

- 1/2 cup (1 stick)

4) Cut Back on Juice: Doctors report that juice is not a healthy daylong choice for a drink, it can lead to tooth decay and obesity. Limit your child to no more than four ounces a day of 100% fruit juice (it can be mixed with water).

5) Control the Sippy Cup: A sippy cup can help kids move from a bottle to a glass, but don't let him drink from it all day long. Using it too much can lead to decay on the back of the front teeth if the drinks are sugary.

6) Ditch the Pacifier by Age Two or Three: There are lots of good reasons to let your child use a pacifier, but in the long term it can affect how his teeth line up. It can also change the shape of the mouth. Talk to your doctor if your child is still using a pacifier past the age of three.

7) Watch Out for Sweet Medicine: Children's medications can be flavored and sugary. If they stick on the teeth, the chance of cavities increases. Doctors report that children on medications for chronic conditions such as asthma and heart problems often have a higher decay rate. Antibiotics and some asthma medications can cause an overgrowth of candida (yeast), which can lead to a fungal infection called oral thrush.

Talk to your dentist about how often to brush if your child is taking long-term medications. It could be as often as four times a day.

8) Stand Firm on Brushing, Flossing, and Rinsing: If your kid puts up a fuss when it's time to brush, floss, and rinse, don't let him/ her off the hook. Some tips to coax your reluctant child to brush on his/ her own or to get your little one to let you help:

- softened butter or margarine
- 1/2 cup granulated sugar
- 1/4 cup firmly packed light brown sugar
- 1 large egg
- 1-1/4 cups all purpose flour
- 1/2 teaspoon baking soda
- 1 cup white chocolate chips
- 1 cup dried cranberries

Preheat oven to 350 F. In a bowl, beat butter and sugars until light and fluffy; add egg. Combine flour and baking soda; blend into creamed mixture. Stir in chips and fruit. Drop rounded tablespoonsful of dough (1-1/2 inch balls), about 2 inches apart, on silicone mat lined or greased cookie sheet. Bake 13-15 minutes. Cool 2-3 minutes on cookie sheets before transferring to wire racks to cool. Store in tightly covered container.

Be patient. Kids can start brushing their teeth with help from a grownup around two or three. But they may not be ready to go it alone until about age six. And it can take until around age 10 until children perfect their flossing skills.

Don't wait until late in the day. If your child is tired, you may not get much cooperation with brushing, flossing, and rinsing. So start before it's too close to bedtime.

Let your child choose toothpaste. Kids five or older can pick their own from options you approve.

Motivate. A younger child may gladly brush for a sticker, for instance, or gold stars on a chart. Or make it a group activity. Kids might be more likely to join in if they see the grownups brushing.

- From WebMD

ABCs of Water Safety

Adult Supervision

- Never leave any child alone around any body of water
- Always designate a water watcher to make sure everyone in the water is safe

Barriers to Water

- Maintain barriers around all bodies of water
- Keep pool gates and house doors securely closed
- Enroll all family members in

Center Happily Accepts

Donations!

- Clothes
- Shoes
- Toys
- Puzzles
- Diapers
- And, even play dough!

swimming lessons

-Learn CPR as a family

