



S.E.E.K. Early Learning Center

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Dear Parents,

This month your children will be learning about fall harvest, fairytales, the color yellow, and letters G, W, P, and B and you might see the children add honey to pinecones to feed our feathered friends.

Pumpkin Pumpkin Song

(Tune: *Twinkle, Twinkle, Little Star*)

Pumpkin, pumpkin on the ground,

How'd you get so big and round?

You started as a seed so small,

Now you are a great big ball.

Pumpkin, pumpkin on the ground,

How'd you get so big and round?

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).

Fall is Here

Cooler weather is on its way. Classes will continue to play outside. Please be sure your child has a change of clothes that is appropriate for the season. Please 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 apply sunscreen prior to your child arriving to school each morning. Please, send sunscreen with your child as well.
- Please send refillable water bottles to school with your child. Label these items with your child's name.
- Please send a change of clothes.
- Please do not open the ELC's front door for anyone you are unfamiliar with during

A Peek into the Infant Room



Enjoying books and relaxing is how we do it in the infant room!

A Peek into the Toddler Room

drop-off and pick-up.

- We request that girls wear shorts/pants/tights under their dresses/skirts. It makes outdoor play, especially on the slide, much safer.



During small group time, the toddlers explored pumpkins. They discussed the size, shape, color, smell and texture.

Important Dates

Nov. 19th	Family Appreciation Night
Nov. 26th & 27th	ELC will be closed for Thanksgiving

A Peek into the Preschool Room



During outdoor play, the children explored bubbles. This activity promoted visual tracking skills, fine motor skills, hand-eye coordination, sensory processing skills, and oral motor skills.

FREE EVENT for ELC Families

ASU Outdoors Club, in partnership with KIND Snacks and S.E.E.K. Arizona, are hosting the 2nd KINDAwesome Morning on November 7th, from 8am-10am for S.E.E.K. families only. The event will be held at the Phoenix Rock Gym located at 1353 E.

Need Drop-In Care?

University Dr. Tempe, AZ. The entire family is welcome to join us! We will see you there.

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 complete and submit to the Assistant Director a Vacation Request for two weeks prior to vacation start. Please contact [Margaret Irwin](#) with 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

We need 24 hours' notice of all "drop-ins" 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 whether or not we have the staffing 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.

New Brother or Sister: Introducing Siblings

As a parent, you can set the tone to foster relationships that are loving, supportive and cooperative instead of competitive. Here are six suggestions on how to prepare your child for the arrival of a new baby brother or sister.

1. Tell your child before telling the neighbors. It's best for your child to hear the news about a new baby from you, rather than from someone else. The best bet is probably to time your conversation for shortly before you tell your friends. That way, your child won't accidentally spill the beans before you're ready.

2. Enjoy your "big boy" or "big girl". Even if you weren't expecting a second child, it still would be important to celebrate all the ways your firstborn is growing. Moving from a bottle to solid food, from diapers to underpants - all of these

you create an account, put in the code **MBJRR**. Then all of your purchases will be linked to the S.E.E.K. Early Learning Center and our teachers can earn books for their classroom libraries. For more information, please contact [Sara Van Winkle](#).

Things to do in November:

- Nov. 1st: 17th Annual Vertuccio Farms Fall Festival : Mesa
- Nov. 1st - 8th: 131st Annual Arizona State Fair : Phoenix
- Nov. 1st - 8th: Disney's Alice in Wonderland Jr. Spotlight Youth Theatre
- Nov. 1st - 22nd: The Smartest Girl in the World Tempe Center for the Arts
- Nov. 1st - Jan 10th: Dinosaurs in Motion Arizona Science Center
- Nov. 6th - 8th: Annual Chandler Chuck Wagon Cook-Off Chandler
- Nov. 6th - 8th: 13th

milestones show your child is growing up. As children grow, it's important to show them how proud you are that they're growing into "big boys" or "big girls." This can prepare them for seeing themselves as "big brothers" or "big sisters".

3. Time your transitions. In some cases, you might want to space your children's transitions. For example, you may not want to move your older child into a new bedroom and the baby into the "old" room at the same time, so your firstborn doesn't feel like she's being replaced. If the timing works out, it's a great opportunity to show your pride in both children's growth.

4. Let them help. As you already know, babies require a lot of work and attention, and there are many ways in which a big brother or sister can help. Your firstborn can talk or sing to the baby, help with bottles or when you change diapers, and so on. When you find ways to let your firstborn help, you're sending him several important messages: that you trust him, that he can take an active role, that part of being a big brother is taking care of a younger sibling, and that you're all in this together.

5. Reassure them. One common worry among firstborn children is that a new baby will replace them in your heart. From time to time (both before and after the baby arrives), make sure to tell (and show) your firstborn that you'll always love him just the same.

6. Set the tone for other adults. Along with reassuring your firstborn, be careful that other well-meaning adults don't accidentally undermine your efforts. Discourage comments or jokes implying that the new baby will somehow replace your first child, or that you're going to be too busy to show him love and attention.

Annual Arizona Wild
West Days
Cave Creek

- Nov. 6th -
30th: Miracle on 34th
Street Scottsdale -
Scottsdale Desert
Stages Mainstage
Theatre

- Nov. 6th - 30th: Polar
Express Williams -
Grand Canyon
Railway

- **November 7th: 8am-
10am FREE EVENT
for S.E.E.K. families
only at the Phoenix
Rock Gym**

- Nov. 7th: 6th Annual
Herberger Theater
Festival of the Arts
Phoenix - Herberger
Theater Center

- Nov. 7th: 22nd Annual
Children's Festival of
the Arts Yuma

- Nov. 7th: 2015
Greater Phoenix Light
the Night
Walk Phoenix -
Phoenix Municipal
Stadium

- Nov. 11th: Annual
Phoenix Veterans

Creating a Room for Two (Toddler and Older Child)

Getting ready to move your toddler in with big bro or sis? Here are five key things to consider when you think your kids are ready to share a room.

1. Separation of Space: Sure they love each other, but kids also need some personal space. Carve out a zone for each child within the same room with their beds and bed placement.

- Bunk beds are handy for creating a feeling of two separate "floors" within a room.
- Twin beds don't need to be placed side by side. An "L"-shaped configuration gives kids a little more distance.
- A loft bed over a play or study nook could be paired with a crib if your children are further apart in age.

2. Storage: A shared room means more clothes, toys, and belongings to store. Some thoughtful organization now should make your daily routines easier for years to come.

- Foster independence with low dressers and hanging rails that both kids can easily access to dress themselves.
- If your children will also be using their room for study or arts and crafts they will have to have a workspace with adequate lighting and storage.
- Rotating books and toys on display helps minimize clutter and also helps keep things interesting for your children. Make sure to swap things out twice a month or more.

3. Safety: Your older child may be able to play with a wider variety of toys and likely has far fewer safety concerns while your little one may still require serious

Day Parade

- Phoenix

- Nov. 14th: 14th Annual Lighting of the Tallest Holiday Tree in the Nation Phoenix - Outlets at Anthem
- Nov. 26th: Thanksgiving Day Parade Fountain Hills
- Nov. 28th: Fantasy of Lights Opening Night Parade Tempe - Mill Avenue District
- Nov. 28th: Doggie Street Festival Phoenix - Steele Indian School Park Memorial

babyproofing. The trick is to find a balance to keep both happy in their room.

- You'll keep their bedroom safer-and considerably less cluttered-if you store most games and small toys elsewhere.
- Limit bedroom toy storage to things that can be safely played with by both children (like stuffed animals).
- Baby proof the room by covering exposed outlets, tethering furniture to the walls so dressers and bookshelves won't topple, and cushioning sharp edges.
- If your children tend to want to jump on beds, reduce the temptation by getting foam (and not inner spring) mattresses.

4. Style: The theme of your children's room depends on their sibling dynamic.

- Try neutral themes for mixed gender siblings (beach, forest, or travel).
- For two brothers or sisters, try boy themes or girl themes that seem appropriate to the age mix (avoid anything that will seem too babyish in a year or two).

Lunch Ideas for Toddlers

Honey, Wow Butter (peanut butter substitute) & Banana Sandwich: Spread two slices of whole-wheat bread with almond butter or peanut butter replacement. Top 1 bread slice with a drizzle of honey (for kids one and up) and a layer of banana slices. Cover with the other slice, butter side down.

Pear & Avocado Sandwich: Mash 1/2 ripe avocado in a bowl. Add a squeeze of fresh

5. Sturdiness: Always keep practicality in mind. While you want your children to learn to take good care of their belongings, you also want their furnishings to hold up to everyday use.

Even though your big kid might not have accidents anymore, he could sneak (and spill) a beverage in his room. Expect the unexpected and make sure all surfaces are washable and built to last!

Baby Proofing 101: Babyproofing Your Home

You shouldn't wait until your child

lemon juice and season to taste with salt and pepper. Spread the avocado evenly on 2 slices of sourdough bread. Add a layer of thinly sliced Bosc or Asian pear to one bread slice. Cover with the other slice and press gently to adhere. Swap in pomegranate seeds for the pear, if you like.

Strawberry & Goat Cheese Sandwich: Split an English muffin and lightly toast the halves. Spread each half with softened goat cheese or plain whipped cream cheese. Top with a thin layer of strawberry jam, followed by a layer of thin strawberry slices. Place the top half of the muffin over the bottom half, and press gently.

Turkey Pinwheels: Spread dollop of hummus on whole-wheat tortilla, then layer a slice of turkey and some spinach leaves. Roll up and cut. Serve with: cheese cubes and fruit salad.

Brunch for Lunch: Who says French toast and eggs are just for breakfast? This traditional morning meal makes a power-packed lunch. This could be made the night before. French toast

starts crawling to think about babyproofing your home. Chances are, he'll become mobile almost overnight, and you will be caught unprepared. The trick to adequate babyproofing is not to assume that your infant sees everything the same way you do. He's operating on an entirely different level-floor level. To really take stock of your home's dangers, then, you've got to take a crawling tour. Here are a few suggestions of the more common household hazards and how to remove them from your infant's path.

Bathtub. Never leave your baby unattended in the tub, even for a minute. She can drown in as little as an inch of water. To prevent scalding, set your water heater at 120° F. or lower, and never position your baby within reach of the faucet. Cover the faucet head with a specially made soft cover, and lay down nonskid strips to help prevent your child from slipping.

Cabinets. Babies can create havoc and get into danger by exploring cabinets, especially those in the kitchen and bathroom. Move all potentially poisonous substances and sharp objects into locked cabinets. Better yet, purchase childproof safety latches for all the cabinets in your home—regardless of what they contain.

Cribs. As soon as your baby starts trying to pull himself up, move the crib mattress to its lowest position and remove all objects (including mobiles, crib toys, bumper pads) that he could climb up on to get out of the crib.

Drapery and blind cords. These pose a strangulation hazard, since babies can become entangled in them. Tie them up and out of your baby's reach.

Drawers. Keep them closed so your baby can't

cinnamon sticks: Add pureed squash or sweet potatoes to egg-milk batter for an extra boost of beta-carotene. Cook French toast and sprinkle with cinnamon and sugar mixture. Let cool and slice into sticks for an easy-to-eat fork-free option.

How to Create a Sensory Processing Disorder (SPD) Friendly Home

- Create a ball pit with a large drum and plastic balls. You will need hundreds of them, but we promise your kids will love hanging out in their ball cubby.
- Weighted lap belts (you can also use them across the shoulders) helps a fidgety kid sit more still as their legs are receiving mental stimulation through the pressure. It can help improve your child's attention span.
- Blow bubbles - for kids who need to work harder to form words with their mouths, blowing

reach up and pull them out on top of herself.

Electrical cords. Infants can chew on cords and wires or pull on them, bringing down lamps or other heavy objects on their heads. Move all cords well out of your child's reach.

Electrical outlets. Babies can get a shock by sticking their fingers (which may be wet from saliva) or objects into plug outlets. Unless outlets are behind heavy furniture or up high and inaccessible to your little one, close them off with safety plugs or with safety covers that snap shut when the outlet is not in use.

Entertaining. After parties, immediately empty ashtrays and glasses-leftover cigarettes and alcoholic beverages can be toxic.

Flooring. Make sure area rugs are secured with nonskid backing, and repair loose tiles, linoleum, and carpeting to prevent tripping.

Furniture. Unstable wall units, dressers, bookcases, or tables can topple over on babies who try to climb up on them. Have wobbly furniture repaired, or bolt questionable pieces to the wall.

Garbage cans. Cans containing garbage, especially those in the kitchen, tantalize infants but are filled with potential hazards, from sharp can lids to chicken bones to plastic bags. Keep garbage inside a latched cabinet or on a high counter, or use a pail that has a secure locking mechanism.

Houseplants. Some are poisonous; if placed on the floor or a low table, they can topple onto a curious baby who pulls at the leaves. Keep them out of reach-for instance, by suspending them

bubbles can be a way to help them gain lip and breath control so they will be better able to form words.

- Sitting on a disc that is not flat, kind of like a ball, is a super easy and discreet way to help your child be "active" even while sitting for long periods of time (like at school). Their core will be active even as they sit.
- Help your kids improve their vestibular balance - to recognize the sensation that means they are about to fall - in a safe manner with a Bilibo Seat.
- Hammock cubby. A great place for kids to go to get away when they need a sensory break from their pals or family members.

S.E.E.K Early Learning
Center Happily Expects
Donations!

- Clothes
- Shoes

from the ceiling in plant hangers.

Knickknacks. Small curios are choking hazards; heavy ones can be pulled and fall onto a baby. Place them out of his reach on a mantel or high bookshelf.

Pet supplies. Move dog and cat food dishes off the floor and out of reach of your crawling child when they're not in use. And when your pet is eating, move your baby to another area of the house, lest she decide to join her pal for dinner. Also, find a place for cat litter that's inaccessible to your child, and position aquariums well out of reach and on a sturdy structure that a curious climber won't topple.

Sharp-edged tables. Babies can bang into the pointed corners of coffee tables, end tables, and dressers. Cover these edges with cushioned strips or padded guards to protect your crawler.

Stoves. Cook only on the back burners, since pots placed on the front burners-and their scalding contents-can tip over onto an unsuspecting child. Buy knob covers or remove stove knobs when not in use, and add a stove guard to keep liquids from spattering.

Toilets. Infants are intrigued by toilets, but a curious peek could cause them to topple in headfirst. Buy a toilet lock that will prevent your child from opening the lid when his curiosity takes hold.

Windows. Babies can climb on furniture and tumble through open windows (even with screens in place). After watching Mom or Dad, they may even open windows themselves. Install window guards or secure windows so they can't be opened more than three inches. Move all

- Toys potential "climbing" furniture away from windows.
- Puzzles
- And, even play dough!

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

Classes

-Enroll all family members in swimming lessons

-Learn CPR as a family