

June 2018



Newsletter

Important

Dates:

- **June 1** : Dairy Days Celebration in Library Square for AZ.
- **June 4**: McLeod County Museum and lunch at Burger King for AZ.
- **June 8**: Library for AZ.
- **June 11 - 14** : "Parade of Homes" for AZ.
- **June 14**: "Animal Talks" at Library Square for AZ.
- **June 15** : Preschool and Pre-K Picnic and Teddy Bear Band!
- **June 17**: Happy Father's Day! 
- **June 18 - 21**: Swim Lessons for AZ.
- **June 19**: Library for AZ.
- **June 25 - 28** : Swim Lessons for AZ.
- **June 29**: Pizza Party and Bowling for AZ.

Preschool and Pre-K Fieldtrip: Picnic and Teddy Bear Band



Friday, June 15, 2018, the preschool children and the Pre-K will go to Library Square to Dance with the Teddy Bear Band! They will enjoy a picnic lunch and then Boogie with their Bears to joyful music! Remember to bring your favorite teddy bear or other stuffed animal. Join the FUN!



ADVENTURE ZONE SUMMER 2018

Adventure Zone is in "Full Swing!" starting with our Theme **"Welcome to the Jungle!"**

We are at the Highway 15 location, **20288**

Highway 15 North, Hutchinson. Enter/Exit through the Headstart door. We are looking forward to getting settled into our rooms, going to the Hutchinson Aquatic Center and exploring on Field Trips!

Please refer to the Adventure Zone June Calendar for a list of all

Fieldtrips and Activities at www.ekidsinc.com



Let the Fun Begin!





566 Bluff Street NE
Hutchinson, MN 55350

Day Care Center: 320-587-KIDS
Business Office: 320-587-2326
Fax: 320-234-6358
Email: accounts@ekidsinc.com
www.ekidsinc.com

Remember, all of
our calendars and
lunch menus are
available online at
www.ekidsinc.com



Summer Footwear for Children:



Tennis shoes and sandals that
have a strap around the ankle



are highly recommended for safe and
active outdoor play. If your child is not wearing socks
with their shoes, please send a pair of

socks to be worn indoors for
their safety and the
cleanliness of the center.



Thanks!



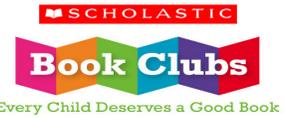
Laughter is the best medicine!

Laughter really is an awesome personal medicine. What other medicine can work instantly, have absolutely no side effects, and have benefits like:

- Boost the immune system to prevent illness
- Reduce stress
- Lower blood pressure
- Create instant relaxation
- Create a wonderful feeling of well-being



Take time to laugh and have fun. Your mood will instantly change



June Book Orders went home with your child. If you would like to place an order, you may do so on-line at the Scholastic website or bring in your order form and money and turn it in to Kathy or Emily. Please let us know if you have any questions. Books make great gifts!



Adventure Zone Reminders:

- Please let us know if your child is having hot and cold lunches for the month of June (We assume hot unless you tell us differently).
- **Always** bring a swimsuit and towel. If it is Hot we will go to the Hutchinson Aquatic Center!
- Bring a water bottle to stay hydrated.
- Bring your sunscreen if you are using your own. We will label it and keep it at Adventure Zone for you to use.
- Bring a backpack or bag for your belongings.
- **Be ready to have FUN!**





Five Things NOT to Do to Babies

Writing in an article in Psychology Today, Darcia Narvaez, Ph.D., outlines five things she urges every parent and caregiver to avoid doing to babies:

1. Ignore them (don't)...

Why is a companionship relationship particularly important for babies? The first three years of life is a time when tacit (non conscious) understanding of how the social world works is developed and it gets wired into how the brain works...With responsive care, the brain's systems learn to work well and thereby keep the person healthy and socially engaged. What is learned during early life will be applied ever after to relationships (unless changed with therapy or other significant brain changing experiences)

2. Let them cry (don't)...

Imagine being in pain and asking for help and being ignored. How does that make you feel about yourself (bad) and about your family (angry)? It's so much worse for a baby because he is in the midst of rapidly growing brain systems that are learning their dance patterns for social living and for physiological functioning (health)...

Caregivers must pay attention to the nonverbal signals babies give (restlessness, frown, grimace, flailing arms) and nip discomfort in the bud. This is what wise grandmothers do. Whatever babies 'practice' in the early months and years creates pathways in the brain that will be used again and again. So if you want a disagreeable, uncooperative, aggressive child (and adult), let them cry. Otherwise, keep babies happy. Distressing a baby regularly will build a disagreeable child that will distress the community later.

3. Leave them alone (don't)...

Solitary confinement is one of the worst things you can do to a human being and eventually leads to a psychosis. Babies are built to be physically connected to caregivers. They do not understand why they are alone. Babies internalize a sense of wrongness and badness that will color their lives. Imagine being suddenly left alone in a strange land where you cannot move or take care of yourself. It would be terrifying, even if you understood what was going on. Why do this to a child.

4. Not hold them whenever possible (please hold them)...

Babies are meant to be held. This should start immediately. First impressions of you and the world are fundamental. Can they relax into being? Learning a deep relaxation and sense of peace is what they will carry forward into life. If they don't have a regular experience of relaxing into loving arms, they may never learn to relax and let go.

5. Punish them (don't)...

Some parents spank or hit their babies. This is very bad news. Corporal punishment might be an immediate release of frustration for the caregiver but, like most aggressive acts, it has long term negative effects...Warm, responsive parenting is one of the best predictors of positive child outcomes (e.g., getting along with others, doing well in school). Responsive caregiving means attending to the individuality of the child in the particular situation. So caregivers have to be emotionally present, not distracted by their own worries, phones or work.

