



Child Nursery Centers

Historic Day Nursery

Serving Colorado Springs
Since 1897

Our mission: To provide high quality, comprehensive early care and education for all children.

Antlers Place

108 Antlers Place, 80903

719-634-1277

18 months to 6 years

Historic Day Nursery

104 E. Rio Grande, 80903

719-632-0855

2 ½ years to 14 years

Sand Creek

550 Sand Creek Drive, 80916

719-591-1556

2 ½ years to 7 years

South Chelton

1465 S. Chelton Road., 80910

719-574-4422

6 weeks to 5 years

Dare to Dream @ Mountain Vista

2550 Dorset Drive, 80910

719-527-3412

School Age

Dare to Dream @ Sand Creek

550 Sand Creek Drive., 80916

205-2265

School Age

Dare to Dream @ Stratton Meadows

610 Brookshire Ave., 80906

719-538-1409

School Age

Corporate Offices

104 E. Rio Grande, 80903

719-632-1754

From the Director

We welcome 2010 with open arms and hope that this year will be filled with promise.

Please remember that we have a Family Services Department to help with any needs you might have.

The child care year-to-date statements for tax returns will be ready after January 6, 2009. Please stop in the office to pick up your form.

We would like to thank all the families who took time to fill out our survey. We really appreciate your time and input.

Please make sure your child has an updated immunization record and physical on file, this complies with state licensing requirements.

Also, as a reminder, please be checking your child's folder *every* day as we place important information for you in the folders on a regular basis.

Please mark your calendars for February 11, 2010; we will be hosting a winter wonderland family night. We hope to see you there for the fun and festivities.

~ Kelly

Accreditation Corner

Thank you for your participation with the Family Surveys. The results are in and they look very good. Thank you for your honest feedback. We will be sending out the results by the end of the month. Our next step in this journey is to send in our materials and wait to be accepted for Candidacy for Accreditation. We will keep you posted on our progress and, as always, if you have any questions, please feel free to talk with any of us!

UPCOMING EVENTS



*Tuesday, Jan. 5, 6-7:30 Head Start Parent Center Meeting

*Monday, Jan. 18
CNC CLOSED in observance of Martin Luther King Jr. Day

*Wednesday, Jan. 27
8:30-3:30 Teacher Work Time (Substitutes)

*Friday, Jan. 29,
8:30-3:30 Teacher Work Time (Substitutes)

From the Parent Handbook

MEDICATION ADMINISTRATION POLICY

For the protection of your child, CNC will administer medication during CNC's operational hours including children with disabilities/special needs when the medication dosage cannot be adjusted to exclude the hours your child attends our centers. In lieu of CNC administering medication to your child, parents/guardians have the option of coming to CNC to administer your child's medication. Your child's physician often prescribe antibiotics and/or other medications for your child that only need to be administered two times a day. Please request your child's physician to prescribe medications for your child that only needs to be administered two times a day at home. In instances in which your child requires medication and/or nebulizer treatments in excess of twice a day, we have strict guidelines for (for your child's safety) that must be followed.

Please ask your center director or consult your Family Handbook on page 23 for details.

Pre I

Pre I would like to welcome you to the year 2010, as well as welcome our new friend Kyland! This month we will be discussing our letters and identifying the first letter of our name. Our Storybook Journey books for the month are Alphabet Adventure, Shiver Me Letters, Chicka Chicka Boom Boom, and Eating the Alphabet. We will be sending home construction paper, glue sticks, and letters to go with their name,

so you can create an 'All About Me' poster with family pictures, to return to school.

Our classroom celebration will be on January 15th at 3:30 pm. We will be decorating Plaster of Paris letters, eating alphabet snacks and drinking Chicka Chicka Boom Boom juice.

We want to encourage our families to eat breakfast with us this month. A helpful tip for this month is to help your



preschooler handle their feelings. If they are mad, suggest that they use word rather than cry or hit people. They may need you to give them words for the feelings they are expressing. Our safety tip this month is to always be safe and place your child in a car seat or booster seat. Have a great month!

- Mrs. Emily and Mrs. Tasha

Pre II

Welcome to the New Year!

We thought January would be a good month to focus on math and number recognition. Our first Storybook Journey will be Mouse Count. It's the story of a snake who wants to eat 10 mice and how the 10 mice get away. Mouse Count will be followed with the storybook, The Right Number of Elephants, which is a fun

story with elephants who count backward from 10 to 1.

Numbers are fun to work with at home too! You can label your cupboards in your kitchen with numbers (start with 1-5). Ask your child to get you something from cupboard number (?). When you think they are ready (or have memorized the numbers by location),



move the numbers 1-5 around and add the numbers 6-10. Number games are fun too. Please let us know what number games you play at home.

Pre II would like to wish you a happy and safe 2010 and invite you to spend fun playtime with us anytime.

- Ms. Sue and Ms. Marlene

Pre III

We want to wish all our families a Happy New Year.

The stories we will be reading this month are The Happy Hedgehog Band, Albert the Artist, I'm Gonna Like Me, and Who Sank the Boat. We will be making homemade instruments to play in our own band, work on problem solving skills and teamwork. We will learn about different artists, paint using different types

of utensils, make different colors by mixing primary colors and we will make a rainbow jar. We will also be learning about differences and disabilities and how everyone is alike in some way.

We would also like to remind parents to please send an extra change of clothes for your child to leave in their cubby (accidents do happen). Please send your child a coat daily- we will go out-

side and the weather becomes quite chilly at times.

Have a great month!

-Jamie, Molly, and Linda



School-Age Classroom

We would like to wish everyone a very happy New Year.

This month we will be reading Stellaluna and learning all about bats. Did you know that bats are the only mammals that can fly? We will be exploring more interesting facts about bats during the month. We will also be talking about friendships and how Stella and the birds became friends.

With the winter weather, please remember these safety tips for when your child plays outside: dress in

multiple layers, including extra layers for legs, feet and hands; always wear hats and gloves when playing outdoors in cold weather, as the biggest proportions of body heat are lost through the head and hands; limit the amount of time spent playing outdoors to safe intervals, and bring children inside periodically to warm up; remove all wet clothing immediately and change to dry clothes if going back outdoors; and wear sunscreen on all exposed skin to guard against burns from bright sunlight and snow

glare.

Please remember that the center will be closed on Monday January 18th. If you have any questions, please ask.

Thank you,

Ms. Kiesha and Mr. Fred



"Cheers to a new year and another chance for us to get it right."

-Oprah Winfrey

Safety First



Excerpted from www.familyeducation.com

The Silent Killer: Carbon Monoxide

Carbon monoxide (CO) is a colorless, odorless gas produced by incomplete burning of fuel. Victims suffer flu-like symptoms including headache, nausea, vomiting, and sleepiness. In a short time they can become unconscious and then die. Babies and small children are more vulnerable because of their higher metabolic rates; they use more oxygen faster than adults so they breathe in more of the CO gas.

CO Detectors

Leading safety groups and the CPSC agree: Every home should have at least one carbon monoxide detector. It's best to have one on each floor. Be sure one is placed on the ceiling or high on the wall near your bedrooms.

Preventing CO Emissions at Home

Detectors are your last line of defense. To prevent carbon monoxide from invading your home in the first place, make sure your furnace, water heater, dryer, stove, and other fuel-burning appliances are properly maintained. The CPSC recommends having a qualified service technician inspect your home heating system annually. Chimneys and flues should be checked for blockages and leaks. Don't leave your car engine running in the garage, especially if your garage is attached to the house. Some newer appliances turn off automatically if there is a malfunction. Don't try to operate an appliance that keeps shutting off; call a repairman. Some carbon monoxide poisoning occurs during power outages when families turn to alternative heat sources, such as gas stoves or even charcoal grills. This should never be done; it is extremely dangerous. If you use a portable generator to provide

electricity during an outage, keep it outside so the exhaust remains out there.

Got Symptoms?

If your family experiences symptoms of carbon monoxide poisoning, get into fresh air and seek medical help. Even if your own symptoms are mild, your baby could be suffering more severe effects and need prompt medical attention.

Watch Out!

Call for an inspector if your pilot light or burner flame is yellow-orange instead of blue, if your furnace runs all the time, if your hot water supply is decreasing, if rust or stains appear on vents or chimneys, or if there is soot on your appliances. Any of these could be signs of carbon monoxide emission.

You Are What You Eat



will be more likely to eat them.

Have Fun with Food

The best way to get your child to try new foods and experiment with food is to have fun with it. Creative food presentation makes a statement with adults as well as children. There's no question that a variety of foods placed on a lovely plate at a place setting is more appealing than eating a meal in its baking dish. Everyone likes to see attractive, colorful, and appealing foods placed in front of them. Start off by letting your children have fun with foods early on. Buy special plates for your kids. Let them buy or make special placemats. Let them use child sized utensils and cups. Look for cookbooks written for children. Many foods can be made without baking, and others need only minimal adult supervision. Once your child is old enough to prepare foods himself, let him contribute to tonight's meal. He will be so proud of his creations, he

It's not necessary to purchase a cookbook to be creative. And there are many ways to have fun with food, even if you do not think you're creative. Here's how:

- Use cookie cutters to make sandwiches or to cut square slices of cheese into shapes.
- Let your child decorate sandwiches with raisins, apples, banana slices, or grapes.
- Plain ice cream cones make a nice alternative to bread. Try filling some with tuna or chicken salad or cottage cheese. Top with a grape or cherry tomato.
- Pizzas are fun. They can be made on pita bread, tortillas, English muffins, or bagels. Add spaghetti sauce and whatever vegetables you like. Top with mozzarella cheese and bake. Fruit pizzas, too, are appealing when made with cream cheese and cut-up

fruit.

- Try meatloaf muffins instead of standard meatloaf. Top each meat-muffin with mashed potatoes and add an olive, cherry tomato, or green peas. Also, stab those meatballs with Popsicle sticks.
- Make decorative straws by cutting shapes from paper plates. Punch holes in the tip and bottom and tread through the straw. It's amazing how much better milk tastes through a fun straw.

It is important that you spend time in the kitchen with your child and have fun with food, too. These are the moments that will make family memories last a lifetime.

From: www.familyeducation.com

“Cha-Ching” - Ways To Save Money

Family Fun Ideas That Don't Break the Bank!

- Family Game Night with popcorn and punch.
- Family Bake Night
- Family Walk in the Dark Night—don't forget the flashlights and hot chocolate
- Family Movie Night—rent or watch already owned movies
- Picnic dinner in the living room
- Special fancy dinner—dress up and have candles
- Picnic in the park or yard
- Family Library Trip
- Walk thru model homes together and share favorite things
- Watch trains or airplanes and log what they see
- Free admission days at museums and zoos
- Go to local school plays and concerts
- Hiking or bird watching
- Free kids workshops at Home Depot and Lowe's home improvement stores
- Go to a park and fly a kite
- If possible go sledding and build a snowman
- Print or check out a star map from the library and stargaze
- Build a fort in the living room with cushions and blankets

From: www.flylady.net



From the Get Well Center



New Year's Resolution: More Physical Activity!!

According to a recent article put out by the Center for Disease Control and Prevention (CDC), many youths are not receiving the recommended amount of daily physical activity. The *2008 Physical Activity Guidelines for Americans* recommends children get 60 minutes of physical activity every day.

According to a study put out in 2007, "only 17% of high school students participated in at least 60 minutes of physical activity each day, and only 30% attended physical education class daily. During nonschool hours, 62% of children aged 9-13 years do not participate in any organized physical

activity and 23% do not engage in any free-time physical activity. Participation in physical activity declines as children age."

These are the steps the CDC recommends that parents, schools, and communities take to encourage a more healthy and active youth population:

Schools can establish policies that provide diverse opportunities for students to be physically active, such as required daily physical education and recess.

Parents can model positive physical activity behaviors by leading an active lifestyle and making "family time" physical activity time.

Families can help children be active with

their friends.

Families can limit "screen time" (i.e., time watching TV, playing video games, or using the computer).

Communities can conduct community-wide physical activity events.

Communities can help people find places where they can be physically active (i.e. parks, playgrounds, athletic fields).

Reference: <http://www.cdc.gov/Features/YouthActivity/>

**"Laughter is the sun that drives winter from the human face."
-Victor Hugo**

Focus on Community Resources

Northern Churches Care

During tax season, they provide free tax preparation for qualified families through the VITA Tax Program. This program is open to ALL residents of El Paso County.

U.S. Census Bureau Job Information Session

The US Census bureau will be at the Pikes Peak Workforce Center January 13th, 2010. They will be taking applications and doing testing for the 2010 census takers positions. You must sign up for either the morning session, 8:00am—12:00 or afternoon session, 1:00—5:00 pm. Positions are full time and part time and are temporary. Please be advised that you must have 2 forms of identification, picture ID, driver's license etc and social security card etc, to be allowed in for testing. Please be prepared to spend either the entire morning or afternoon at this hiring event. For further question, you can contact Duke Compton at 719-667-3839.

This event will be held at Pikes Peak Workforce Center
2306 East Pikes Peak Avenue