



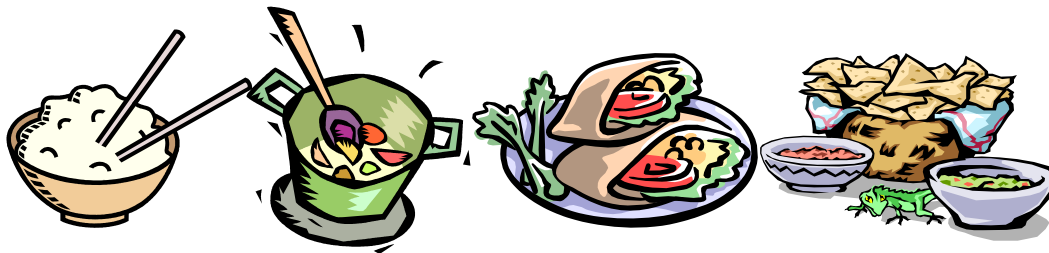
ACC-CLS Parent News



**Join us for our
annual winter
pot luck on**

**Wednesday,
January 19,
5:15-6:30 p.m.**

**In the multi-purpose room in Building 9000
Please bring a “traditional” winter dish
from your culture to share with others.
Watch for a sign-up sheet at the front desk.
Joe McDermott will be entertaining us.
Don't miss out on the fun!**



PARENT ASSOCIATION MEETING

Wednesday, January 12, 5:30-6:30 p.m.

A light meal will be served and child care will be provided. Please sign up at the front desk so we can plan for food and child care.

Volume 12, Issue 4

December 2010-
January 2011

Important Dates:

- ⊙ Winter Break—
Center Closed
12/20-31. Center
reopens 1/3
- ⊙ PA Meeting—
Wednesday, 1/12,
5:30-6:30
- ⊙ Winter Pot Luck—
Wednesday, 1/19,
5:15-6:30 p.m.
- ⊙ MLK Day—Center
Closed Monday,
1/17

Inside this issue:

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*Interested in contribut-
ing or seeing a particular
topic in our newsletter?
See Dawn or Teri.*

TEACHING CHILDREN HEALTHY HABITS

Information from the Center for Disease Control Website

Flu season is just around the corner. People who gather in a group each day (child care, school, work, etc.) are more likely to have exposure to cold viruses and the flu.

Parents and Teachers can help slow the spread of colds and flu. Each year an average of 20,000 children under the age of 5 are hospitalized because of flu-related complications. Influenza causes more hospitalizations among young children than any other vaccine-preventable disease.

The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older.

Making healthy choices at school and at home can help prevent the flu and spreading flu to others.

Remind children to:

Cover their nose and mouth with a tissue when they cough or sneeze—have them throw the tissue away after they use it.

Wash their hands often with soap and water, especially after they cough or sneeze. If water is not near, use an alcohol-based hand rub.

Avoid touching their eyes, nose, or mouth. Germs spread this way.



Hand Washing Song

(sung to tune of Where is Thumbkin?)

from Nick Jr., shared by Charmane Mackson, Faith's Mom in the Sunbeams

Top and bottom, top and bottom

In between, in between

Rub your hands together, rub your hands together

Now they're clean

Squeaky clean

Sung slowly, this song lasts about 20 seconds, the time that the CDC recommends you should wash your hands.

TIPS FOR NEW PARENTS

"The Things I Wish Someone Had Told Me When I Was a New Parent." This is the intriguing title for an article by Elizabeth Pantley in *Work and Family Life* (March 2010).

Here are a few of the many tips offered:

Relax more and stress less. Messy rooms, dirty faces, lost toys, peas not eaten. Trivial, insignificant details do in fact make up a large part of our lives. But when these things cause too much worry, they conceal the many joys kids can bring. View the little things for what they are—little things—and don't let them get in the way of taking pleasure out of your everyday life.

Be willing to break the rules. Follow your heart a bit more often. Loosen up. You don't

have to be the dull, authoritative boss every single moment every day. Break a few rules occasionally in favor of good old-fashioned family bonding.

Rest assured that your kids love you even when they hate you (because they really don't). Raising a child requires that you act like a grownup. You have to tell kids no when they want to hear yes or stop when they want to go. Children are egocentric. Their unhappiness about decisions you make—and tears and anger when limits are set—are normal and natural. Try not to take it personally. Your actions are an important part of everyday life and of your child's development as a good human being.

What Do You Do With the Stress You Feel? Building on Mr. Rogers Approach

By Hedda Sharpan, Director of Childhood Initiatives—Fred Rogers Company

Dr. Bruce Rabin, a physician, researcher and professor at University of Pittsburgh School of Medicine, and close friend of the late Mr. Rogers, recently addressed a group of teachers at the NAEYC conference. He insists that if we want to help reduce stress in our children, we have to start by finding ways to **reduce our own stress**. Here are some key points that Fred Rogers offered in the classic program Mister Roger's Neighborhood that can help us reduce our stress:

Be mindful—Mr. Rogers started every program exactly the same to help children get ready to slow down and focus on one thing. We live in a busy, multi-tasking world. Think about how calming it can be when you take a moment to notice the clouds in the sky.

Build relationships—Relationships are key to a healthy lifestyle. Fred Rogers often said, "It's through relationships that we grow best and learn best" and that's not just for children! He created his television program around a "neighborhood" and showed us that working on a relationship with our "neighbors" can help us deal with the ups and downs of life. At the beginning of each program he welcomed us all with the invitation, "Won't you be my neighbor?" and told us "I like you just the way you are."

Have realistic expectations of ourselves—we all fall short of the mark sometimes. That's because we are human. Here is one of my favorite Fred Roger quotes, "The greatest loss we have to deal with is the loss of the image of ourselves as a perfect person." Mr. Rogers didn't edit out those moments on camera where he buttoned his sweater wrong or couldn't learn the hand movements to a song. He left those "mistakes" in to help us remember that everyone has moments like that. He often reminded us there are no perfect teachers, parents, or children—just human ones.

For some short video clips of Mr. Rogers Neighborhood, go to <http://pbskids.org/rogers/videos/index.html> or 26 full-length episodes at <http://pbskids.org/rogers/vote/>.



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Austin Community College Children's Lab School is a preschool program for children, six months through five years of age, that serves as a demonstration school for the ACC Child Development Department. The Children's Lab School offers an early childhood program designed to support the growth and development of young children in a warm and creative environment. Through field work experiences in a lab setting, students observe the principles of child development and gain practical experience with young children under the supervision and guidance of qualified classroom teachers. The Children's Lab School is licensed by the Texas Department of Family and Protective Services and is accredited by the National Academy of Early Childhood Programs (NAECP), a division of the National Association for the Education of Young Children (NAEYC).

2010-11 Calendar at a Glance

*Thanksgiving Holidays.....	November 25-26
Last Day ACC Fall Semester.....	December 10
*Staff Development Days.....	December 20-21
*Winter Break.....	December 22-31
*Martin Luther King Holiday.....	January 17
ACC Spring Semester Begins.....	January 18
*Spring Break.....	March 14-18
Last Day ACC Spring Semester.....	May 14
*Memorial Day Holiday.....	May 30
ACC Summer Semester Begins.....	May 23
Independence Day Holiday.....	July 4
Last Day for Graduating Lab School Children....	August 12
ACC Summer Semester Ends.....	August 8
*Room Preparation and Staff Development Week...	August TBA
ACC 2011-2012 Academic Year Begins.....	August 29

*Lab School will be closed to children on these dates.

+Dates are tentative or to be announced

Reminder:

The ACC Children's Lab School will be **CLOSED** **December 20-31, 2010** for Staff Development Days and Winter Break. The Lab School will open back up on **January 3, 2011.** Have a safe and relaxing break with your family!