

# Kidopolis News

December 2014



## STRESS MANAGEMENT TIPS FOR HOLIDAY HAPPINESS & FAMILY FUN

The holidays can be a highly stressful time for many families. Whether you are hosting a holiday party at your home, [organizing travel with children](#), and/or trying to balance your everyday routine with additional holiday activities, it's helpful to prioritize your time, commitments, and family activities to help contribute to stress reduction.

### Managing Your Time during the Holidays

There's one thing that none of us can buy and that's time. We all wish we had more especially during the holiday season. What's the best way to manage your time during the holidays to reduce stress? Assess how you're spending your time and prioritize those items most important to you. Here are some tips for managing your holiday time for better stress management:

- Make a list and check it twice.
- Take control.
- Unload and learn to say "no."
- Work on shedding the holiday "perfection impulse."
- Choose holiday activities that you can do together as a family and are fun.

### Managing Your Household and Family during the Holidays

Managing your household and your family's responsibilities are also critical to keeping your stress in check during the holidays. Here are some helpful tips:

- Prioritize your household chores.
- Maintain your children's bedtime routine.
- Create a budget and stick to it.
- Set aside time for yourself.

To read the full article, click [HERE](#).

## Important Dates



**Monday, December 1<sup>st</sup> –**  
Miss Cherell's Birthday

**Wednesday, December 24<sup>th</sup> –**  
Center Closed for Christmas Eve

**Thursday, December 25<sup>th</sup> –**  
Center Closed for Christmas Day



**Tuesday, December 30<sup>th</sup> –**  
Miss Jamia's Birthday

**Thursday, January 1<sup>st</sup> –**  
Center Closed for New Year's Day



Jessica Dumas

Please join us in welcoming Miss Jessica to the Kidopolis family! Miss Jessica will work alongside Miss Melisha in the Tchoupitoulas classroom. She comes to us from Xavier with a Bachelor's Degree in Communications.

### Connect with Bright Horizons



# Classroom Highlights



## Infants

As your baby becomes more mobile and inquisitive, infant development takes off. Pulling up is a developmental milestone that naturally happens when a baby's body is ready. Ultimately, the goal of pulling up is to facilitate "cruising" — a process where a baby pulls himself or herself up from the floor, maintains contact with a secure object and walks along the length of the object for a short distance. As babies gain strength in their legs and develop a sense of balance, cruising can progress to object-to-object navigation.



## Toddlers/Two

Toddlers are sensory motor beings. They explore the world with their senses and develop motor skills long before they understand the concepts like "under" or "far" with their minds. Their bodies are learning to navigate the up and down, over and under of the physical world. Their perceptions are sorting out size, colors, and shapes. For this sensory activity the children use their fine motor skills to squish, rub, and play with shaving cream. The children learned that the shaving cream had a "fluffy" feeling and a "mint" smell.

## Preschool

Scientists gather information about how the world works by using certain basic processes: observing, classifying, experimenting, drawing conclusions, and communicating. Like scientists, preschoolers are also exploring the world and collecting information to figure out for themselves how things work. In the St. Charles room, the children are using their STEM skills to rainbow bottles using gems and water. They will be able to hold these against the window to create a prism-like effect around the room.



## Kindergarten Prep

Providing young children with early opportunities in spatial learning contributes to their ability to mentally manipulate objects and understand spatial relationships, which are important in a wide range of tasks, including reading maps and graphs and understanding diagrams showing how to put things together. Children who are skilled in understanding how shapes fit together to make recognizable objects also have an advantage when it comes to learning the number line and solving math problems. Notice Tru using cards to create a neighborhood.



## READY for SCHOOL Parent News – The Flu Season Fight: Keeping Children Healthy

Young children get as many as 12 colds a year, or up to one cold per month, says the University of Maryland. Because each cold lasts 7 to 14 days, it may seem like your child is sick more often than he's well. Although you can't prevent every cold, you can reduce the risk and help your child stay healthier this cold and flu season. Below are a few quick tips for keeping the common cold (and flu) at bay.

- **Get your flu shot.** Getting the [flu shot](#) every year is the single most effective way to prevent the flu, according to the American Academy of Pediatrics (AAP), which recommends the flu shot for everyone age six months and older.
- **Wash your hands.** Adults know to wash their hands to keep germs at bay, but children are notoriously forgetful. Teach your child to wash her hands before eating, and after using the bathroom, playing outdoors, handling animals, or using a tissue. Teach your child to wash his hands after coughing or sneezing, or better yet, show your child how to cough or sneeze into the elbow of his sleeve. Show your child how to use soap and scrub all parts of her hands well for at least 120 seconds. Keep a bottle of waterless hand sanitizer in your bag for when you're out and about.
- **Make a predictable bedtime.** Lack of sleep can make children and adults more vulnerable to illness, and can also prolong recovery time, suggests the Mayo Clinic. Infants and toddlers need between 12 and 18 hours of sleep daily, depending on their age. Preschoolers need 11 to 12 hours of sleep daily, while school-age children need about 10 hours of sleep.
- **Keep ill children home.** Children in a group setting are bound to share germs, but we can limit their exposure by keeping children who show signs of respiratory illness home. The AAP recommends that children remain at home until all signs of fever are gone for 24 hours, without the aid of anti-fever medications and children are able to participate comfortably in all usual program activities, including outdoor time.

Boost your family's well-being and fend off common respiratory illnesses with a few, simple preventative measures. You'll miss fewer days of work and your children will stay healthier – and happier.

# Bright Horizons News



## Make a Difference with Your Holiday Shopping



Without spending any additional money, you can make a big impact on the life of a child experiencing homelessness or other crises. When you buy books, toys, music, and more as part of your holiday shopping on Amazon, 8% of your purchase will be donated to the Bright Horizons Foundation for Children from Amazon.com using this link.

Just click on [this Amazon link](#) and shop as normal. Visit our [FAQs](#) for more information about this program.

[The Bright Horizons Foundation for Children](#) is a nonprofit organization focused on brightening the lives of children, youth, and families in crisis, especially those who are homeless.

*Make sure to save this Amazon page as a favorite and then share it with your family and friends! It works all year.*