



Early Childhood Matters!

Parents and Providers: Partners in Learning

Samantha Katz, PhD

After months of summer fun, September is full of beginnings: new routines, work schedules, and often, new childcare and preschool arrangements. During this time of year, parents and day care providers/teachers have the opportunity to join in partnerships centered around children's educational development. Parents are their children's first teachers, yet daycare providers often spend many hours each day with children. By joining together, parents and providers can ease children's transitions between home and daycare/school and show them how greatly their education is valued. We know that a child's learning is not restricted to specific hours in the day. Children learn from everyday experiences and interactions 24/7.

At the start of the year, parents can introduce themselves to the providers and talk about their hopes for their children's development. They should describe some of their children's favorite activities and mention any concerns. Daycare providers will appreciate the emphasis placed on children's education. If something new such as the birth of a sibling is occurring at home, parents should let the daycare provider know so that she can be sensitive to the child's needs. Similarly, parents can ask providers what areas they can work on with their children at home.

Daycare providers can enhance the partnership of children's education by keeping parents informed about child's progress. Let the parents know about the daily schedule and share any special activities enjoyed, books read or songs sung. Talk with parents about goals for the year and themes that will be emphasized. Let parents know about their children's favorite activities and closest friends. In addition, ask them about their children's behavior and interests. Parents and daycare providers both dedicate significant amounts of time and effort to ensure that children reach their potential. Caring for several children at once is an incredibly difficult job for providers, just as meeting children's every need is tough for parents. Young children look up to their parents and daycare providers, and appreciate when the relationship between the adults who care for them is marked with respect. Parents can express their gratitude to providers for spending hours each day nurturing their children. Providers can also compliment parents on their children's progress.

In addition to communicating, parents and daycare providers also can take concrete steps to ease the transition between home and daycare. Children love to enact imaginary scenarios. To encourage such play, parents can set up some school-related props. Stuffed animals can be used as students, and books, crayons or any other favorite school activities can be made available. Act out circle-time routines and favorite songs with your child. Watching your child pretending to be a teacher will enable you to understand of his/her perception about school. Once daycare providers find out about children's favorite activities at home, they can make sure to have such experiences available at school. For example, if one of the children in the group loves Elmo, have an Elmo stuffed animal, picture or toy available. If another child loves arts and crafts, make sure there are crayons and markers available.

Often, daycare is the first experience that a child has without a parent. When parents and daycare providers take the time to partner together, children feel as though their own experiences are valued. Furthermore, by collaborating, parents and providers can show the high level of importance placed upon education. Thus, from the very beginning, children understand that education is emphasized by their family and community.

Dr. Katz is a Child Psychologist with the WJCS Parent Child Home Program.

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Early Childhood Matters!

A public awareness campaign sponsored by Westchester Jewish Community Services' Parent-Child Home Program, Early Childhood Matters! is focused on mobilizing the community through education and team building. The initiative is designed to support a literacy-based early childhood culture in Mount Vernon that promotes early learning and future school success. For information contact Patrice Cuddy 914-949-7699 ext. 324



"Tell me and I forget. Show me and I remember. Involve me and I understand."

— Chinese proverb



Fall Family Fun

Bronx Zoo

Fordham Road & Bronx River Parkway
www.bronxzoo.com
Wednesday is Pay-What-You-Wish Day

Greenburgh Nature Center

99 Dromore — Scarsdale, NY
914-723-3470

Nature walks, animals, free for ages 2 & under

Also check out special events happening in your community and library.

Apple Picking

Stuart's Farm

62 Granite Springs Road — Granite Springs
914-277-3188
www.outhouseorchards.info

Wilkens Fruit & Farm

1335 White Hill Road — Yorktown Heights
914-245-5111
www.wilkenfarm.com

Kids-in-the-Kitchen Recipe Corner

APPLE CRISP

Ingredients:

- 8 - 10 apples peeled & cut up (# depends on apple and pan size. Any type is fine or mix & match.)
- butter – 1/3 cup
- quick-cooking oatmeal – 3/4 cup
- flour (all purpose) – 1/2 cup
- brown sugar – 3/4 cup
- cinnamon – 2 teaspoons
- lemon juice – 2 teaspoons

1. Sprinkle cut-up apples with lemon juice (*Real lemon juice is better than imitation but either works.*)
2. Knead together flour, oatmeal, brown sugar, cinnamon & butter until crumbly.
3. Put apples in baking dish.
4. Top with crumbs.
5. Bake for 30 minutes at 350 or microwave on high for 8-10 minutes.
6. Let stand a few minutes before serving.
Serve warm with vanilla ice cream. Delish!!



Brainy Breakfast

Hey did you know?

According to research, a healthy breakfast can improve school and work performance. "Breakfast" means just that: break the overnight fast. Eating breakfast allows you to restock your energy stores and begin the day with a tank full of the right fuel. The stress hormones necessary to mobilize depleted reserves may leave us feeling irritable, tired and unable to learn or behave well. Try these balanced breakfasts:

- Scrambled eggs, toast and orange juice
- Low-fat cheese melted on toast with a piece of fruit
- Peanut butter and banana slices on an English muffin, milk



Parenting Tip: Book Review

Seven Skills for School Success by Pam Schiller

What do children need to learn first? Their ABCs? Their numbers? As it turns out, according to best selling author Pam Schiller, the "what" children need to develop is social intelligence and emotional intelligence (the ability to relate to and play with others, express feelings, and understand how others feel). These are the essential building blocks for all future learning! In her practical, easy-to-use book Ms. Schiller provides information, activities and experiences that develop the seven skills children need in order to become successful learners.

The seven key components for school readiness and success:

- Confidence
- Intentionality
- Relationships
- Curiosity
- Self-Control
- Cooperation
- Communication

Things To Do at The Mt. Vernon Public Library

28 South First Avenue
Information: 914 668 1840



Family Fun for Tots Playgroup: Birth - 4 Years

Tuesdays — 10:15 - 11:30 AM

Mother Goose Storytime: Ages 2 - 5

Wednesdays & Thursdays — 10:30 - 11:00 AM

Learn & Play Corner: Birth - 5 Years

Open everyday until 2:00 PM

THE PARENT-CHILD HOME PROGRAM (PCHP)

The Parent-Child Home Program (PCHP) is a free preschool program in your home for eligible parents and their young children. The sessions are fun and rewarding and promote the child's future school success. The sessions generate excitement about learning through books, toys and play. For information call

Ingrid Bentil at 914-949-7699 ext. 357

Soaring to Success
Through Books and Play...



The Parent-Child
Home Program



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