

CLASSROOM NEWS

Firefly Room – We are spending more time outside looking for signs of spring. Please bring a pair of sneakers to change into after walks.

Green Room – We are really working hard on our sight words and recognizing letters in the alphabet and how they make words.

Purple Room – We had a wonderful time going to the Sciencenter and the SPCA Annex to visit the animals. We even were able to watch one of the kittens play with the cat toys we made for them.

Rainbow Room – We are working on colors, Easter, and Spring themes. We have been enjoying some new, fun, and productive ideas from our teachers.

Dragonfly Room – This month we have been working with our fine motor skills, for example gluing things.

Butterfly Room – We would like to welcome Alicia to our classroom. We have been working on Spring activities hoping it arrives soon.

Blue Room – We have been using our five senses with sensory play. We painted with scented tea bags.

Yellow Room (School Age Program) – We enjoyed tie-dying socks and weaving placemats for snack time. We are so happy that we can play outside again.



IMPORTANT INFORMATION

-Congratulations – Congratulations to David Scovronick on your retirement from the Downtown Ithaca Children's Center. After seven and a half years at the DICC, David will enjoy his retirement by traveling and bird watching.

-Welcome New Staff – We would like to welcome Denise Gomber as our new Executive Director. We are excited to have her join us. We would like to welcome Alicia Woodin to our center. She is working with the woddlers in the Butterfly Room.

-Attendance – Please call the center before 9:00 am if your child will be later than 9:00 am or will be absent.

-Meals – Breakfast is served at 9:00 am; Lunch is at 11:30 am; and Snack is at 3:00 pm. If you arrive after the start of meal time, please make sure that your child has been fed.

- Mainesource – Give Back Program – We are now signed up for the Mainesource Give Back Program. We will receive 5% of your purchases back to the center. If you would like an application to help support our center while you shop, see Allison or Krista.

-Wish List – We are in need of pants – size 4t.



Upcoming Events – April	
3	Center Closed for Holiday
20	Board Meeting from 5:30-7:30 pm at DICC

Tantrums! What to Do

Of all the behavioral problems parents face from their children, temper tantrums are probably the most upsetting as well as the hardest to manage— especially in public. Major meltdowns may also be the most potent tool kids have when it comes to training their parents to do what the children want. Moms and dads who fear tantrums have an extremely difficult time maintaining control of their own children—at home and away.

But the next time you are faced with a child's tantrum, consider making two new and drastic changes—one in the way you think and the other in what you do.

What to Think

Drastic change #1 is understanding meltdowns differently. Tantrums are normal. They occur most frequently in children ages about one to five. Kids' tantrums are usually a reaction to good parenting (setting rules and boundaries and sticking with them), not a sign that mom or dad has done something wrong.

The kids want a lollipop at 6:30 a.m.; they don't want to go to bed at 9 p.m.; or they want to play Angry Birds right at dinnertime. Since parents can't—and shouldn't—give children everything the youngsters want, the kids will often protest by grumbling, whining or by throwing a tantrum. The critical issue here is what a parent does if the child "decides" to blow up.

What to Do

That brings us to drastic change #2. Surprisingly, talking and reasoning after a child starts grumbling or protesting are sure ways to bring on a meltdown! Why? Because children perceive parents' reasons and explanations as parental whimpering— sure signs that the parent doesn't know what he or she is doing.

Usually the kids are correct in this assessment! Often parents are, in fact, bewildered and confused by kids' meltdowns. The older folks just want the yelling to stop. So? So, sensing weakness in mom or dad's resolve, the kids decide to go for the gold (whatever it is they want at the time) and they blast away.

Parental whimpering makes meltdowns worse. Parents need a Battle Plan that focuses on gentle but decisive actions—not words.

The absolutely necessary alternative to whimpering is "Checking Out" and utilizing the "10-Second Rule." When a child whines or melts down after a denied request, the parent has 10 seconds to gently disengage. No talking; no eye contact; and increase physical distance as much as possible. Parents' checking out will surprise and bewilder the little ones initially. For some children, brief consequences may also be helpful. But soon the kids will begin to realize that tantrums get them only one thing: Nothing.

Can you apply these strategies in public as well as at home? Not only can you, you must! Feeble attempts at reasoning or distraction in a restaurant or grocery store will bring on World War III in no time at all.

If you are fed up with kids' meltdowns and all the useless yelling, arguing, begging and pleading that accompanies them, use this brief, easy-to-learn and effective approach and enjoy the results.