

Hello June



Eagle's Nest News June 2018, Macon, GA

What we're learning this month

June 4th—8th —> Oceans and Water Fun; In the Beginning

June 11th-15th —> Ocean Life; Adam and Even Disobey

June 18th- 22nd —> Boats and Ships; Noah Listens and Obeys

June 25th—29th —> Fabulous Fathers; Abraham Believes

Dates to Remember

June 1- Preschool Graduation

June 4th- Water Play Starts

June 15th—Donuts with Dad

Don't forget Sunscreen (Must be given to teachers), Water bottles, and appropriate changes of clothes for your kiddos during the hot Summer weather!

Friday, June 15th 7:30am-9:00am



Please

*your child's
classroom for a special breakfast!
Donuts with Dad or granddaddy!*

join us in



Eagle's Nest is proud to announce we have hired, or rather promoted, **Christina Chambers** to be our **new Assistant Director**.

Christina has been working at Eagle's Nest for over 16 years now. She has served as the lead Infant teacher for the majority of the years and has stepped in as the Interim Director a number of times. We are excited for all of the Growth and Change happening here and we know that Christina will only help us to continue to provide the highest quality care possible! Congratulate her for us!



Water Play" will begin on June 4. Each classroom will have assigned days. Please remember to send the following:

Swimsuit

- Towel
- Sunscreen (children are required to have)
- Little Swimmers (for those NOT potty trained)
- Flip flops/Swim shoes (optional)

One Year Olds: Tuesdays

Two Year Olds: Thursdays

Preschool: Wednesdays

HAPPY JUNE BIRTHDAY!

June Birthdays

James– June 7th

Opal—June 12th

Riley– June 13th

Jackson– June 21st

Ms. Sky– June 4th

Interns and Practicum Students:

We will be hosting students from Central Georgia Tech over the next few months. If you see one of them, feel free to introduce yourself and make them feel welcome!

They are learning how to take care of our kiddos!

Nutrition News

Last month, the tip was that “Kids do as you do.”

Here’s Tip #10:

10. Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on [TV-watching](#) also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Tips for Helping Children with Change:

<https://childrenscenter.sa.ucsb.edu/CMSMedia/Documents/ParentSupport/Preparingyoungchildrenforchange.pdf>

1. **Warning:** Give your child plenty of notice that change is coming. The amount of time depends on the child's age. For example, telling a three-year-old that you'll be going on holiday in six months is not really going to stick. However, telling your three-year-old about a week before you bring home boxes that you're moving house will give them ample opportunity to absorb the information.
2. **Details:** Explain the intricacies of the forthcoming change. If moving house, tell them, we'll be putting all our things in boxes and someone will take them to our new house.
3. **Reading:** For young children there are books that deal with such things. If moving house, try reading *The Berenstain Bears Moving Day!*
4. **Get them involved:** Give them a box and ask them to put some toys and books into the box to go to the new house.
5. **Experienced friend:** Find other children your child knows who have moved house and draw on their experience.
6. **Routine:** Keep as much of their routine intact as possible. Swimming classes, gymnastics classes, regular play dates and so on, should all be kept. Keep things as normal as possible....
7. **Advance screening:** If possible, visit the new house ahead of time and tell your kids this is where you will be living soon. ...
9. **With primary school-aged children** who are nervous about making new school friends, point out that just as they made friends at their current school, they'll make new friends at their new school. Let them know they are wonderful friend material and soon the kids at the new school/neighborhood will see that and want to become friends.
10. **Security blankets:** Child psychologists eschew the idea of security blankets however I believe they do have a place and a big change such as moving house warrants. Keep something familiar close by, whether it's a favorite toy, book, shirt, cup or plate. The security of routine, of the familiar is tantamount to children and some have a more difficult time than others adjusting to change.

Note from the Director

On Tuesday I celebrate a year at Eagle's Nest! How has time passed so quickly? We also graduate 8 of our kiddos off to Pre-K this year! So much change! Babies have been born, babies have become toddlers, toddlers have become preschoolers, and even a teacher has become the assistant director! Some people respond flexibly to change, while others can become resistant. Think about change that has happened in your family and home. How have you adjusted to it? How have your children adjusted to it? Maybe you got a new job? Maybe you're expecting a new baby? Maybe it's as simple as just change from crawling to walking? Maybe your child has more words now, so you know you need to expect more out of them? I challenge you to evaluate the change in your life and study how your children respond to it. Prepare them for it. Support them through it. Allow yourself and your children an opportunity to reflect on it in order to learn from it. As I reflect on my first year as director, I think back to several mistakes I made, several victories I've celebrated, several tears I've cried and most importantly the many laughs, smiles, and joys I've experienced along the way. Thank you for choosing Eagle's Nest. We truly value you— our families.

-Mrs. Caroline