



Woodinville Family Preschool Gingerbread Gazette



Winter 2009

From Cecile

In difficult economic times, we face tough choices. For parents, many of these choices revolve around providing for our children. When our children ask for or demand something that costs money, we often feel that we should be able to give it to them. However, when we want to “fix” the situation with our wallets, we miss a prime opportunity to help children distinguish between **needs** and **wants**.

Recently I attended a one-day training with James Fogarty on *Overindulged Children and Conduct Disorder*. Although periodically indulging a child’s desires certainly is not going to create conduct disorder, the effects of continued overindulgence are significant. When we give in to financial demands without helping children to distinguish wants from needs, we are simply indulging their whims by giving them access to our hard-earned money or our false-wealth (credit card debt). In doing so, we are teaching them to fix problems with money rather than teaching them about budgeting, delayed gratification, or other economic skills that they will need to handle life.

Overindulgence can also take the form of giving children the decision-making power of the family, such as deciding who helps them with their shoes or what the family will have for dinner. Sometimes parents give in to such demands or give developmentally inappropriate choices to children in the belief that not doing so would constitute a negative experience which would hurt the child’s self-esteem. Or, it feels as though we are good parents when we give children what they want. It can be difficult to distinguish between overindulgence and nurturing. However, when children are given too much permission too soon, it creates anxiety manifested in anger outbursts and near-constant whining.

David Bredehoft reported on a study of adults who grew up in homes where they were overindulged. These adults described common methods of parental overindulgence:

- 53% had things done for them that they should have done themselves
- 53% had no consistent chores or similar expectations
- 41% were given expensive designer clothes
- 35% were allowed privileges that they were not ready for
- 35% were given excessive toys

In fact, Dr. Fogarty cited a statistic from the toy industry that the average child gets 300 toys in one year. This includes not only gifts and toys purchased by parents but also the toys from establishments such as fast food restaurants. Even our culture is guilty of overindulgence, causing us to feel out-of-sync if our children don’t have the latest toys, electronics, or outside experiences. It becomes so easy to cross the line from love to overindulgence and not even realize that it happens until we end up with a “user” relationship with our children: they connect with us when they want something.

Bredehoft found that children raised with overindulgence felt unlovable, needed constant affirmation, lacked skills and self-sufficiency, and exhibited dysfunctional thinking as adolescents. B.J.

(Continued on page 2)

Important Dates:

- ☺ February 3
All Parent Meeting
- ☺ February 7
Open House
- ☺ February 13
Last Day WFP Member Registration
- ☺ February 16-20
Mid-Winter Break
- ☺ March 6
Photo Retakes 2-4pm

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McIntosh described other symptoms that indicate overindulgence: excessive self-centeredness, immature behavior, parental unwillingness to enforce age-appropriate limits, excessive lack of consideration of others, entitlement, temper outbursts, and manipulation.

It is my hope that this information on overindulgence sparks discussion within your own family as you create resolutions for 2009. When we consider three categories of overindulgence described by Bredehoft, we see that the time may be right to look closely at our own parenting practices:

1. *Too much stuff, including materialism and activities.* The present economy offers us a unique chance to cut back on paying for toys and extracurricular activities for our children.
2. *Over-nurturing, defined as too much assistance which reduces a child's self-reliance.* Preschool provides opportunity to help our children become self-reliant as they practice finding their own nametags, pouring their water at snack, or putting on their own coats.
3. *Soft structure, which appears as lax rules, few expectations, and inadequate supervision.* Parent education supports the establishment of expectations that are not only appropriate for your family but also developmentally appropriate for your children.

Our staff looks forward to partnering with you as we continue to affirm that although the needs of the children come before the needs of the parents, the wants of the children do not.

Jenny Jacobsen, 1 Day B

A December to Remember

I looked forward to the month of December with great anticipation this year. I had a long list of festive, fun activities that my husband and I were going to do with our 2 ½ year old daughter, Kayla, to celebrate the month. Our calendar was quickly filled with holiday festivals, light walks, parties, plans to stalk Santa across the Seattle area, and of course, we were going to cut down our very own Christmas tree this year. I had also planned on making homemade, time-consuming gifts for everyone. We were going to have so much fun!

We started doing a few of these things, and I realized that Christmas was quickly creeping up on me. I admit that I am a planner, but this was a little ridiculous. We were going to be so busy that there wasn't any way we could possibly be able to do everything that we (I) wanted to do. So, instead of cramming it all in, stressing out my family, and becoming too exhausted to enjoy the holiday, I began crossing things off my list. We still did a few of the activities that I had planned, and we had a lot of fun, but instead of running around frantically for the month of December, we started really just enjoying our time together.

Fortunately I had come to this conclusion before the snowstorm hit, so I wasn't too disappointed when I realized that we might not be able to leave our house for days on end. I thought about what Cecile wrote about being mindful and present in our children's lives every day. I had been trying to do this since I read that article, and it really was making a

difference in my relationship with Kayla. Our connection was becoming stronger, and I was putting things on hold to just enjoy being in the moment with her. Since last month, I had also been writing down little memories throughout the day that I didn't want to forget. Funny or sweet things that she said or did, special moments that we shared, etc. So, once it started snowing, I decided that I was going to have a few days or weeks when I could really devote the time that I wanted to, to becoming a more mindful parent.

I very quickly realized that being snowed-in was gift. The memories that we created, and the bonds that we formed, were probably more special and memorable than anything I could have scheduled on my calendar. My husband, Jake, wasn't able to drive in to work for a few days, so he ended up having more time to spend with us. We went sledding, made snowpeople and caves, went on late-night snow walks, and played with our neighbors and Kayla's cousins. Kayla would have wanted to stay outside in the snow all day, if it wasn't for hot chocolate. So, we made a lot of that, along with peppermint playdough, forts, and art projects. We spent hours just laughing together, dancing, being silly, cuddling, playing, and reading.

Since we had been so busy at the beginning of the month with the outings I had planned, we hadn't found time to decorate our Christmas tree. I had visions of cutting down our own tree this year, buying new matching ornaments, and having the

(Continued on page 4)

All School Scoop

- Thanks so very much to the Pre-K 2008-09 graduating class for their extremely generous gift to the preschool: 5 new tables and a new 4 piece kitchen set for the housekeeping area! We are glad that your children can enjoy this gift for the rest of the year, and we will all remember you fondly for years to come! You are appreciated!
- Please remember that the preschool is a cell phone-free zone and to leave your cell phone in the car. We seek to preserve our preschool as a dedicated time and space focused just on children with no outside distractions. Even cell phones on vibrate are disruptive and not in accordance with our policy. You can be reached in an emergency at 425-481-9707, ext. 4. The emergency phones flash a light on the kitchen wall and ring throughout the building and outside. Thank you for your cooperation with this important policy.
- Our vice-chair Maria Faulhaber has changed her email address to mfaulhab@hotmail.com so please send email there if you have any questions or other correspondence. As you may know Maria is expecting her second child in the middle of January. She will be stepping down from the Board as the vice-chair and Jennifer Brown will be taking over for her for the remaining year. Jennifer's email address is jenniferbrownmsw@hotmail.com.



- When using the Benefect Disinfectant to sanitize tables please spray close to the cloth then wipe down the tables. Please do not spray directly on to the table itself, as it creates a stronger smell in the room.
- Please take diapers home with you, do not throw them in the garbage at the pre-school. There are bags provided in the changing table for you to wrap them up in and dispose of them at home. Please remember to spray disinfectant once you are done with the changing table. If you have any questions please refer to the instructions posted above the changing table!

- Remember there is no school during Mid-Winter Break February 16-20.
- Parents please write the child's name and class on art work before putting in drying rack so the art can find its way back to the child.
- Waste Management would like for us not to put anything with paint into the big green yard debris bin since paint has chemicals in it. Please be sure that items with paint go in the white plastic creative arts trash can rather than the silver cans for paper towels.
- Shredded paper should be disposed of in the yard waste/compost bin NOT recycling. If you are unsure, remember "When in doubt, throw it out!" Contamination increases the cost of recycling.



Jennifer Brown, Vice Chair

I am writing this newsletter as your newly initiated Vice Chair - a big thank you goes to Maria Faulhaber who has done a spectacular job for the past 7 months doing all the Vice Chair does to keep the preschool running smoothly! As she readies herself for the birth of her second child, I am taking over for her to allow her some much deserved time with her new little one, set to arrive soon. (Or by this printing, perhaps he or she is already here!)

So, if you have job questions or concerns, please contact me at jenniferbrownmsw@hotmail.com, or call me at home, 425-397-7793, and I will do my best to help you out!

With that said, the "10 Things..." list on page 11, shamelessly stolen and plagiarized from a past Vice Chair (Susan Carroll, thank you very much!) will help you plan for what is to come regarding job selections for next school year.

Jennifer Brown



Woodinville Family Preschool

OPEN HOUSE

Saturday, February 7, 2009

10am - 1 pm

If you know of anyone with a child or children ages Birth to Pre-K, please let them know about this event. Better yet, bring them by yourself and show off our beautiful facilities and our outstanding program! Children welcome.

(Continued from page 2)

“perfect” Christmas tree. I figured that I would probably have to submit a picture to Martha Stewart, it would be so great. But, instead, I was stuck with a fake tree with white lights, a few tattered matching bows, old scratched red ball ornaments, and then a bunch of random mismatched ornaments that we had collected from our travels and memories over our eight years of marriage. This collection of ornaments was sentimental, and fun to look at every year, but they had never actually made the trip from the storage box to the Christmas tree. My extreme Christmas tree make-over plan wasn’t going to happen this year, because I couldn’t even drive to the mall to buy anything new, with all of the snow that had piled up outside.

So, we attempted an experiment on a snowy Saturday morning. We put the bows and red ornaments that we had up on the tree. Then, we put everything else that we had collected over the years on it. I thought that it would give everyone a good laugh when they came inside our house, but instead, something magical happened while we were decorating it. It actually started looking quite beautiful. Kayla helped decorate the bottom of the tree with soft ornaments, and by the time we were finished, we found ourselves marveling over the most beautiful tree we had ever seen. In the process, we had talked and laughed about all of the places we had been, and the memories we had shared together. We were all so happy.



In the weeks that followed, we found excuses to walk into the living room, just to look at our beautiful tree one more time. And, I think that it does look really pretty as it is, but what makes it even more beautiful is what it represents to us.

We began the first few weeks of December with lots of plans and expectations. But, what we realized by the end of the month was that we could be happy just “being.” I realized that things don’t always have to be perfectly planned, and carried out. And, sometimes, as our Christmas tree taught us, beauty and happiness come in the most unexpected ways. I think that in the future, when I look back on our years of tree decorating, this year’s tree might always be my favorite.

Spending time together and enjoying our family in unguarded, unplanned moments is what we will remember about this holiday season. I’ll remember the funny comments that Kayla made, or the funky, new dance moves and costumes that she came up with. Or, the way she could spend hours doing any sort of project that involved a glue bottle. I’ll never forget the cuddles we shared while we watched the snow gently falling outside. In the years to come, I will try to create the time and the atmosphere to encourage these types of memories. I will try to remember that I don’t have to over plan in order to be a good parent, or to have a fun time. I will always be grateful for our snowy December, and for what it taught me.

Former Preschoolers join Washington Search for Young Scholars!

We are proud to announce that former Woodinville Family Preschool members Hannah Bolotin, Abbey Handley and Aspen Brooks were recognized in a formal ceremony at the University of Washington for their academic achievement by Washington Search for Young Scholars last spring.

The Washington Search for Young Scholars (WSYS) is a regional talent search for 5th-8th grade students. WSYS seeks to identify and motivate highly capable students in our state. Members are honored for their high academic skills and are eligible for additional educational opportunities designed for the academically gifted. For more information regarding WSYS, including registration information visit:

<http://depts.washington.edu/cscy/programs/wsyz/>



Shawn Windle, Pre-K

Winter is once again upon us. I personally have to work this time of year to come up with activities to keep both the boys (and myself!) busy and happy. Here are a few places we already enjoy or plan on checking out really soon:

Imagine Children's Museum

425-258-1006

1502 Wall Street

Everett 98201

www.ImagineCM.org

KidsQuest Children's Museum

425-637-8100

4091 Factoria Blvd. SE

Bellevue 98006

www.kidsquestmuseum.org

Jump Planet

425-481- 5867

22310 20th Ave SE #200

Bothell 98021

www.jump-planet.com

Northshore Gymnastics Center

425-402-6602

19460 144th Ave NE

Woodinville 98072

www.northshoregymnastics.com

Young Chefs Academy

425-379-CHEF

15111 Main Street Suite A104

Mill Creek 98012

www.youngchefsacademy.com

SPROUTS Children's Theater at Second Story Repertory

425-881-6777

16587 NE 74th Street

Redmond 98052

www.secondstoryrep.org

We are also just making a big deal out of regular trips: Starbucks for a "milkshake" (really a boxed Horizon Vanilla milk but don't tell my 3 year old!), local library for story time, Molbak's, and don't forget Woodland Park Zoo and the Seattle Aquarium.

Jens Omli, WFP Alumnus

'Playing Your Part' During Youth Sport Events

Jens Omli

University of Minnesota

*Jens Omli is a proud alum of Woodinville Family Preschool who went on to earn a PhD in Kinesiology from the University of Minnesota. He is currently with the Institute of Child Development, where he conducts research related to the involvement of adults in youth sport. **He will be speaking at Woodinville Family Preschool on April 27th.***

In Shakespeare's "As You Like It," Jacques suggested that "All the world's a stage...and one man in his time plays many parts." Consider for a moment the world of youth sport, and the parts to be played at, say, a soccer game. There are the kids, who play the parts of athletes. And there are adults, most of whom are parents, that play the parts of coaches, referees, and spectators.

The parts played by coaches are fairly well established. They plan and run practices, implement strategies, and provide direction for the athletes. Likewise, referees have a clear part to play. They keep things fair and orderly during competitions. But spectators are a different lot. When it comes to spectators, it is not quite clear what a spectator is supposed to do. By definition, spectators are not participants like athletes, coaches, and officials are, but spectators are not quite passive either. They are onlookers. Observers. Watchers. Spectators spectate. At professional sport events, many spectators support the home team by attending games, wearing team paraphernalia, cheering good plays, and jeering the opponent. Spectators who engage in these activities are called fans. For better or worse, some parents act as if they are fans during youth sport events.

Each of these parts played by parents *can* help make youth sport an exciting experience for kids. But every parent, whether they are a coach, an official, a spectator, or a fan, has an additional, and more important part to play at youth sport events.

Cora Goss-Grubbs, 3 Day

Sex Lessons From The Bible

At 6 o'clock on Christmas morning I stood at the top of the stairs with Simon, age 3 ½, anxious to see his reaction to Santa's late-night delivery. I knew my 7-year-old, Henry, would already be downstairs, and I was surprised that I hadn't heard anything from him (a squeal of delight, perhaps?) upon seeing a brand new bike under the tree. Suddenly, Henry came tearing around the corner. *Here he goes*, I thought. *Finally.*

"Mom!" he shouted with delight. "I'm reading the bible!"

Apparently, Henry had picked up the Good News Bible left out after our brief snowed-in attempt at a Christmas Eve "service." Let me be frank: this bible had not been opened since I received it as a child. But Henry was more fascinated by it than his new toys. All Christmas Day he worked his way through the creation of the universe, the beginning of sin and suffering, the flood, and the tower of Babylon as though he was learning the biggest of secrets. Early on the 26th, Henry asked David, "Dad, what's C-I-R-C-U-M-C-I-S-E?" It sparked a conversation that left Henry very relieved he never experienced the procedure himself.

A few days later, Henry had more questions. He wanted David to explain a passage from Genesis 38 where "Onan knew that the children would not belong to him, so when he had intercourse with his brother's widow, he let the semen spill on the ground, so that there would be no children for his brother. What he did displeased the Lord, and the Lord killed him also."

When David told me about this later, I was stunned. It was almost as bad as the real-life examples Diane Levin gives in her new book, *So Sexy So Soon: The New Sexualized Childhood And What Parents Can Do To Protect Their Kids*. A four-year-old girl sings crude lyrics from a Justin Timberlake song while gyrating; a five-year-old boy draws "a professional wrestling girl with big boobies"; a six-year-old boy asks "What's a blow job?"; a seven-year-old girl tells her mother she is "fat" and wants to be

"sexy"; and an eight-year-old boy reports to his father about being shown pornography on the Internet during a playdate.

Reading *So Sexy So Soon* makes me feel lucky that my boys have spent most of their early childhood at home, church, and Woodinville Family Preschool, with their parents, grandparents or other trusted adults. They get just a half-hour of screen time a day. We avoid logos and media-tie-in toys. Yet even these measures won't keep my precocious reader from one of the oldest texts, where, ironically, he's being exposed to the most skewed ideas of sexuality. Luckily, it's not Henry's first exposure to the topic. Through our Unitarian Universalist church, he's already completed the first of what will be three sexuality education courses by the time he reaches adulthood. And we know that, as Diane Levin points out, the best way to counteract the negative effects of media is to stay connected with your children, to continue communicating with them so they feel it's helpful to talk to you, especially as they get older.

So instead of following his first instinct to tear the bible from Henry's hand and refuse to let him read it, he explained the passage and made a mental note to clarify later that masturbation and birth control are, in fact, not evil. Of course, that wasn't the end of Henry's questions. Later he asked me, "Does a man have to have a baby with a woman?" and "How will I know when sperm comes out of me?" Truth is, I relish these moments. If my children feel safe enough to ask me difficult questions, then I feel I've done my job as a parent.

Diane Levin will be speaking to us about *Remote Control Childhood: Helping Children Grow Up in a Media-Saturated World* on February 3rd at the All-Parent Meeting (see PAC All Parent Speaker flyer on page 7 for more information). Be sure to visit www.dianeelevin.com to find out more about Diane's research, writing, television and radio appearances, and more.

Gillian Bicket, 1 Day A

Happy winter, I love snow, except when your husband gets YOUR car stuck in it. What an ordeal, but it could have been worse... It did happen in our driveway and digging it out was a great workout. (I needed to work off some of those holiday cookies that I hadn't been able to resist!) Plus, it was a good opportunity for some family bonding. All three girls were out with their shovels helping Mom and Dad.

On a lighter note, at the last parent meeting, I won a gift certificate for the Tot Spot Café in Woodinville. I finally got around to going with Rose. We met some friends there and were able to play while the weather was terrible outside. It was great. They have a completely enclosed play area with couches for grownups to sit on and a separate, quieter area for nursing. You can order tea, coffee, snacks, or lunch. They also have plenty of food items for little ones. I also checked out the bathrooms, which were clean and had changing tables. So if you have some free time (and are not stuck in the snow) you should check out the Tot Spot Cafe!

Finally, I would like to welcome two new members to our school, Karine and her son Alexander, Mark and his son Bryce and transfer student from 1 Day B Caeden and her daughter Maesa. Here's to a wonderful 2009!

SHORELINE COMMUNITY COLLEGE

Shoreline Community College Parent Advisory Council Presents

PAC ALL PARENT SPEAKER 2009

REMOTE CONTROL CHILDHOOD:

Helping Children Grow Up

In A Media-Saturated World

Diane Levin, Ph.D.



February 3, 2009

7:00 p.m.

SCC Campus Theater

\$5 per person

*(Admission has been pre-paid
for SCC Co-op Preschool Families)*



*Shoreline Community College
provides equal opportunity
in education and employment.*

Diane Levin, Professor of Education at Wheelock College, will speak about how the sex, violence and marketing in media are harming children's development, learning and play and making the job of parents and teachers harder—through scenarios that illustrate the issues. Learn specifics about what schools and families can do counteract these negative effects and why “Back to Basics” is exactly the opposite of what we need to do. Find out what new policies can be created in schools and the wider society to promote healthy development in these times.

- Books by the speaker will be for sale.
- Carpooling is encouraged as parking spaces are limited.
- Special seating will be available for parents with infants under 6 months. No other children, please.

For maps and driving directions, visit:
www.shoreline.edu/collegemaps.html

www.shoreline.edu

Susan Carrol, Infants 6-12 months

A Toy Story

Toys. There are so many to choose from and, let's face it, many of them aren't very good. They range from the somewhat inappropriate to the absolutely awful, and my family members want to purchase them all.

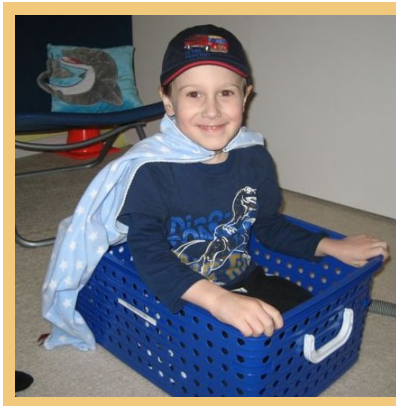
Since having children, I have to negotiate many things with my relatives. All right, negotiate is probably too polite a word - what I'm really doing is policing. And just the way I would police how much sugar my kids put in their bodies, I have to monitor what toys make it into my home. I am often baffled by the choices made by my intelligent, well-meaning relatives when it comes to toys. Of course, as a former educator I may be looking at toys through a different filter, but when a toy has enough lights and noises on it to induce a seizure, I don't think it takes a teaching degree to realize it probably isn't a good idea.

I have found what overrides all of my relatives' common sense is the phrase, "But he likes it!" My four-year-old also likes watching TV and eating M&Ms, but I don't let him do those very often either. What he likes and what is good for him are almost never the same thing. My sister invoked this phrase recently when she argued that I should let her buy him a police helmet that you "drive" while wearing it on your head as it beeps, lights up and talks to you. My sister knows that my son likes to pretend he's a police officer, so when the "but he would like it" argument didn't work she threatened to send it to him anyway. I told her she could buy it, but that didn't mean I was going to give it to him (a benefit of living 2,000 miles away). You may be thinking, "That's so harsh, especially around the holidays or a child's birthday. It just seems so ungracious." And you're right, but I have found that being the bad guy with my relatives is worth it when my values as a parent are at stake. What my sister failed to understand is that he already pretends - as in... uses his imagination -- that he's a police officer, so why would he need a toy to do it for him?

I'm not advocating being rude to your relatives, but I also realize that it can be tricky to balance their feelings with the needs of your children. Allow me to give you a couple more examples from my own experiences. Last year I bought my then three-year-old son a set of wood unit blocks. One of my relatives (okay, it was my mom) thought it was a terrible gift. She thought he would open it up and be so disappointed because "it was just a bunch of blocks." Needless to say, I held my ground, spent the money on a large set of blocks, and my son absolutely loved them. Granted, holding firm when it comes to something I'm buying my child is easier than being stalwart about others' toy purchases, which leads me to my second example.

This year my mom (hmmm ... maybe I just need to have a chat

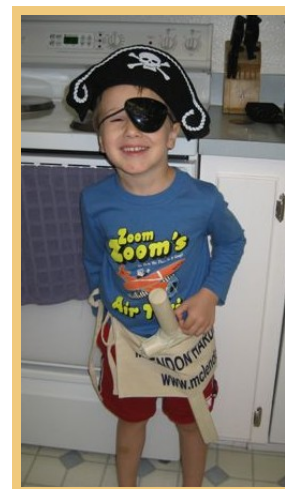
with *her*) wanted to buy my son action figures of the characters from the Wonder Pets - one of the few TV shows he watches. If you haven't seen it, it's actually a pretty good show about three classroom pets that work together to rescue baby animals in trouble. My son adores this show and wants to play Wonder Pets with me almost everyday. He dresses up as the characters and assigns me my role. If Daddy isn't home, then his baby sister gets to be the third Wonder Pet. For one character, he dons a baseball cap and a blanket around his neck acts as a cape. In order to emulate a character who



wears an aviator cap and goggles, he puts a knit hat and a pair of sunglasses on his head. Then, our laundry basket becomes the Wonder Pets' flyboat - the vehicle they use for rescuing animals. My mom has seen him play this game and insisted that he would love the action figures. I didn't doubt that he would like them, but again I didn't see why he would need them. Reluctantly, she acquiesced.

Then we went to Babies-R-Us. We were getting pictures done and while we waited the Wonder Pets action set, complete with flyboat, was right at his eye level. He completely flipped out over it and threw a fit when I told him we weren't buying it. Later, after he tearfully appealed to Grandma, my mom pleaded with me to be allowed to buy it for him. I finally gave in. Not surprisingly, he was thrilled to open this present from Grandma. He played with it constantly for days with me and his dad, but with a big difference. Instead of us being the characters and dressing the parts, we now each held an action figure. And rather than fashion the flyboat out of a laundry basket or box, we placed our figures onto the toy replica that (you guessed it) beeps and lights up and even sings the show's theme song.

I haven't seen my son go back to the old way of playing Wonder Pets, which means that despite how happy he was to receive this toy, I regret giving in. On the positive side, the last time I cleaned his room, I put the action figures and their flyboat in my son's closet. They've been there, untouched, for over a week now. He's too busy being SkippyJon Jones now with a sword that he fashioned out of masking tape and those plain wood blocks.



Safety Update, Peter Lennon

With a new year upon us, now is the time to review your 2008-09 Handbook for important safety information. Here are a few points that you will find elaborated in your handbook.

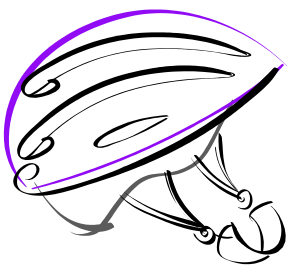
Washing Hands: We have a requirement to meet our NAEYC accreditation: Upon arrival, go with your child to the children's sinks and, together, wash your hands with soap and water. You and your child also need to wash hands after going to the bathroom, during transition, before snack, and before water table play. Of course, adults also wash hands before cooking and after changing diapers. We can prevent the potential spread of hepatitis by following these simple procedures.

First Aid Kit: A complete first aid kit is in the cabinet above the microwave in the kitchen; the key to the kit hangs on the side of this cabinet.



Emergency First Aid Fanny Pack: There is a smaller emergency first aid fanny pack, which is kept in the garage and is specifically for outdoor use. It contains supplies needed for stopping loss of blood. When you are the outside setup person, wear this fanny pack so you can quickly use it in case of emergency.

Wearing Gloves: Both first aid kits contain disposable latex gloves, and a box of gloves is in the first drawer as you enter the kitchen. Always wear gloves when dealing with blood or other bodily fluids.



Wearing Helmets: Children are required to wear a bicycle helmet when on any riding toy with wheels. You may use the preschool's helmets or bring your child's own helmet. After a child uses a helmet, a parent needs to clean it.

Accident Reports: For all injuries, notify your parent educator and complete an accident report form found on a clipboard next to the first aid kit.

Emergency Information: Emergency telephone numbers for children are on a clipboard next to the telephone in the resource room. Children's health and medical information are kept in file drawer 2 in the resource room.

Reviewing Your Handbook: In your handbook, please review the sections on *Safety Limits for Outdoor Play* (p.91), *Handling Accidents and Conflicts* (p. 100), *Limits for Safety and Health* (p.102), and *POLICY: Health and Emergencies* (p.109).

Something broken? What to do!

As Health and Safety Coordinator, I complete monthly and quarterly safety checks. If any repairs or issues are needed, I will either take care of them immediately or make a list for Cecile. You may contact me at 425-577-3124. Thank you!

Craft Recycling

Is your little artist painting, coloring or otherwise creating more pieces of art in an hour than your refrigerator can hold? Here are some ways of reusing those masterpieces, and sharing them with your friends and family:

- Use large pictures (made from paper on a roll) for wrapping paper
- Use small pictures as greeting cards from your child(ren) to friends and family, Grandmas love this!
- Cut pictures into seasonal shapes and add to a greeting card base for one of a kind holiday cards & crafts (hearts for Valentines Day, shamrocks for St. Patrick's day, or roll into cones for May Day flower holders!)
- Save pages that have been colored or painted on for adding stickers to in the future. After stickers have been added they can be saved for scissor practice. After scissor practice, the tiny pieces make great compost material!

Julie Kotler, Toddler AM

Even as we seem to be struggling with a winter that could ruffle the most relaxed and even-tempered among us, I sincerely hope that your 2009 is off to a healthy and happy start. In the Toddler AM class, our children are settling into the preschool routine beautifully. For example, you can tell from the smiles of anticipation that the circle time songs are starting to have that happy familiarity. Further, we sometimes manage to stay in our seats for a few minutes at a time during snack. We are also total pros at hand washing (of course, this could be because we like to practice a lot during free play). Finally, after significant experimentation, we have figured out that all of the class cannot actually go up and down the ladder to the playhouse at exactly the same moment.

In the Kotler household, we had a great holiday season. However, I must admit that we are still recovering from a recent holiday trip which included the dreaded, “very long plane flight with a toddler.” My daughters, Katie and Anna, seem to have recovered quite quickly actually. While Matt and I, having had a few years since Katie was a toddler to forget the uniquely excruciating nature of this experience, are still somewhat stunned. So, because I am hoping it may be cathartic, I’d like to share a few specific dos and don’ts that we learned on this trip:

DO: Bring an old magazine or two that your toddler can rip up so that her aggravation is not turned on the in-flight safety instruction card.

DON’T: Accept a permanent ink stamp set from your extended family before boarding the plane because you think that will be a fun and creative tray table project.

DO: Bring all the milk you could possibly need and then a bit more (apparently milk is now only a first class luxury).

DON’T: Give your toddler one piece of ice in a cup and expect her to be happy with just one (obviously I didn’t learn my lesson from “If You Give a Mouse a Cookie”).

DO: Bring contact paper or some other exceedingly sticky material that you can place on the tray table so that your toddler does not lose all of her apparently precious but very small possessions between the window and her car seat where it is completely impossible to retrieve them unless you are a contortionist.

And finally, **DON’T:** Panic. Remind yourself that toddlers’ moods shift rapidly. The screaming isn’t likely to last all that long, and it can’t possibly be as loud as you think.

Now that I’ve shared these pearls of travel wisdom, I’d like to wish a very special and happy birthday to the following children: Lilianna who will turn 2 on January 26th, Loki who will turn 2 on March 8th, Katelyn who will turn 2 on March 10th and Anna who will turn 2 on March 27th.



Heather Williams-Brown, Infants 0-6 months

My Thank You

As many of you know our family owes a lot to the members of WFP right now. For those of you who don’t know, our four month old son was recently in the hospital for 22 days. During this time all three of our preschool classes gave us a lot of emotional support, positive thoughts and prayers. Many people in 3 day have given our family meals and stepped up to help us with obligations like our cleaning weekend. To all of those who gave us so much great support I am happy to have the chance to say “Thank You.” We can not repay all the support we’ve received in the past two months.

During this time I’ve developed a new appreciation for what WFP provides for me and my family. Yes, it’s a fantastic program with a good facility and great teachers. It also has exactly what we were looking for when we enrolled in the program: a great community. Often I have heard Cecile talk about the WFP community and nodded my head in agreement, thinking that was exactly why we’re in this preschool. To see this phenomenon in action is both astounding and touching. Also, to know that I have the support I need makes facing life with three children that much easier.

Many of us feel that having a community and the support of a community is important. Whether it is work, school, church or simply a close knit neighborhood having a community to be a part of is a way of making life easier and in many ways more enjoyable

Christa Bicket, Toddler PM

NEW YEAR'S RESOLUTION

It is January 3rd of 2009 (who can believe it) and I find myself with the post holiday blues. This is strange since I spent so much time saying and thinking "I'll do that when the holidays are over" and, well, now I have a lot to do. These holidays seemed especially different since I think we were housebound for at least a week and did not get around to doing all of the outdoor things we like to do during the holidays... Christmas light hunting, the Bellevue Botanical Gardens, fighting crowds at the mall, trying to find a parking space... you get the picture. Because of the snow, my holiday shopping was limited and I now find myself with more money in my bank account and no nightmare stories to tell about shopping. There were several days in a row that my kids and I snuggled on the couch to watch holiday shows, made cookies, stayed in our jammies all day, built snow puppies, made decorations for the tree, put together a gingerbread house and I spent a lot of time just sitting and listening to them and laughing. For the first time, due to the weather, I was forced to just be with my kids. Not cook, clean, organize, plan, work, go, do, drive or wait for, but just be with my kids. I now look out at the roads that I can safely drive on and think about the grocery shopping that I need to do, emails that I need to answer, phone calls that I need to make and decide that today is officially jammie day. I am going to spend one more day soaking up my kids before hair cuts, shopping and getting ready to go back to school tomorrow. I think this holiday season has made me realize that our family needs a lot less "stuff" and a lot more jammie days this year. That is my New Year's resolution.

The Ten Things You Need to Do For Your WFP Job in 2009

Jennifer Brown

jenniferbrownmsw@hotmail.com — 425.397.7793

1. Start thinking about what job you want for the next school year. Do you want to keep the same job or try something different?

2. Read through the blue pages in your handbook. They have detailed descriptions of all the jobs WFP has to offer.

3. Consider the Job Options program. Remember it benefits both you and the school. Details about Job Options are also in the blue pages of the handbook.

4. If you have a child enrolled in one of the two infant classes, you are eligible for the Job Options Program, Infant. This program offers you a year to enjoy your infant with no preschool job (unless, of course, you really want one!).

5. Think about being on next year's board. You get to be involved with important decisions regarding the preschool's operations and make great social contacts. And there's lots of good food!

6. If none of these options sound good, consider cleaning my house as your preschool job. They said it was frowned upon, but they never said I couldn't do it!

7. Call or email me if you have questions about any of the jobs or the Job Options Program. I love to chat and most days I can talk for at least 5 minutes before you hear screaming in the background.

8. Don't forget to fill out your job journal forms. We really do read them.

9. Keep up the good work with your current job!

10. Thank another member for doing a great job or being part of Job Options. Remember that all of us working together is why our co-op rocks!



Kindergarten Orientation & Registration

Parents of 4 and 5 year olds:

As hard as it might be to believe, we are quickly approaching the start of kindergarten registration for the Northshore (and other) school district. The easiest way to get organized is to attend one of the orientation sessions offered by the district (see schedule below). These sessions are also a good time to get your questions about the kindergarten program or registration answered.

The district's website (<http://www.nsd.org>) has a lot of useful information posted on a page dedicated to its kindergarten program, including age requirements for starting school (5 years old on or before Aug 31) and a list of social, emotional, and physical characteristics typically demonstrated by beginning kindergarteners.

When registering your child for school, there are a few things that you will need to bring with you, including: Proof of residency (rental agreement, utility bill, mortgage), your child's birth certificate or other proof of birth date, immunization records, and names and phone numbers of emergency contacts. Bringing your new student to registration provides an opportunity to expose them to school life for few hours.

*If your child will be in a different school district, please contact them for specific orientation/registration information.

Northshore School District 2009-2010 Kindergarten Orientation		
Tuesday, February 24, 2009	Northshore Performing Arts Center 18125 92nd Ave NE, Bothell, WA 98011	7:00-8:00 PM
Thursday, February 26, 2009	Northshore Performing Arts Center 18125 92nd Ave NE, Bothell, WA 98011	7:00-8:00 PM
Thursday, March 5, 2009	Multilingual Session Woodmoor Elementary Library 12225 NE 160th Street, Bothell, WA 98011	7:00-8:00 PM

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They are parents! Playing the part of a parent, first and foremost, entails being a safe base for a child. Being a safe base is not a glamorous job. Most of the time, it isn't even a speaking part. You're just kind of there.

A few years ago I was sitting with the 4-9-year-old crowd at a family reunion when one of the older girls decided that we should play tag. The game was a little disorganized at first, but after a few minutes the rules had been established. One person would be "it" and would chase everyone else. Two trees, one on each end of the lawn, were designated as "bases." When the kids would run across the yard and reach the other side, they would exclaim, "safe!" The trees were safe bases, which the children could run to when they sensed a danger of being tagged. When the kids reached base, they could feel safe, regroup, and face the challenge of the game once they were ready. To be a safe base, the trees didn't need to shout instructions, or criticisms, or even compliments, to the kids. They just needed to be there when they were needed. And that is kind of what it means to be a good youth sport parent. Being there for them to run to if they scrape their knee, score their first goal, or get embarrassed when they forget that they should run to first base first, rather than third.

Having a safe base allows a child to truly *play*, rather than merely participate. When a parent acts as a safe base, the child feels secure exploring her environment, and will try to perform tasks without worrying that her safety or self-worth might be in jeopardy. A safe base is what children need, on and off the field. For this reason, it is not surprising that in my dissertation research I found that children want parents to (a) attend their youth sport events, (b) watch attentively but remain quiet during the action, (c) cheer at appropriate times (e.g., after a goal or touchdown) and (d) suppress the urge to yell at coaches and officials, even if they make obvious mistakes. According to kids, that is how parents should play their part in the world of youth sport. Doing so is beneficial to the wellbeing *and* performance of young athletes because, when parents "play the part," kids are better able to play theirs!

Northshore School District			
2009-2010 Kindergarten Registration Schedule			
School	Date	Time	Location
Arrowhead	March 19	8:00 AM–12:00 Noon	Library
Bear Creek <i>Evening appointments available on request</i>	March 20	9:00 AM–2:30 PM	Office
Canyon Creek	March 20	7:30 AM–6:00 PM	Office
Cottage Lake <i>Packets may be picked up starting March 16</i>	March 17	4:30–7:30 PM	Gym
Crystal Springs	March 19	10:00 AM–2:00 PM 4:00–7:00 PM	Gym
East Ridge	March 20	8:00 AM–12:00 Noon 1:30–4:00 PM	Library
Fernwood <i>Packets may be picked up March 2-26</i>	March 2-26		Office
Frank Love	March 20	11:00 AM–3:00 PM	Library
Hollywood Hill	March 20	9:00–11:30 AM 1:30–4:30 PM	Office
Kenmore	March 20	9:30 AM–3:30 PM	Office
Kokanee	March 17 March 20	4:30–6:30 PM 11:30 AM–1:30 PM	Library Office
Lockwood	March 18	4:30-7:00 PM	Office
Maywood Hills	March 20	9:00 AM–2:00 PM	Office
Moorlands	March 20	8:00 AM–12:00 Noon 1:00–4:00 PM	Library
Shelton View	March 19 March 20	6:00–8:00 PM 10:00 AM–12:00 Noon	Library Library
Sunrise	March 20	1:00–7:00 PM	Library
Wellington	March 27	10:00 AM–2:00 PM	Library
Westhill	March 19	8:30–10:30 AM	Library
Woodin	March 16-29	9:00 AM–4:00 PM	Office
Woodmoor	March 20	10:00 AM–5:00 PM	Library