



From Our Nest to Yours...



Angel's Nest Monthly Newsletter

July/August 2011

"For where two or three come together in my name, there I am with them." Matthew



From the Director's Desk...

It's hard to believe that summer is half over. Most of our Pre-Kinders have left to begin their elementary school journey. We are sad to see them go, but we delight in their growth and development. In our September newsletter, we will list our events for the school year. Times and dates will be announced. If there are any activities or events that you would like to see added to our schedule, please let us know. We always welcome new ideas!

Through A Child's Eyes

by Susi McFarland

As a parent of three children, with my daughter being the youngest, it is with a minor sense of loss that I drop them off for the first day of school. It is evident, that over the years, they have grown into "big kids" and no longer require that I walk them to class, or help them cross the street. While this is rewarding, as a parent, it can be hard to let your "babies" go. There is comfort in knowing that as our children embrace their future, the Lord will look after them and guide them. As I waved from a distance, it occurred to me that my children were finding their own way. They were not alone. The Lord walked with them. I find solace in knowing that "where two or three come together in the Lord's name, he is there with them."

Mark Your Calendar...



Angel's Nest will be closed on **September 5th** for Labor Day!
VBS August 1-5 9a-12p

Angel's Nest Child Development Center

Roberta Woodall, Director
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Sacramento, CA 95831
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Join us for Chapel!

Everybody's welcome. Children who are not enrolled on Wednesday are welcome to attend with a parent.



Wednesdays at 9:15 a.m.

During chapel time, children sing songs, participate in activities, say prayers and listen to Pastor Dan speak. We are at Chapel from 9-10 a.m. every Wednesday.

Just a Reminder...

Please help us take care of your child when they are at school.

- Tuition is due by the 5th day of each month.
- Always sign in/out your child for the day. This helps us know who is here and who is not.
- Please provide appropriate clothing for the weather.
- Label everything!

Fear and Courage in Children

Healthy fears are a part of life. They help adults and children recognize and respond quickly to danger. Fear can keep people from doing the things they want to do. Caregivers and parents can help children deal with their fears in many ways. Here are some suggestions to consider:



- Establish an atmosphere of acceptance and respect.
- Understand how children's fears develop.
- Establish a predictable routine.
- Prepare children for stressful situations.
- Teach children how to cope with fear.
- Recognize children's moments of personal courage.

Take the time to notice when children are courageous and facing their fears. Express pride when you see a child conquer something he/she was afraid of. Recognize that when children's fears are excessive, parents might want to seek professional help, especially if the child's fear becomes disruptive to his/her life, or the lives of others. One way we can help children deal with fear is to allow children to express what they're feeling. Children can express their feelings of fear and courage through various activities. These activities can take place at home and at school. They can be fun and the child can enjoy expressing him/herself in songs, pictures, games or role-playing activities.

Source: Child Care Careers (2011) www.childcarecareers.net

Helping Children Use the Toilet

As you prepare your child for toilet training, remember that every child is different. This includes how children learn to use the toilet. Some children learn early, some learn late. Some learn fast, and some take a long time. Please be patient with your child and watch for some tell-tale signs that your child is ready. Children are ready when they can:

- Point to wet or soiled clothes and ask to be changed.
- Can stay dry for long periods of time or overnight.
- Have words for using the toilet.
- Are able to sit and stand without assistance.
- Can pull pants up and down on their own.



Please be advised that there is not a specific age when toilet training should occur. There is also a two-year span in time between when a child recognizes the need to go to the bathroom versus being able to wait before going to the bathroom. The most important aspect of toilet training is patience! Reward your child's successes and take your time.

Look What I Learned!

In June, we learned about gardening, plants and warm weather. During July and August, we are learning about Fun in the Sun.



Fun in the Sun

Summertime Activities
Vacations
Rainbows

Happy Birthday!

Zoe	7/2
Todd	7/6
Jacob	7/19
Mia	7/24
Maya	7/27

Daniel	8/16
Ava	8/23
Allison	8/24
Jayna	8/24
Julian	8/25
Macy	8/25
Thurman	8/30

