Welcome to ‘Spring’ semester at Campus Child Care. At least it is now February with March right around the corner!! It is good to see so many returning families and we would like to welcome all of the new ones as well. We hope everyone had a relaxing break and you are ready to tackle a new semester.

I want to start with some staffing updates. First, Krystal (Pre 4) is working to complete her master’s degree in early childhood so she is currently on leave as she does her student teaching in a school district. She will return at the beginning of spring break. Bri Wedoff is subbing for Krystal. Bri worked for us previously as a student worker—we are fortunate to have her helping us out! Katilyn Ostenson was recently hired as a teacher in our program. For this semester, she is working in Pre 1 due to the absence of Diane C, who is on an extended illness leave. We have also completed the hiring process for the Asst. Director position and will let you know as soon as that is finalized. Thank you to everyone who participated in either one or both of these processes!!

One of our staff (Kendra, 2/3-2) just returned from an early childhood conference in Chicago, and two others (Kristin, Assoc. Director and Kristi, Pre 4) attended our national conference in Dallas this past November. In addition, we have several staff who will attend an early childhood conference in Wisconsin in mid-April, and Kelly (Inf) will attend an inf/tod conference in March. We want you to know that we have a strong commitment to providing professional development opportunities for our staff and we are fortunate to have staff who love to learn and grow within their profession. They always come back with a lot of enthusiasm and great information to share with each other and parents.

Included in this newsletter is a very good article about the importance of spending time outdoors during the winter months. Parents sometimes express concern regarding the children going outdoors in this type of weather. I think every teacher mentions, in their classroom articles, the need for parents to bring appropriate outdoor clothing for winter time, as this is the important piece to staying healthy. Going outdoors daily is a very important part of our program (and is required by licensing, Accreditation, and our Quality Rating and Improvement System). This article speaks to the fact that going outside in the winter is good for you, and will not make you sick (in most instances). Please take a look at it; and remember, the germs are indoors, not outdoors! We also included a thermometer which can help you decide the amount of layering needed at various temperatures.

With the weather being very unpredictable during the winter months, please make sure you keep in touch with weather updates and NIU’s open/close status (via the website, text messages, and email). Sometimes classes are canceled.
but offices remain open; this means we are open. However, we close any time the entire university closes and this can mean that we will close early if NIU closes the campus early. More than half of our staff commute quite a distance and many travel on country roads, so when bad weather hits, we lose nearly half of our professional staff. Please keep this in mind and allow plenty of time to pick up your children on these bad weather days.

Have a wonderful start to a new semester. We wish you much success!

Chris Kipp

INFANT ROOM

Welcome back to the infant room! We would like to welcome Jeffery and Nora to our classroom this semester. Jeffery’s family is new to CCC while Nora’s family is an existing family. Hopefully you have had an opportunity to meet at drop off, pick up, or while visiting the classroom. We will have another Family Gathering this semester to give all families an opportunity to socialize with one another over a potluck dinner. The spring semester gathering is usually scheduled a little later in the semester once the weather gets a little warmer and the chance of a snow storm decreases.

The children have quickly become reacquainted with the classroom and the routine. A few of the children continue to have stranger anxiety with new student staff and some parents. Typically stranger anxiety starts at around 9 months and continues through toddlerhood. We talk to the children right away when we notice them getting upset when someone new walks into the classroom. We make sure that we tell the children who is entering the classroom and why they are there. If your child has difficulty at drop off time the best advice is to have a consistent routine. You can do this by helping your child wash hands then reading a book or getting him or her interested in play. Make sure when you leave you are saying good-bye to your child. It won’t take long for them to figure out you have left. If you are

REMINDERS

• Please be aware that we will not be celebrating Valentine’s Day at the Center by making or exchanging cards, so please do not bring valentines or candy to distribute. We prefer to maintain our typical routine, allowing families to choose their own way of celebrating these special days at home. We also want to avoid imposing any additional costs or burden on families. We appreciate your cooperation.

• Full-time child care will be available during Spring Break, March 9-13. Watch for an application form in your pocket and be sure to hand it in by Friday, Feb 7th if you need care during this week.

• For tax purposes, our FEIN# is 36-6008480. We do not distribute statements regarding your child care payments. You need to track that information yourself, so we recommend for everyone to save your invoices as a way of documenting your annual child care expenses.

• If you have some CCC labeled underwear at home, please return them; we are running low!!

• All children will go outside when the 'feels like' temperature is above 15 degrees. They may go outside for a short time when this temperature is between 10-15 degrees.
nervous or upset about leaving your child he or she will pick up on it. We have a brochure published by NAEYC on Separation and Stranger Anxiety in the parent resource room if you want to pick one up.

As the children are getting older we see an increase in the amount of illness in the classroom. Historically, it is typical to have more children missing school because of illness during the spring semester. Because infants have not had a chance to develop their immune system they will be sick more frequently. At 6 months of age infants have lost most of the immunity they developed from his or her mother and their immune systems are working on their own with the help of immunizations they have been receiving. Also, by 6 months, infants become more mobile and are moving around the classroom and sharing toys with one another. Infants mouth toys as a means of exploration, so everything goes in the mouth. We try to pick up toys before another child can mouth them but it is not always possible. Each day we are trying to limit the spread of illness by washing and sanitizing toys and surfaces, practicing proper hand washing, and covering our coughs and sneezes. Unfortunately, we haven’t figured out how to teach the infants to cover their mouths when coughing and sneezing! The Infant/Toddler Parent Handbook, which is on NIU CCC website (http://www.niu.edu/ccc/handbooks/index.shtml), has a list of common illnesses children experience in group care. Another good source of information is www.healthychildren.org which is a website administrated by The American Academy of Pediatrics.

We plan to have more art and painting experiences in the classroom now that the children are older and are getting in a predictable routine. During the art activities with the children we encourage process over product. Infants are beginning to explore art materials. They are grabbing, holding, feeling, and moving around the art materials more than producing a product to be displayed and sent home. Part of the exploration is oral; for this reason we use nontoxic materials in the infant and toddler classrooms. For most art activities the children will get markers, paint, chalk, crayon, etc. on their clothing. We will continue to wash your child’s clothing but please be aware that some items may not get completely clean. You may want to send your child in play clothing everyday just in case and save the nice outfits for special occasions.

During the winter months we plan to go outside as long as the temperature with the wind chill is above 15 degrees. Occasionally we will go outside briefly if the temperature is between 10 and 15 degrees. This may occur if we have had several consecutive days inside with the children. Please make sure you provide outdoor clothing for your child that includes; coat, hat, mittens, snow pants, outdoor shoes or boots. As the children become more mobile we will go out to the playground for outside time as long as the snow is not too deep or the ground is not too muddy. Have a great February!

Kellie Fuss & Carol Schroder
TODDLER ROOM

Pam and I would like to welcome Kaysan to our classroom. One of his favorite areas is the block area with the colored blocks and cars.

The spring semester will be filled with new adventures and milestones. We will probably hear more talking, more independence, and the beginning of forming strong relationships with the other children. As always, if you have any questions or concerns please talk to Pam or I. The first week or two will be helping the children adjust to the routine that they may have been away from, and learning how to play with one another.

During the winter months we plan to go outside as long as the temperature with the wind chill is above 15 degrees. Occasionally we will go outside briefly if the temperature is between 10 and 15 degrees. This may occur if we have had several consecutive days inside with the children. Please make sure your child has snow pants, a warm coat, mittens that stay on, warm boots, and a hat at the center every day.

Most of the children were eager to come back to the school. Many of them came back with more words and independence. More than half of the children are now two years old, which is so hard to believe! This spring we will be experimenting with simple cooking projects and science experiments. A few of the children have had an opportunity to experiment with Slime, which can be very sticky. If you have time and the desire to come in for a cooking project please let us know. We will provide the ingredients and supplies for you if you give us enough time to shop.

We will have the media table open every morning for the children to explore. Sometimes the weather is just too cold to go out so we will bring the snow inside for the children. It doesn’t seem to matter if the children are playing in the snow inside or outside, they still take off their mittens!! We have been able to get outside to play a few times: some of the children have a difficult time walking around in the snow gear. It’s like learning how to walk all over again!!

Art is just as popular this year as it was fall semester. The children have shown some interest in just “writing” with pencils. I’m so curious as to what is going on inside their little minds. The children will still have opportunities to paint, use markers and crayons and we will introduce scissors to the children individually when they are physically ready for the challenge.

The manipulatives will be rotated throughout the semester, adding challenges for some of the children. We will be using some toys from the “2’s and Preschool” storage area; the children like to explore things that are new. Pam and I like to watch the children demonstrate their
problem solving skills and attempt different ways to use the manipulatives.

**Future events for spring semester:**

1. **WOYC**—In April we will celebrate Week of the Young Child. We will have a variety of activities for the children and parents to participate in. The toddlers will be creating something special to take home, but it’s a secret for now!!!!

2. There will be a Family Gathering some time during the semester; more information and a date will be announced at a later time.

3. Parent Conferences will be toward the end of the semester; those dates will be available at a later date.

**Reminders:**

1. Make sure you are signing in and out on your scheduled days.

2. Please provide appropriate warm clothing for your child’s extra clothes box and for going outside. We usually have some extra boots and snow pants but if you could provide these items it would be greatly appreciated.

3. As always, come and talk to Pam or I if you have questions, comments, or concerns.

Sherie Newman & Pam Yockey

**TWO/THREE-1 ROOM**

Welcome back everyone! We hope you all had a fantastic break. Hopefully it’s been an easy transition for everyone to come back to school. A lot has changed since last year. The head teachers have had a shift change. Klint is now the opener from 7:30 – 4:00 and Barbara is the closer, from 9:00 – 5:30.

We have two new children in our room this semester, Diondre and Emma. If you haven’t gotten a chance to meet them, please feel free to say hello.

More than half of our children have come back potty trained! Great work parents and children! It’s important to remember to follow the pace set by the children when working on potty training, and we’ve still got plenty of time
to work on it.

We’ve also got a new classroom setup. Since we’ve been back for two weeks, the children should be able to give parents a tour of our room, showing what new toys and areas are their favorites. We’ve added the LEGO table to our toy selection, which has already become a smash success. The children have not been held back by the dinosaur theme of the LEGOs. We’ve been building walls, space ships, volcanoes, houses, and anything else we can think of.

Our dramatic play area is now full of clothes, bags, purses, shoes, and hats that the children have been wearing on a daily basis. The baby dolls have made a dramatic comeback as well. Many children are carrying around at least one baby for most of the day.

As you probably know, we have not been getting outside as often as we would like. Hopefully the weather will ease up on us so we can get out to play. A reminder to parents, we’ve got extra snow pants and boots if your child needs some to use while he or she is here. And now is the time of year that we will be going through extra socks, pants, and long sleeved shirts rather quickly. We all tend to get snow down our boots or up our sleeves while we’re busy learning outside.

While we’ve got the snow, we’re also going to be bringing some inside to play and learn with. We’re going to use it for science experiments to see how it reacts to different substances or temperatures. We can also utilize the snow for some creative expression and motor development while we’re outside. We have already gone sledding every time we’ve been outside, but there’s still so much more we can do.

Barbara or Klint have given you an ASQ for you to fill out on your child. This is just like the one you filled out at the beginning of the year, but it includes the growth and development that your child has made over the past five months. Please fill these out and return them to Barbara or Klint by the last week of February.

**Klint Mathey & Barbara Zeman**

**TWO/THREE-2 ROOM**

Welcome back for spring semester at NIU! We are glad to see our returning families and would like to welcome our families who are new to the center! As the children have returned to our typical routine we find they are much more social. They are transitioning from solo and parallel play to play where there is much more time interacting with peers. While other children are still in the area of development where they need to engage in more parallel play. Play allows for this social practice no matter where they are in their development. Free play times allow for building and strengthening of these es-
established and newly found play partnerships. As the children’s teacher, I absolutely love seeing this stage of play!

As I play with and observe the children I see the children involved in more dramatic play; many socio-dramatic play scenarios where role playing of daily events is happening. Over interim the children were building and then pretending to ride the train into the city. This spring semester the children have been busy doing things like; fixing each other’s hair in our beauty shop, using dinosaurs to fight, march, stomp and ROAR, and exploring the play dough in small and large groups. I see their imaginations beginning to bloom!

Sensory materials have been visited by the children frequently as well. You may have noticed your little one coming home with glitter, paint or glue on their clothes or skin; that’s because they have spent a great deal of time creating and manipulating play dough, painting at the easel or exploring the glue in our art area. The children have used it so much our first week I had to make a new batch during Week Two of the semester! Many children have also been using glue to paint with, or create collages, and even sensory exploration.

A majority of our children are showing more consistent interest in potty training. If this isn’t your child, don’t worry! Over my years of toilet training I have learned a few things. I want to share my top potty training lessons I have learned.

Just because the adult is ready, doesn’t mean the child is. Most children are trained fully by age 4, in my experience. Don’t get worried when you hear, “I potty trained my baby by the time they were 15 months old!” That is not typical, nor is it expected. Age 2 1/2 to age 4 is the typical window potty training happens.

All children have accidents! Shocking, but true. School is a different environment than home or the sitters. According to The Child Development Institute at http://childdevelopmentinfo.com/ages-stages/toddler-preschooler-development-parenting/potty-training-guidelines/#ixzz3P0yC6GE8, “More than 80 percent of children experience setbacks in toilet training. This means that what we call “setbacks” are really just the usual path to mastery of toileting.” It is OK! They will master the process, I promise!!

The child being ready is as important as the adult being ready. If you are patient, positive and supportive it will make the process easier for everyone involved.
If there is anything you need help with during this process, let Christy and I know and we will be happy to help you out. No problem!

Reminders:

- Don’t forget to clearly label your child’s clothing, particularly coats, mittens, hats, boots, etc. We have A LOT of articles of clothing to manage. Labeling items clearly with your child’s name (instead of initials) is incredibly helpful.

- If you love an article of clothing and don’t want anything to happen to it, please save it for home wear and have your child wear play clothes to school. Thank you for your cooperation.

Kendra Nenia & Christy Pelikan

Should Children with Colds go Outdoors?

Parents often request that their children be kept indoors when they have the sniffles. Besides the staffing problems that result when classrooms are divided into go-outside groups and stay-inside groups, parents may not be doing the best thing for their youngsters’ health by denying them the opportunity to be outside in the fresh air.

Even though it’s a common myth, cold air does not cause or prolong colds. Colds are caused by exposure to, and infection with, one of the viruses that cause upper respiratory infections. These viruses are transferred from one person to another more frequently during cold weather because we stay indoors in spaces that are small, heated, and not well ventilated, and we re-breathe shared air that’s concentrated with viruses and other germs that other people are exhaling. Heated air can also dry out the nasal passages, which may make us more susceptible to catching upper respiratory infections. Airborne bacteria and viruses that make humans sick rarely occur in the outdoor air, and cannot survive long if they do. In fact, outdoor air is considered to be naturally sterilized. Sunshine, heat, cold, and breezes quickly kill or dissipate the molds and germs that build up indoors where crowded humans are breathing together, and where ventilation might be poor. Active outdoor play naturally results in deep breathing, getting clean air into young lungs. Even just a few minutes spent outside gives little bodies a chance to replace indoor air with fresh air and possibly cut down on illnesses and reactions indoor pollutants.

Studies have shown that cold air doesn’t make the symptoms of an existing cold worse, or cause it to last longer. Cold air does make noses run, and my cause temporary nasal congestion in some people, but these aren’t worsening cold symptoms—they’re cold air responses that go away within a few minutes.

Daily outdoor time is an Illinois DCFS licensing requirement. The National Association for the Education of Young Children and Caring for Our Children—the National Health and Safety Performance Standards for Out-of-Home Child Care—agree that “children shall play / be taken outdoors daily” when weather and air quality conditions do not pose a significant health risk. Weather that poses a signifi-
Cant health risk includes wind child at or below minus 15 degrees F and heat index at or above 90 degrees F, as identified by the National Weather service. As long as weather is safe and clothing is appropriate, daily outdoor time is not only good child care practice, but is considered the best practice. By the way, parents cannot dictate what they think a facility’s outdoor play time should be; this is to be determined by the child care professionals.

In other words, children who are well enough to attend and participate in activities at child care should be considered well enough to spend time out of doors when weather conditions permit. Or, stated the other way, if a parent feels a child is too sick to go outside, then that child is too ill to be at child care.

This quote from the journal Early Childhood Research and Practice sums it up nicely, “Children of all ages enjoy and benefit from playing outdoors in all except the most extreme weather. Daily outdoor play is healthy and burns energy. It gives children an opportunity for a change of environment, a balance in play and routine, and activities of large muscle development. Even children who are mildly ill but active should go outside if the weather is not severe. Staff and children alike will feel refreshed when fresh air is part of the daily routine. Taking children outdoors daily, even in winter, can be a healthy part of their schedule, and is safe when clothing is appropriate.”

Source: Child Care Health Solutions, 11/10

References:
1. Penn State Engineering Dept., Outdoor Purge Air Systems
2. Caring for Our Children Standard 2.009, Playing Outdoors, and NAEYC Accreditation Standards 5.A.06, 5.A.07

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**What to Wear for Outdoor Fun**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Outfit</th>
</tr>
</thead>
<tbody>
<tr>
<td>65°</td>
<td>One shirt (long or short-sleeved)</td>
</tr>
<tr>
<td>60°</td>
<td>One long-sleeved shirt</td>
</tr>
<tr>
<td>52°</td>
<td>Unzipped jacket or two shirts</td>
</tr>
<tr>
<td>45°</td>
<td>Unzipped jacket</td>
</tr>
<tr>
<td>35°</td>
<td>Zipped coat</td>
</tr>
<tr>
<td>Below 35°</td>
<td>Hats, gloves, a zipped coat</td>
</tr>
</tbody>
</table>

On windy days, dress for one level lower.

On snowy days, add boots, snow pants, and a change of clothes.