

MARCH 2023

New Day News

CENTER HOURS are 7:00 AM to 5:00 PM



Lunch in the Infant Room

History

New Day Children's Center was the first licensed child care center in the city of Watertown. We have been in existence since 1979 and we are currently licensed to accommodate 146 children between the ages of 8 weeks to 10 years of age. The

Center is governed by a volunteer Board of Directors, made up of parents, church members and other people within the community. We

continue to strive to provide a
"TRADITION OF EXCELLENCE IN QUALITY
CHILDCARE"

New Day Children's Center is
A United Way Agency.

NEWSLETTER HIGHLIGHTS

Read Across America

February Fun!

Meet the New Day Staff
-Jennifer Clark

New Day Parent Handbook
-Program Goals

Eat Well Play Hard
-Let's Cook Together

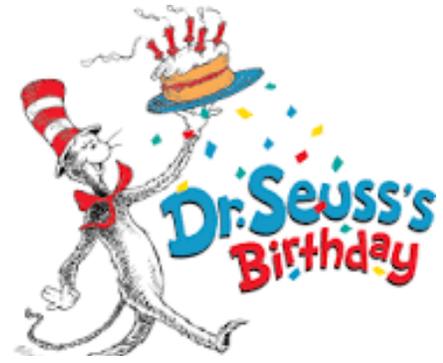
Bottle and Can Drive for



Building Autonomy and
Independence in Your Child



Read Across America Week is traditionally celebrated from March 2 to 6 – it begins on the birthday of the beloved author, Dr. Seuss. The entire month of March, in fact, is dedicated to reading. The National Education Association (N.E.A.) aims to encourage reading and educate people about its benefits, especially among children and young adults.



Events are organized across the nation by schools and organizations to promote the same. The National Education Association launched Read Across America in 1998 as a year-round program to celebrate reading. Given Dr. Seuss' impact on the reading world, his birthday (March 2) was declared Read Across America Day. This also commences Read Across America Week and Read Across America Month.

New Day is celebrating this event from February 27th through March 3rd.



Wear your favorite hat!

Monday - Feb 27th



Wear your favorite socks, the crazier the better!!

Tuesday - Feb 28th



Dress in a uniform or career outfit of what you will be when you are grown.

Wednesday - Mar 1st



Dress as your favorite Dr. Seuss character!

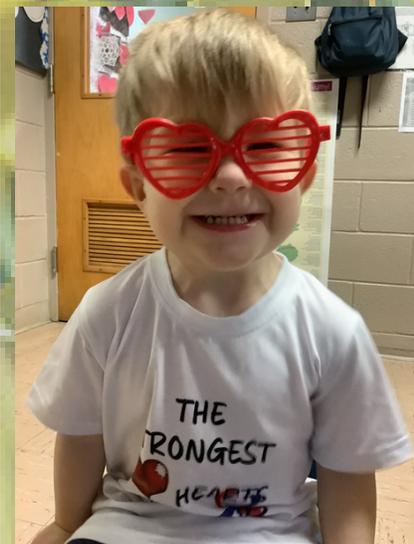
Thursday - Mar 2nd



Pajama Day! Wear your favorite pajamas.

Friday - Mar 3rd

February Fun!



MEET THE NEW DAY STAFF

Jennifer Clark

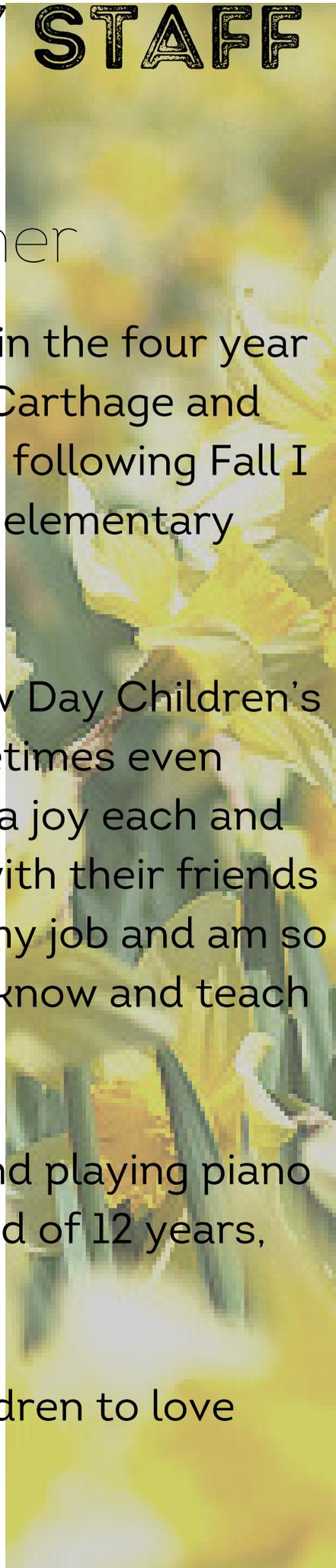
Four Year Old Teacher

Hi all! My name is Mrs. Jennifer and I work in the four year old room with Mrs. Malarie. I grew up in Carthage and graduated from Carthage High School. The following Fall I went to SUNY Potsdam and majored in elementary education.

Two Novembers ago I began working at New Day Children's Center. Each day is different and sometimes even challenging; but caring for the children is a joy each and every day. Seeing them learn as they play with their friends is the reason I get up each morning! I love my job and am so thankful to have the opportunity to get to know and teach your children.

In my free time I enjoy camping, singing, and playing piano as well as, spending time with my husband of 12 years, Elliotte, and our cat Melody.

“Teachers who love teaching teach children to love learning.”



Parent Handbook Reminder

PROGRAM GOALS

Infant and Toddler Rooms

- An environment which provides materials and equipment appropriate to the ages of the children, including textural areas, cuddly toys, objects they can explore by mouthing, rolling, squeezing, pulling and pushing, sturdy picture books, unbreakable mirrors and sturdy furniture.
- Opportunities for outdoor play in an enclosed playground, or for taking walks, on days when the weather permits, at least once per day.
- A balance of quiet and active play activities.
- Breakfast, lunch and snack each day with the opportunity to self-feed at a tray-chair or table. A variety of nutritious foods, prepared in an inspected kitchen, will be served.
- Children will be helped to develop a positive self-image through opportunities to succeed at simple tasks and games, approval of desired behavior, and frequent interaction with staff.
- Children will learn trust through the regular schedule of daily activities and the regular attendance of staff.
- The child's health will be documented daily in a notebook.
- The children will have naps in a crib or cot each afternoon.
- Children will be read to every day, and staff will interact with all children so that language development will be enhanced.
- Tummy time will be given daily to children who are awake and alert, starting with a few minutes a day and working up to an hour a day, beginning at 3 or 4 months of age.
- They will be encouraged to grasp and reach for objects placed in front of them.
- They will be engaged by adults while in this position, requiring them to lift their heads up to engage the head, neck, and core muscles.
- Benefits of tummy time will be seen as children learn to roll, sit up, crawl, and eventually walk.



Let's Cook Together!



2 Years	3 Years	4-5 Years
	All that a 2-year-old can do plus:	All that a 3-year-old can do plus:
Rinse and scrub vegetables or fruits	Add ingredients	Crack eggs
Tear lettuce or greens	Name and count foods	Peel hard cooked eggs
Snap green beans	Stir (no hot foods)	Peel and mash bananas
Break cauliflower	Spread peanut butter and other soft spreads	Cut soft fruit with a plastic knife (Only adults should use sharp knives)
Make "faces" out of pieces of fruits and vegetables	Pour liquids (no hot liquids)	Measure liquids with help
	Knead and shape dough	Help measure dry ingredients
	Add toppings to a pizza	Set the table

As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

Directions: Put a check (✓) in the box beside each task that your child already does. And use the additional ideas to encourage your child to try a new task.



Giving cans (and bottles) to help those in need

All proceeds donated to the United Way

New Day is always collecting returnable cans and plastic bottles to donate to the United Way. Donations can be left in Office #25 or your child's room.

Thank you!

No glass bottle please.

**United
Way**



This Parenting Style Is Proven to Build Independence

Research shows supporting kids' autonomy promotes mental health and good grades.

Posted March 29, 2021 | Reviewed by Davia Sills

KEY POINTS

When parents use a parenting style called "parental autonomy support," their kids have better mental health outcomes and are more likely to do well in school. This parenting style involves allowing kids to make their own choices and contributions, within boundaries.

As a parent, it can be useful to understand which parenting style comes naturally to you, as well as the pros and cons of each style. But there is one parenting style you may not have heard of, one that researchers have found supports psychological health, academic achievement, and positive attitudes toward school.

The style is called "parental autonomy support," and—not surprisingly—its main focus is to encourage kids to develop independence in age-appropriate ways and within boundaries. The idea is to help kids feel comfortable being themselves and have confidence in their abilities.

A systematic review published in 2015 found that children parented in this way performed consistently and significantly better in school, had higher levels of self-esteem, and were more likely to be self-motivated. They also had better overall psychological health.

A more recent study, published in January in the journal *Child Development*, found that parental autonomy support helped families to fare better than others during the initial COVID-19 shutdowns.

The study authors followed nearly 500 families living in Germany during the first three weeks of shutdowns in the spring of 2020. Participating parents filled out questionnaires at the beginning and end of the three weeks and wrote daily journal entries about family life at home.

Parents who practiced parental autonomy support reported higher levels of well-being for their children during the shutdown. In addition, parents who used this strategy were less likely to report feeling frustrated and more likely to report that their own needs were fulfilled on a daily basis. Overall, this parenting style was associated with a positive emotional climate in the family.

Putting parental autonomy support into action

This all sounds great, right? But how do parents implement this parenting style?

First, it begins with unconditional love. Children must know their parents will love them even when they make mistakes. This gives them the confidence to make independent decisions, knowing their parents will love them no matter what.

Next, it is important to give children age-appropriate choices to practice their decision-making. For a toddler, this may mean choosing one of three books to read at bedtime. As children get older, they can pick out their clothes or choose what to pack for lunch.

It's also important to acknowledge a child's feelings when the choice they would like is not possible. For example, "I know you really wanted to pick out strawberries from the grocery store for your school lunch, but they are out. I'm sorry you are disappointed. Would you like grapes or blueberries instead?"

Parental autonomy support also involves setting rules and boundaries for children. Adolescents and preteens can start contributing to these rules. You can ask a preteen, "When I ask you to do your homework, and you don't listen the first time, what should we do next?"

Finally, children should feel like they are contributing to the family in a meaningful way. For the smallest children, this can mean passing out napkins at the dinner table or putting toys in a bin after playtime. Let young children help with tasks, even when their "help" isn't really helpful. As children get older, make sure they have age-appropriate chores around the house. And let them help with the fun stuff too, such as planning a party or outing.

The take-home message:

Research shows that parental autonomy support builds psychological health and promotes academic achievement among kids. Some research also shows it leads to less frustration among parents and promotes family cohesion.

Visit Cornell University's Bronfenbrenner Center for Translational Research's website for more information on our work solving human problems.

