



CDCC Parent Newsletter October 2016

Important Dates to Remember

- September 30th – AXXESS Book Order due
- Oct. 6th – Pumpkin Patch Field Trip 9:30am
- Oct. 13th – Back to School Night 6:00pm
- Oct. 18th Parent Seminar, The truth about eating disorders 5:30
- Oct. 29th – Fall Family Festival 11:30am-2:30pm
- Dec. 8th – Save the Date: CDCC Christmas Program 7:00pm

Axxess book orders were due September 30th!

If you have not returned your order or book please do so as soon as possible. Thank you for your help with this fundraising event.

Pumpkin Patch Field Trip-October 6th

We will be leaving for Lane Farms at 9:30am Thursday morning, this is a very fun field trip which includes: farm animals, hay rides and picking out pumpkins. If you are able to be a parent driver please contact Jenny 805-453-3403

Back to School, Open House – Thurs, October 13th 6:00pm!

Join us as we begin the new school year to meet with your child's teacher and other parents, and learn about classroom routines and activities for 2016-2017. If you need childcare, you must reserve your child's space with Jenny by Friday, October 7th.

Parents' Seminar "The Truth about Eating Disorders"

October 18th, 5:30-7:30pm. Rachel Finch is a licensed Marriage and Family therapist with extensive experience treating those with eating disorders at all levels of care. Rachel is Program Director of La Ventana Eating Disorder Treatment Programs, Santa Barbara. Rachel will discuss some common causes of eating disorders as well as key signs to look for. She will address common myths and misconceptions about eating disorders, shedding light on the truth about the development and progression of the disorder. Rachel will share some helpful tips in regards to helping a friend or family member who may be suffering from an eating disorder. She will also explain differing options for treatment and provide hope that recovery is possible. Dinner and childcare provided. Please RSVP Cara for childcare reservations by October 14th cemerson@gmail.com

Parenting in the digital age: Life impacts of technology.

If you missed our last parent workshop you can listen online. Felicia Song (Associate professor of sociology at Westmont College) led a thought provoking workshop offering practical suggestions for establishing healthy digital practices. Go to our web site: cliffdrivecarecenter.org, go to current families, then events.

Fall Family Festival

You are invited to join us for our annual Fall Family Festival!

Sat. Oct. 29th 11:30am-2:30pm

Featuring games, crafts, a bounce house, face painting, candy and fun for the whole family. Children of all ages are invited to participate in Trunk or Treat from 12:00-1:30pm. Free popcorn, snow cones and cotton candy.

A tri-tip BBQ or hotdog meal is available for purchase.

Volunteers are also needed to run games and activities. Let us know if you are willing to help!

This is a fun, family event worth attending. Invite your friends to join us in the Free Methodist Church parking lot!

(Please, no scary costumes)



Birthday Celebration Information

We love to share in birthdays with your children at CDCC. While we enjoy the celebrations, we are also trying to be mindful of the amount of sugar served. In order to assist us, we limit the celebration to your child's class. We also ask you to bring muffins, fruit popsicles, fruit salad, or pizza type items to share. If you have any questions, please speak with Miss Jenny or your child's teacher.

“Separation Anxiety and the first few weeks of school”

from Savvy Source August 15, 2011 by [Andrea Evans](#)

Is your child heading off to preschool for the first time this fall? Are you worried that she will cling to you for dear life and refuse to enter the classroom?

Some children waltz into the new classroom, wave goodbye to their parents, and then get to the "work" of preschool without so much as batting an eye in their parents' direction. Many others, however, experience separation anxiety. That anxiety is only natural -- children are breaking away from the comforts of their home and parents for the first time and learning how to navigate an entirely new social situation. Though natural, it can be heart-wrenching for parents who are forced to listen to their kids' pleas or cries not to be left at school. Getting over those first few weeks can be tough for children AND parents. Here are some of our best tips for easing the transition to preschool:

Before School Starts	The First Day of School
<p>1. First and perhaps most importantly - Don't wait until the first day of school to talk to your child about starting school. It is best to give your child a week (or more) to get comfortable with the idea that she is about to embark upon a new experience.</p>	<p>1. Leave yourself a lot of time to get ready and to get to school. Be sure to build an extra "toddler" cushion that allows for relaxed breakfast eating and dressing. This is not the day to get into a power struggle over the Dora versus Mickey Mouse cup. Let your child have her way this morning and try to avoid typical toddler confrontations.</p>
<p>2. Know and describe what a "typical day in the life" looks like. If your school does not have a pre-entry meeting with parents or children, call the school to find out what a "typical day in the life" looks like, and talk through concretely with your child what they will be do during day to build a sense of excitement and to lessen anxiety.</p>	<p>2. Pack a little "lovie" and a picture of your family. Put something in his/her backpack that is a comfort item from home (stuffed animal, favorite car, etc.) and let the preschool teacher know that it is in there should tears appear</p>
<p>3. Read books that explore going to school. There are some wonderfully written and beautifully illustrated books that help your little one understand that school is a natural process and that even though Mommy or Daddy may not be there, their love still is. One of our favorites is The Kissing Hand</p>	<p>3. Smile. <u>Your child is really keying off of your emotions.</u> It is extremely important for your child to see you being warm and welcoming to her new teacher(s). Again, if you seem to trust the teacher your child is more likely to as well.</p>
<p>4. Talk about being apart, but even more importantly talk explicitly about coming back [and tell the teachers, so they can remind your child when you will return]. Much of separation anxiety stems not from your departure but your child's fear that you might not return. It is very helpful if you are able to tell a child exactly when in the day you will return (e.g. after circle time, just after lunch, etc.).</p>	

Still battling tears after a few weeks?

Some children take to preschool like a fish to water without as much as a wave goodbye to parents. Most others take a lot longer, some up to a month. This time can be very, very trying for parents. Here are some tips to help you navigate the first month if your child continues to seem to have difficulty.

- **Persevere.** The most important thing to remember is that you need to persevere. Separation is a very important developmental milestone for your child and, to be perfectly honest, for you as a parent as well. While it will tug at your heartstrings to drop him off those first couple of weeks, especially if tears are involved, just remember it is in both of your best interests.
- **Make play dates.** If your child seems to be struggling to fit in or is perhaps a little more shy than his/her classmates, try creating a one-on-one environment outside of school where there are fewer distractions and it is less intimidating -- at your home, for example. After a play date, when your child sees the classmate in school, there could be a direct association with home, which can help with separation anxiety.
- **Watch which adults/children your child connects with.** If there are multiple teachers at drop-off, listen to whom your child really seems to talk about at the end of the day and try to do the drop-offs in the morning with that teacher. Also, talk about the children and teachers that your child seems to gravitate to on the way to preschool. If your child doesn't talk about other children or teachers, don't hesitate to ask the teacher at pick-up what interests/children your child seems to have to help you with those morning "pep talk" rides to preschool.

Additional Thoughts from Ms. Jenny, our director, on separation anxiety:

There will most likely be a time during the year that your child will have trouble leaving you in the morning. Some children experience this more than others, but most children will go through this process. Some children who easily left their parents at one time may also start to feel anxiety later as they mature through different stages of development. There may even be days when your child does not want to come to school. Do not worry; this behavior is completely normal.

We are here to help you and your child with a smooth transition. If your child is having an especially hard morning, it is best to let one of the teachers help your child get involved in an activity or take your child to the window and wave as you drive by. If you want to stay a short time and help your child get involved in an activity or read a book that is good, but sometimes the longer a parent stays, the harder it is for their child to make the adjustment. When you are ready to leave, please let one of the teachers know, so we can help make the transition smooth. A kiss, a hug and a confident smile from you will reassure your child. Please talk to us if you have any additional concerns. We are always here to help you and your child.

Sincerely,

Jenny Yznaga, Director