
Director's News

February 2024



Here's what has happened in the last month and what's to come!

What a great month we have had. Some of the highlights have included Health and Wellness Week and celebrating Valentines Day in shades of Red.

Our friends at the Gables were delighted when I arrived with a whole box full of homemade valentine cards.

This is a CCB traditions to "share the love" and it sure was this year. We had sprinkles and doilies and pop ups and fingerpainted and sticker cards all created to give back to our community.

I am confident that for many of the residents at the Gables, this not only brought a smile to their face, but flooded them with memories of yesteryears.

We explored the many shades of Red on Red day. We had bright red, light pink, dark pink, magenta, maroon and a whole variety of LOVEly outfits which were fun to wear as we reinforced our understanding of redness!

Our amazing culinary team fed us only red foods on this day, too. So much fun.

-- Susan

In this newsletter you can expect:

A Yummy, Messy Recipe

March Family Calendar

What is "FLIP IT?"

New Feature from Efrim (upstairs cluster support)

Reenrollment and Preview Videos

and More!



I am pleased to report that YOU have all been so very responsible and have returned your reenrollment in a timely fashion. THANK YOU!

There are a handful of families who we have still to hear from, but I am pleased to share that almost all of our friends will be joining us for another amazing CCB year.

We take your decision to reenroll as confidence that your child has enjoyed

his/her time with us as much as we have enjoyed spending it together. It is a great tribute to the work we do and the partnership that we have with you to have so many returning families.

I will now be able to call back some families on our waiting list and offer them opportunities to enroll. They will be eager to join our family.

-- Susan



Our annual preview videos were an opportunity to learn more about your child's upcoming program and shared highlights about the next steps in our program, curriculum and environment.

As we grow and change, so does the exploration and exposure that your children have to new concepts and developmental area focusses.

There is SO much involved in loving and educating your children. CCB's progression is a continuum with attention to appropriately challenging your children while being mindful of individual temperaments and needs.

Second to this, we also hope you had the opportunity to explore some new classrooms during Family Fitness Night.



Health and Wellness Week

We try every day to have your children experience a whole variety of activities to support their minds, bodies and souls.

A family favorite this year was Fitness Night. It was great to see so many members of our community participate.

There were experiences for all ages. So much joy and fun as we saw you playing with your children.

We hope that you also learned that these activities can be really simple and capture the delight of all.

--Susan



From the Kitchen: Turkey Sloppy Joe's

Turkey Sloppy Joes!

- 1 lb ground turkey (Or ground tofu for vegan/vegetarian)
- 1/2 large yellow onion minced
- 1/3 large green bell pepper minced
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1 Tbsp spicy brown mustard (regular mustard can be substituted)
- 1/2 cup ketchup
- 1/3 cup barbecue sauce
- 3 Tbsp tomato paste
- 1 Tbsp granulated sugar (more or less to taste)
- 1 Tbsp apple cider vinegar
- 1 tsp Worcestershire sauce
- 1/2 cup water

Directions:

-Heat a large skillet over MED HIGH/HIGH heat. Add a drizzle of vegetable oil, and once hot, add buns, cut side down. Cook for 30 seconds to a minute (this time will vary), or until golden brown on the bottoms.

-Remove to a wire cooling rack, cut sides up.

-Heat oil in large skillet over MED-HIGH heat. Add turkey, onion and bell pepper and cook, breaking apart into crumbles as it cooks, about 5 minutes, or until turkey is cooked through and vegetables are beginning to soften. Transfer to colander to drain.

-Add chili powder, garlic powder, salt, pepper, mustard, ketchup, barbecue sauce, tomato paste, sugar, vinegar, Worcestershire sauce and water and stir well to combine.

-Reduce heat to MED/MED LOW and cook for 10-15 minutes, until mixture has thickened to your liking, stirring often. Remove from heat and serve over toasted buns.

Cooking Classes are Coming Back!

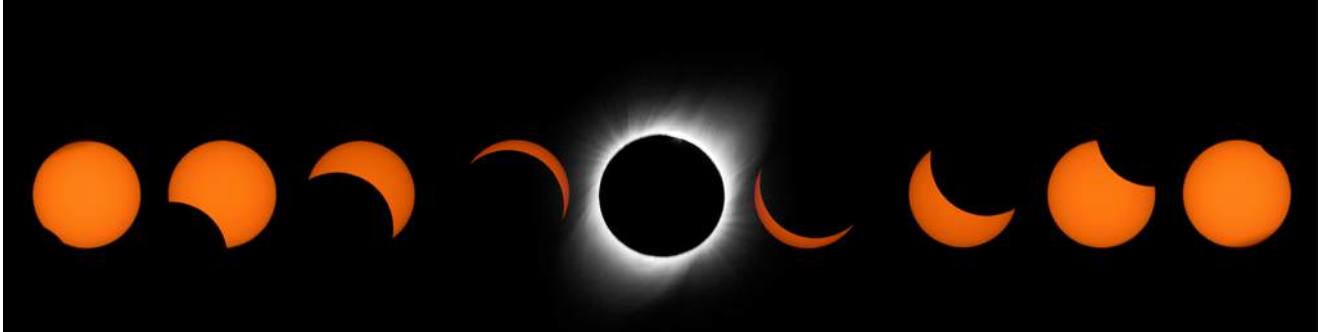
We would really enjoy picking up where we left off in terms of doing cooking classes with your kids.

We did a few classes late last year and are hoping to jump back in where we left off.

Looking forward to exploring our wonderful world of food with your children!

Thanks,
Gabby

SOLAR ECLIPSE DAY at CCB APRIL 8th 2024



Here's what you should know:

- We will be open our standard hours!
- Traffic is likely to be heavier than usual, so plan your route to and fro CCB accordingly.
- Children will engage in activities, age appropriate, about the sun and moon.
- Our culinary team will be creating a “galaxy” lunch for us.
- Our pediatric consultant, Dr. Carolyn Cleary, has advised us that it is safe to go outside; the danger lies in looking directly at the sun for a prolonged period of time, unlikely for children to do so.
- You will have the option of having your children outside or stay inside on this day. We will collect this information in a survey that you will see, very soon, on the sign in/out clipboard in your child's classroom.
- CCB has eclipse sunglasses that will be provided for the children going outside.
- Enjoy this phenomena 😊

-- Susan



What To Do When You Don't Know What to Do

On February 2nd CCB staff spent the entire day learning together. We explored the very important and meaningful merging of FLIP IT (a behavioral reflection technique) with Pyramid model. We worked with Cat Turco, infant/toddler specialist and master Pyramid model trainer, from the Child Care Council.

We learned that there are four steps to helping children who are exhibiting big feelings and big behaviors:

F: Feelings Address the behavior by acknowledging the root feelings.

L: Limits Establish loving, simple limits. These help a child's sense of safety, consistency and trust.

I: Inquiry Encourage children to think about solutions for their challenges.

P: Prompts Provide creative cues, clues and suggestions for a child to problem solve.

We will be working to put FLIP IT into practice and to master these step.

Part of the work which we needed to accomplish, was to identify what the Center's expectations are that we all prioritize. You had an opportunity to provide us with your feedback by taking the survey that we sent to you. It was amazing. CCB staff and our parent community all agreed.

Our Center's expectations are:

- **Be safe**
- **Be Respectful**
- **Build Community**
- **Play and Have Fun**

You will see these expectations on posters in all classroom and around the Center. When we work with children we can now use the same language that we value, from infants to school age children, for all adults in our space, and for families.

We will continue this critical work throughout the year, in the confidence that the children and all of us will work toward and reflect on what is clearly important to all of us.

-- Susan



Running Feet and Outside Voices

A New Feature by Efrim (upstairs cluster support)

As caregivers and parents, we recognize the very real, internally driven need for children to run, yell, climb, jump, throw, hit, tackle, push, pull, grab, rip, roll around, get dirty, taste everything, break things, and display sometimes very, very, very big emotions.

And we know that, as challenging as these kinds of behaviors can be sometimes, simply stifling them summarily serves to also stifle a child's spontaneous expressions of curiosity and passion, exploration and wonder. So, one of the trickier matters for us as caregivers to navigate is finding ways to both accommodate these behaviors while also helping children develop a sense of appropriate limits, and ensuring they and those around them are safe, and feel secure. It is not always easy.

Last week for our in-service training day, we received instruction on a tool to help us more effectively accomplish this. FLIP IT is a method developed by the Devereux Institute for Resilient Children that describes four steps to addressing challenging behaviors while still honoring the feelings and internal drives of our children.

F-Feelings: Identify and validate a child's feelings; help the child to identify and build a language to describe their emotions.

L-Limits: Set positive limits, letting the child know what they can do, instead of naming what they cannot.

I-Inquiries: ask questions to help the child find their own solutions to challenging situations (after all these years, I am still amazed by the unexpectedly novel, and very achievable solutions that children can dream up).

P-Prompts: provide suggestions that help guide the child to solutions when they are struggling.

I realize that there is a lot to unpack in all of this, and doing so lies very much at the heart of the work I am doing at CCB, but for now I simply want to take note of one aspect of this method that I think can be too easy to get hung up on.

All too often it can be easy to measure the success of our approach to addressing challenging behaviors by whether it succeeds in putting an end to

the behavior. If the approach manages to inhibit the behavior, it was the right one; and if it did not, we can be quick to look for another.

But what I want to emphasize here is that this approach is successful in-and-of-itself, regardless of the outcome.

The measure of our success, rather, is our ability and willingness to do these things for our kids, sometimes over and over, even when it does not bring about our desired, intended outcome. This method, whether we call it FLIP IT, peaceful parenting, or just our own intuitive way of caring for children, (FLIP IT is, at the end of the day, a tool to describe what many teachers and parents do all the time anyway) is intended to honor the whole child, in all their often messy, unwieldy beauty, and this is never the wrong thing to do.



It is
easier to
build
strong
children
than to
repair
broken
adults.

For the remainder of the year, we can explore together what this approach looks like in practice, for teachers, parents, and children; how this approach relates to our integration of the Pyramid model at CCB, and further steps we can take when there is an immediate, or long term imperative to redirect behaviors due to real concerns over safety or a child's developmental trajectory; and hear from our children themselves, through their words and actions in stories we share from the center and our personal parenting journeys.

This is a dialogue, please share your thoughts, questions, comments, anecdotes, or disagreements: upstairscoord@childrenscenter.net

-- Efrim

[Click Here to Find Out More About FLIP IT](#)

LOOKING AHEAD:

3/18-3/22: WELCOME SPRING WEEK

3/26 – 3/28 BOOKFAIR - MORE INFORMATION TO COME



March 2024 Family Calendar						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Welcome Spring Fun Week	18 Rainbow Process Art 	19 First Day of Spring 	20 Stuffy Pal Picnic 	21 Mud Play/Painting 	22 Rainbow Science 	23
24	25	26	27 BOOK FAIR 	28	29 SAP	30
31						

[Click to Enlarge Calendar](#)

WE ARE CELEBRATING!

**MARIE:
COACH
15 YEARS!**

**TOM:
GYM TEACHER/
CCB 2
12 YEARS!**

**SHELBY:
3F TEACHER
7 YEARS!**

**SABERA:
FLOATER TEACHER
3 YEARS!**

**CLEO:
FLOATER TEACHER
2 YEARS!**

WE APPRECIATE ALL YOU HAVE DONE, FOR YOUR COMMITMENT, FOR THE LOVE AND PASSION YOU BRING TO CCB, AND JUST FOR BEING YOUR AMAZING SELVES!

THANK YOU!!!!!!!!!!!!



The Perfect DOG
This search is gonna be ruff!

LOUIS S. WOLK
JCC ROCHESTER

TYKE
tykestheatre.org

March 9-17
tykestheatre.org

[Click Here for More Info](#)