



# Circle Time

*The mission of the Parent-Infant Center is to support parenting by enabling young children to grow and learn in a safe, stimulating, loving environment*

## ArtStart turns 10! Join us Oct. 22!

Celebrate 30 years of high-quality child care and support our mission for years to come at ArtStart2009 on **Thursday, October 22 from 5:30—8 pm.**

PIC families, alumni and friends gather in the chapel next door to marvel at works of art by every child enrolled at PIC. Enjoy wine & beer, cheese, appetizers and desserts from many of the great restaurants in our neighborhood, plus delicious goodies from some of PIC's best cooks!

Look for wonderful items on the silent auction table, plus our popular classroom theme baskets. Raffle tickets are just \$1 and this year's top prizes include a Nintendo Wii and tickets to a Philadelphia Eagles game!

Proceeds from ArtStart support the Sweet Dreams campaign for PIC —



our commitment to expanding child care options, providing scholarship support to families in need, continuously improving PIC programs and services.

ArtStart is not just a great 'night out' for adults but a fun-filled evening for PIC kids too! For just \$5 per child (maximum of \$10 per family) we also provide child care, dinner and entertainment for the children. Check the ArtStart child care sign-up

sheet in your child's classroom.

As we prepare for ArtStart, here's how you can help:

- **Buy tickets today!** Invitations were mailed to your home. If you didn't get an invitation, let Chelsea know.
- **Help us mount art work** Our fall workday is **Sat. Oct. 17**
- **Donate an item** for the silent auction
- **Make an appetizer** or dessert for guests to enjoy!
- **Sell raffle tickets** to earn admission to ArtStart. Check your PIC mailbox next week for details.

For more information call or e-mail Chelsea Koziara

## Fall Work Day - Saturday, October 17

Mark your calendar for PIC's fall center-wide work day, Saturday, Oct. 17, from 9 am to 2 pm.

We need volunteers for simple repair jobs around the center and most importantly to mount all the wonderful artwork our children have created for ArtStart!

Center-wide work days are a fantastic opportunity to earn PPP hours and to meet other PIC parents. Child care and snacks are provided. Sign up in your child's classroom. Questions? E-mail Development Director, Chelsea Koziara, [ckoziara@parentinfantcenter.org].



## Scarecrow Fest

PIC's Scarecrow Fest returns on **Saturday, October 3, from 10 am to noon.** Build a scarecrow for your porch or yard — it's lots of fun! Just \$10 covers all materials. Join us on the playground.

## Wild Things

As the seasons change and we head into fall, the Wild Things have been reminiscing about what a great summer we had! We participated in the center-wide Sports Day where we enjoyed playing with the balls and hula hoops.

The toddlers hosted outdoor art day — that was a lot of fun! Our favorite activities were drawing with chalk and painting with different colored ice cubes on a stick. Later in August, the infants hosted a center wide water play day. We had pools out and played with shaving cream in a sensory table outdoors. That was fun, but the best part was the easy cleanup afterwards (by jumping into a pool)!

The Wild Things had quite a few days of water play this summer.



Everyone enjoyed splashing, scooping and pouring. Nothing like the laughter of little ones to let you know how much fun they are having!

When it was too hot to go outside, we had water play indoors at the sensory table and we got to wash cars and baby dolls. We were careful not to get soap in the baby dolls'

eyes! Our last trip of the summer was to the Bio-pond to see ducks, turtles and fish. Sadly, there weren't any ducks but we did get to see some turtles and fish and some of the fish were really big. We took some crackers and we got to feed the turtles.

At the Bio-pond we also saw a waterfall. It was great because we got to walk around and the teachers took pictures of the Wild Things admiring the waterfall. After a snack of crackers, raisins, and water, we headed back to PIC.

As for what we have planned for fall, we are all looking forward to some cooler weather and watching the leaves change color.

— Kristen Carter

## Sunshines

As new children enter the Sunshine Room, parents often express concerns about potty training and their role in potty training their children. Parents play a major role in toileting and we count on them to provide their children with direction, motivation and reinforcement — but most of all patience when they are away from PIC.

There is no 'right age' to toilet train a child. Readiness depends on the individual child. Your child will show cues that he/she is developmentally ready. If your child is feeling pressured to toilet or if the process is too stressful, he/she may begin to withhold urine or stool. Withholding can lead to constipation. If you as a parent are feeling pressured to train your child, your anxiety about toilet training may also create unwanted



anxiety in your child.

The more ready the child is when you begin, the more quickly the process will go. Initial success relies on your child's understanding the use of the potty, not mastering the process. Invest in a potty chair. Many children feel more secure on a potty chair than on a toilet because when they sit, their feet are securely on the floor and they are not afraid of falling off or into the toilet. Keep your child in loose and easy-to-

remove clothing. When your child is successfully using the potty several times a day, he/she may be ready for underwear for part or most of the day.

Because diapers can be reassuring, do not rush your child out of diapers. Accidents are common and should be expected, not to be seen as failure or regression. Your child needs encouragement and reassurance from you.

Make toileting a positive experience so that your child feels comfortable. Most of all, praise your child whenever he/she tells you that they need to use the potty (especially without being reminded). Finally remember that each child will master toileting at his/her own pace.

— Regena Schell

# Peanuts

Lately we have been observing some bullying in the Peanut Room. Although bullying is usually seen in preteens and teens, bullying occurs in early childhood, too. Young children have limited social perspective and ongoing brain development, and at this age we commonly hear a lot of “I’m your friend/ I’m not your friend” in the classroom.

In their early years, children are just beginning to learn patterns of social acceptance and rejection; this is why a teacher’s response needs to be proactive and preventive. Picture the following scenario: There are three children in the dramatic play area. One yells “Shut up!” in response to being told by the other two that they are not his friend. As teachers, we make it clear that ALL children have the right to be accepted. We also help children find an



alternative response to “I’m not your friend.” We explain that children *do* have the right to choose their own friends; however, we encourage them to be friendly with *all* their peers.

We always let the children know that they come to school to play and have fun, not to fight their way through the day. For some young children, bullying is a form of instrumental aggression — harming a classmate mentally or physically in

order to achieve a goal. In this case, we use our leadership skills to guide children to be more socially responsible. Sometimes bullying can be reactive aggression, when a child experiences stress and does not know how to ask for help. This is when we have to work harder to find out why a child has become defenseless.

Helping one child express his/her feelings about being bullied and assisting the other child to understand that bullying does not help with finding an identity is an interactive approach. This process teaches acceptance and negotiation skills. We are doing all that we can to promote a healthy, safe and nurturing environment; all while developing positive relationships and guidance to handle conflicts.

— *Kharma Hicks*

# Hawks & Eagles



*A student from the Solar Car Invention Club showcasing her work at last year’s ASC Open House.*

With a new school year comes a wide variety of new clubs and activities for the Hawks and Eagles. Our After School staff have embraced the spirit of autumn and ArtStart with some creative new club ideas.

Students are participating in a Crafty Science Club (a club focused on learning about science through science experiments and debunking science myths and misconceptions) Paper Mache Club, Illustration Club, and Trash-to-Treasure Club.

Some of the projects we’ve already completed include self-portraits, paper mache globes, and “leaf people” sculptures made out of sticks and leaves found in and around the PIC campus.

Art has been a big focus as the Hawks and Eagles are actively preparing pieces to showcase at ArtStart later this month.

Art isn’t the only thing on our minds however. We’re offering many other clubs, from Computers to Choir and

Girl Scouts to Street Hockey.

Also, along with the PIC teachers hosting their own board games and chess clubs, we have some special guest volunteers from the University of Pennsylvania visiting us every Wednesday to play Scrabble with some of the After School’s creative spellers.

Everyone is looking forward to another fun, safe, and exciting school year, and we encourage parents, teachers, and children to come visit the Stucco Building any time to see what we’re up to!

— *Ed Christof*

# Health and Safety @ PIC

So, what do hand washing, lunches, and child to staff ratios all have in common? They are all addressed in the National Association for the Education of Young Children standards we must meet in order to have and keep our prized NAEYC accreditation. There are three main areas addressed in the Health and Safety standards: children's health, nutritional well-being, and safety.

The health standards include the requirement of regular checkups for children (and staff) to ensure good health and early identification of medical issues. Many of you have received reminders from us to bring in current health assessments. The hand washing standards are the best way to decrease the transmission of disease. You can see the signs on the doors of many classrooms reminding you to wash hands when you and your child first enter. Guidelines for



diapering, sick children, outdoor play and more are also discussed..

You may have had heard your children talking about food. Although we do not provide lunch (except on pizza day), we do provide snacks and recommend that a nutritious lunch be sent in. And the teachers will talk about food with your children. We ensure the safety of foods, providing refrigerator or freezer storage when necessary. Our snacks always include fruit. Sometimes we must ban certain foods from a classroom be-

cause of a food allergy that could result in serious health consequences for the child affected.

Safety involves not only maintaining safe, clean equipment and play spaces that meet the appropriate standards, but staff to child ratios which can vary by the age of the child. The standard is for one teacher per 9 children for children ages 3 to 5 years old in a group of 18, whereas we generally have 3 teachers for that class size. This means we are always at the required ratio, and the children are well monitored. There are even laundering and toy washing standards – and we thank all of you that help us with that!

We greatly appreciate all your assistance in helping us achieve our goal of keeping your children healthy and safe while they are here at PIC.

— Lynne Piersol

## Heading to kindergarten next year?



### PIC's Annual Halloween Parade!

Join us **Friday, October 30**, at 10:30 am. We will depart from PIC and march to the red sculpture on Penn's campus, arriving at 11am for songs and a snack.

Older children will make their costumes; parents of infants are welcome to dress their darlings for the parade. We hope for good weather but if it rains, we will parade in the small gym.

If your child is headed to kindergarten in fall 2010, or if you are curious about kindergarten readiness, join us at an information session on Tuesday, Oct. 13, from 5-6pm in PIC's small gym. Family Life Coordinator Lynne Piersol and Director of Early Learning Cherie Crosby will share resources on kindergarten readiness (what it is, and what it's NOT), information about what PIC does to help children prepare for kindergarten, and what you can do at home, plus tips on registration and requirements.

If you live in the city and think your neighborhood school isn't the best option, go to that school to request an application for transfer to another school within the Philadelphia

system.

**Transfer forms are due by October 30.**

If you are considering an independent school, start your search at [www.advis.org](http://www.advis.org), the website for the Association of Delaware Valley Independent Schools.

When PIC receives information about school open houses, we post them on the green radiator in the main stairwell and on the bulletin board in the gym. Public and private schools are scheduling tours this month and next.

If you are a half-day or part-time family and would like to attend the meeting, please email Lynne Piersol [[lpiersol@parentinfantcenter.org](mailto:lpiersol@parentinfantcenter.org)].