



# Early Years Advisor

Danville Child Development Center

WE DO MORE THAN CHILD CARE

[www.danvillecdc.org](http://www.danvillecdc.org)

JANUARY 2013

## REMINDERS:

**Dalo's Pizza Order's**  
Due Jan 24th.  
Pick up Jan 31st.

**Favorite Team Day**  
Kids and Staff wear  
your favorite team shirt  
or colors on Feb 1st

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## A Note from the Executive Director

### PPL makes generous donation to child care center

PPL Corporation recently demonstrated its commitment to corporate citizenship with a \$30,000 donation to the Danville Child Development Center in Montour County near Danville, Pa.

PPL's donation, made through the Pennsylvania Educational Improvement Tax Credit Program, will go toward the center's pre-kindergarten scholarship fund.

"These scholarships help provide high quality child care to those who normally can't afford it, and in an area that does not have many high quality, affordable child care programs available," said Teri MacBride, regional community relations director.

The center has been an Educational Improvement Tax Credit pre-K scholarship organization since 2010. The center is accredited by the National Association of Young Children and is a Keystone Stars program participant. It serves between 400 and 500 children each year.



"We've had a close relationship with the Danville Child Development Center for several years now," MacBride said. "The center provides excellent child care to the local community, and is exactly the kind of organization that PPL wants to support."

## Children and TV: Limiting your child's screen time

### Children and TV often go hand in hand. Understand the effects of too much screen time — and how to enforce reasonable limits.

By Mayo Clinic staff

Are you concerned about how much time your child spends watching TV or playing video games? Although some screen time can be educational, it's easy to go overboard. Consider this guide to children and TV, including what you can do to keep your child's screen time in check.

### The effects of too much screen time

The American Academy of Pediatrics recommends limiting a child's use of TV, movies, video and computer games to no more than one or two hours a day. Too much screen time has been linked to:

**Obesity.** Children who watch

more than two hours of TV a day are more likely to be overweight.

**Irregular sleep.** The more TV children watch, the more likely they are to resist going to bed and to have trouble falling asleep.

**Behavioral problems.** Elementary students who spend more than two hours a day watching TV or using a computer are more likely to have emotional, social and attention problems. Exposure to video games also increases the risk of attention problems in children. Children who watch excessive amounts of TV are more likely to bully than children who don't.

**Impaired academic performance.** Elementary students who have TVs in their bedrooms tend to perform worse on tests than those who don't.

**Violence.** Too much exposure to violence on TV and in movies, music videos, and video and

computer games can desensitize children to violence. As a result, children may learn to accept violent behavior as a normal part of life and a way to solve problems.

**Less time for play.** Excessive screen time leaves less time for active, creative play.

**How to limit screen time**  
Your child's total daily screen time may be greater than you realize. Start monitoring it. In the meantime, you can take simple steps to reduce the amount of time your child spends watching TV, movies and videos or playing video or computer games:

**Eliminate background TV.** If the TV is turned on — even if it's just in the background — it's likely to draw your child's attention. If you're not actively watching a show, turn off the TV.

**Keep TVs and computers out of the bedroom.** Children



Children love to help cook or just play with cooking utensils. It will keep them busy while you are trying to make dinner.

**Record programs and watch them later.** This will allow you to skip or fast-forward through commercials selling toys, junk food and other products, as well as pause a program when you want to discuss something you've watched — such as a depiction of family values, violence or drug abuse.

*(Continued from page 1)*

who have TVs in their bedrooms watch more TV and videos than children who don't. Monitor your child's screen time and the websites he or she is visiting by keeping computers in a common area in your house.

**Don't eat in front of the TV.** Allowing your child to eat or snack in front of the TV increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.

**Set school day rules.** Most children have limited free time during the school week. Don't let your child spend all of it in front of a screen. Avoid using TV and video or computer games as a reward for finishing homework and chores.

**Talk to your child's caregivers.** Encourage other adults in your child's life to limit your child's screen time, too.

**Suggest other activities.** Rather than relying on screen time for entertainment, help your child find other things to do. Consider classic activities, such as reading, playing a sport or trying a new board game.

**Set a good example.** Be a good role model by limiting your

own screen time.

**Unplug it.** If screen time is becoming a source of tension in your family, unplug the TV, turn off the computer or put away the video games for a while. You might designate one day a week a screen-free day. To prevent unauthorized TV viewing, put a lock on your TV's electrical plug.

**Become an active participant.** When your child has screen time, make it as engaging as possible:

**Make viewing an event.** Rather than keeping the TV on all of the time, treat watching TV as though you were planning to see a movie in a theater. Choose a show and pick a specific time to watch it.

**Plan what your child views.** Instead of flipping through channels, seek quality videos or use a program guide to select appropriate shows. Pay attention to TV Parental Guidelines — a system that rates programs based on suitability for children. Make a list of the programs your child can watch for the week and post it in a visible spot, such as near the TV or on the refrigerator. Use parental control settings on your home computer. Preview video games before allowing your child to play them.

**Watch with your child.** Whenever possible, watch programs

together — and talk about what you see.



**Record programs and watch them later.** This will allow you to skip or fast-forward through commercials selling toys, junk food and other products, as well as pause a program when you want to discuss something you've watched — such as a depiction of family values, violence or drug abuse. When watching live programs, use the mute button during commercials.

**Choose video games that encourage physical activity.** Better yet, make the games a family experience.

It can be difficult to start limiting your child's screen time, especially if your child already has a TV in his or her bedroom or your family eats dinner in front of the TV. It's worth the effort, however. By creating new household rules and steadily making small changes in your child's routine, you can curb

## Staffing Scoop

On Saturday January 19th DCDC recognized several staff members for their years of hard work and dedication working with young children.

**15 years-**  
**Amy Cooper-Wolfe**— SACK Program Supervisor



**10 years-**  
**Gina Horne**— Substitute and SACK teacher

**Beth Nevius**— Bloom Rd Preschool/ SACK Teacher

When you see them please give them a warm congratulations for a their years a hard work!



### Up Coming:

DCDC is working hard to find a new highly qualified preschool teacher for our Grizzly Bear classroom. Currently Gina Horne is filling in until a new teacher is hired.

In February, Gina Horne will be covering Teddy Bear teacher, Jen Hodish, while she is on maternity leave with her new son Brek.

In May, Gina will also be covering Huggy Bear teacher, Joanna Race's maternity leave as well.

## ~Early Intervention

### Developmental Milestones

The course of children's development is mapped using a chart of developmental milestones.

These milestones are behaviors that emerge over time, forming the building blocks for growth and continued learning. Some of the categories within which these behaviors are seen include:

Cognition (thinking, reasoning, problem-solving, understanding)

Motor coordination (gross/fine motor, jumping, hopping, throwing/catching, drawing, stacking)

Social interaction (initiating peer contact, group play)

Adaptive (dressing, eating, washing)

### By age one

#### Milestones

- Recognizes name
- Says 2-3 words besides "mama" and "dada"
- Imitates familiar words
- Understands simple instructions
- Recognizes words as symbols for objects:  
Car - points to garage, cat - meows

#### Activities to encourage your child's language

- Respond to your child's coos, gurgles, and babbling

- Talk to your child as you care for him or her throughout the day
- Read colorful books to your child every day
- Tell nursery rhymes and sing songs
- Teach your child the names of everyday items and familiar people
- Take your child with you to new places and situations
- Play simple games with your child such as "peek-a-boo" and "pat-a-cake"

## ~LEARN

### Activities from Learning is Everywhere Calendar: Staying Safe and Healthy Key Learning Area: Scientific Thinking and Technology

**Infant:** Sing while talking with your child about putting on a coat, hat, mittens, blanket, etc. Explain that mommy is keeping the baby safe and warm.

**Toddler:** Take your child to the bathroom while visiting the doctor's office and wash his/her hands. Explain the importance of washing hands and explain germs and how to prevent germs.

**Pre-Kindergarten:** Ask your child to tell you the name of a healthy food item and then you name one, too. Go back and forth with your child. Explain why it is important to eat healthy foods.

For more ideas visit [www.papromiseforchildren.com](http://www.papromiseforchildren.com).

## ~Early Years Learning Academy

### LIKE US ON FACEBOOK!

-Check out DCDC's Facebook page for all the latest DCDC news and updates. <https://www.facebook.com/WatchUsGrowDCDC>

**Calling all Readers!** DCDC is looking for Grandparents, Aunts, Uncles, etc of DCDC students to come in and read to our classrooms. DCDC is looking to encourage the joy of reading through our new program:

### 'Reach Out And Read' (ROAR)

You can bring your own book, borrow a book from us, or if you don't care to read but can tell a good story from your youth, even better!

**Contact DCDC @ 275-4047** to schedule a date or talk with a teacher

## ~Child Care Information Services

### Understanding the Subsidy Absence Policy- effective 7/1/12

- \*A parent can receive up to 25 days of paid absences for each fiscal year (beginning July 1 and ending June 30) to use as they wish
- \*The CCIS (Child Care Information Services) will not pay for any absences beyond 25 days.
- \*The parent will be responsible for paying the provider for all absences beyond 25 days (at the provider's private rate) until the beginning of the next fiscal year
- \*The parent will receive a warning letter from the CCIS when their child (ren) is/are at 20 absences for the year

The parent may want to look at their need for care and reduce the requested days of service for their child if there are regular absences, so they will not exceed the 25 days.

There are some circumstances when the CCIS may suspend subsidy if the child is unable to attend care for more than 5 consecutive days ; including, but not limited to, illness or visitation with the noncustodial parent. Those absences will not count toward the 25 day total.

**Please contact the CCIS caseworker for your county to discuss your individual situation.**

Montour 275-3996

Columbia 784-0963

Northumberland 988-4452

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MORE  
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### Parent Reminder

#### Call the center if: (ext. "0")

- child will be absent, please call by 9:00 a.m. (We need to know how long your child will be absent and whether or not she/he has a communicable disease.)
- alternate pickup person
- changes to home or work address/phone numbers
- change in emergency procedure or emergency contact person
- you will be late to pick up
- You child will not be attending SACK, please call by 2:00p.m.



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com/  
WatchUs-  
GrowDCDC](https://www.facebook.com/WatchUs-GrowDCDC)

## ~Fundraising & Development

Super Bowl Sunday  
**Dalo's Pizza Sale**

12" Unbaked Cheese Pizza  
**\$5 each or 3 for \$13**

Orders due Jan 24th and  
Pick up Jan 31st.

*Proceeds will be used to support projects around  
the center.*



**Wolfgang Candy Fundraiser**

Orders Due Feb 11th

Delivery March 13th

Money is due when orders are  
turned in and proceeds will be used  
for DCDC Quality of Life program for staff.



DCDC is always appreciative of all the donations we receive to help support our program and special activities.

### "Building Our Future" Campaign:

Steve Meschter & Cathy Beinlich  
Leighow Oil Company  
Jersey Shore State Bank

Mitrani Family Foundation  
William & Gail Zimmer  
Lynn Hansel  
Merck Partnership for Giving  
Debbie Chinn  
Thomas Mugford

**EITC Scholarship Fund:**  
FNB Bank

### Operating Support:

Children's Brace  
Giant Food Store, Danville  
Dr. Bill Jones  
Anonymous

### In Kind:

Dunkin Donuts  
Bloomin Bagels

## Parent Information

### Winter Health Tips For Children - 6 Ways to Keep Your Child Healthy During Winter

By *Debbie Davis*

Winter brings crisp, cold days, and stunningly beautiful landscapes of ice and snow, which for your child probably means building snow men, making snow angels, ice skating, skiing, drinking hot chocolate, and lots of other fun activities. But your child can only enjoy all of this if they stay healthy. Here are 6 fairly easy ways to keep your child healthy during winter.

1. Hand washing is still one of the best ways to eliminate the spread of germs from one surface to another. And with the creation of soaps that foam, smell good, come in engaging and kid-friendly containers, and the high-tech motion activated soap dispenser, hand washing has never been more glamorous. Let your child pick out a couple of favorite choices for soap and maybe even splurge and get a lotion for them to use after each wash. Teach them how to blend the hot and cold water so the temperature is warm rather than bone-chilling cold. You'll be amazed how these seemingly small perks will motivate your child to wash their hands more often.

2. Hand sanitizer is a wonderful and effective addition to the arsenal against germs. Keep a bottle in the car so they clean their hands immediately after school or other activities, and before you hand them a snack to eat. Be sure to monitor its use with smaller children to make sure they use it on their hands and rather than inhaling it.

3. Dressing in layers even on warmer days helps children stay healthier. It's often such a temptation for children to dress too lightly during the winter when the weather is unseasonably warm. Many inside spaces are still cold and drafty, so insisting that your child wear or be able to add a shirt with long sleeves, and/or a sweater when needed (lots of times on the same day), will go a long way toward keeping them healthy.

4. Covering their mouths when sneezing or coughing is still high on the list of things to do, and covering with your arm rather than your hand is better. Sneezing and coughing into hands and then touching door knobs, phones, and other hands just spreads the germs. Just this one action probably keeps hands 50% cleaner.

5. Keep small boxes of tissues open and ready in every room. Again, let your child help pick out the designs on the

boxes. This may seem like overkill, but often children (and adults) know they need a tissue, but can't find one. Stock their coat pockets with extra tissues so they are sure to have one on the playground or in your car and when riding in a friend's car. Having a tissue available when they need it is a simple but effective way to stop the spread of germs. The old adage keeps coming back because it's true—an ounce of prevention really is worth a pound of cure!

6. When they are sick, keep them home. Their eyes and activity level are great indicators of how sick they are. If their eyes look heavy even though they are awake, and they are content to just sit and be quiet (sometimes referred to as looking puny) keep them home to avoid exposing their weakened immune system to all the germs they will certainly encounter in their daily routine of pre-school, school, and other after school activities. This will help others stay well too. Children's systems are generally incredibly resilient and will bounce back pretty quickly in a less germey environment, with lots of rest, and a well-balanced diet that includes lots of fluids.

Article Source: [http://  
EzineArticles.com/1870820](http://EzineArticles.com/1870820)