



# Early Years Advisor

Danville Child Development Center

WE DO MORE THAN CHILD CARE

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

JUNE 2013

## REMINDERS:

Thirty One Bag  
Fundraiser orders are  
due June 24th

SACK Moovin n  
Groovin is August 15th

## INSIDE THIS ISSUE:

Cover story	2
cont'd	
Staffing	2
Scoop	
DCDC	3
Happenings	
DCDC	4
Happenings	
cont'd	
Thank You	4
Parent	4
Information	

## A Note from the Executive Director

We love summer here at DCDC! But don't be fooled! Whether your child is at Wall Street or Bloom Road, there is still lots of learning happening! Each week, our child care children will continue to dive into learning with different themes and activities. And of course there will still be lots of time for play! Be sure to take a look at the feature article on free play to learn its benefits! And most importantly, don't forget the sunscreen!

We've also got some big office changes going on effective July 1. DCDC has been awarded the child care subsidy program for Columbia, Montour and Northumberland counties, adding four new staff to our Child Care Information Services team. Columbia and Montour County offices will be located at Wall Street, and CCIS will have a satellite location in Sunbury for Northumberland residents. Child Care Information Services serves families by determining their eligibility for subsidized child care and

distributing the fees to the provider of care.



And last but not least, we'd like Congratulations and good luck to our Preschoolers who will be making the move to Kindergarten come fall! We have loved having you here at DCDC and know you will be great students!

## How Free Play Can Define Kids' Success

Free, unstructured playtime gives kids a chance to discover their interests and tap into their creativity. It's a crucial element for building resilience in children, an attribute they'll need in order to become happy, productive adults. That's Kenneth Ginsburg's thesis and the core of his book [Building Resilience in Children and Teens](#).

Ginsburg, a pediatrician at the Children's Hospital of Philadelphia who also works with homeless children, has spent a lot of time trying to help young people build tools they'll need to succeed — even when trauma has marred early lives.

But the word "success" can be loaded, often carrying different connotations. To Ginsburg, a successful child is one who finds something he loves to do,

is generous, empathetic and compassionate, committed to repairing the world, shows grit and the ability to collaborate, creativity and can take constructive criticism. These are what will serve young people as they move into the world on their own.

"So many of the things that we care about are completely learned through the creative process," Ginsburg said at an event hosted by the [Bay Area Discovery Museum](#). When kids are allowed free time to play, they learn how to work in groups, negotiate, share, self-advocate, and make decisions.

Ginsburg cautions parents that putting too much pressure on children's academics might have negative effects in the long term. The way he frames parents' ultimate goals: Raise healthy, wise 35-year-olds. Parenting

with long-term vision helps keep the little things in perspective.

"All the best ideas haven't been thought of yet. If you have people who are only thinking about fitting in the box, then you aren't going to get ideas outside the box," Ginsburg said. Parents and educators shouldn't be trying to shape children into cogs for an economy that hasn't figured out what kind of machine it will be in 20 years.

Instead, one of the most important skills a parent can foster in children is resilience, which he says can be fostered through creativity. Ginsburg relies on the "[Seven C's of Resilience](#)" as a road map for helping students to find their inner grit.



When kids are allowed free time to play, they learn how to work in groups, negotiate, share, self-advocate, and make decisions.

(Continued from page 1)

## 7 C'S OF RESILIENCE

**1) COMPETENCE:** Young people need to be recognized when they're doing something right and to be given opportunities to develop specific skills.

**2) CONFIDENCE:** Confidence comes from building real skills that parents and educators can teach and nurture. Confidence can be easily undermined, but also bolstered by tasks that push learners without making the goal feel unachievable.

**3) CONNECTION:** Being part of a community helps kids know they aren't alone if they struggle and that they can develop creative solutions to problems.

**4) CHARACTER.** Kids need an understanding of right and what wrong and the capacity to follow a moral compass. That will allow them see that they cannot be put down.

**5) CONTRIBUTION:** The experience of offering their

own service makes it easier for young people to ask for help when they need it. Once kids understand how good it can feel to give to others, it becomes easier to ask for that same support when it's needed. And being willing to ask for help is a big part of being resilient.



**6) COPING:** Kids need to learn mechanisms to manage their stress by learning methods to both engage and disengage at times. Some strategies for doing this include breaking down seemingly insurmountable problems into smaller, achievable pieces, avoiding things that trigger extreme anxiety, and just letting some things go. After all, resilience is about conserving energy to fit the long game and kids need to know realistically what they can affect and what should be let go.

**7) CONTROL:** In order to truly be resilient a child need to believe that she has control over her world. Feeling secure helps engender control, which is why kids test limits. Creativity plays an integral part of developing these seven skill sets. "Play is exactly about learning to control your environment, to figure things out," he said. "Play is integral to being able to build resilience." When kids play, they make mistakes and learn how to recover. It's also a unique time for parents to observe their children and offer gentle guidance about skill development or how to share.

Keeping children on rigid, academically driven schedules denies them the space for some of the real self-learning that will see them through unexpected challenges, the ones that aren't on the test.

By [Katrina Schwartz](#)

## Staffing Scoop

Hi my name is Heather Ervin. I am the new preschool teacher in the Grizzly Bear room. I grew up in Numidia, PA and currently live in Catawissa, PA. I graduated from Southern Columbia Area High School in 2000, Bloomsburg University with a bachelor's degree in Mass Communications in 2004, and the University of Phoenix with a master's degree in Elementary Education in 2011.

Becoming a teacher has been a goal of mine since I was in high school

When I'm not working, I enjoy reading, spending time with friends, and watching movies. I also have a certification in wedding planning and hope to start a part-time business in the future.



## ~Early Intervention

Hey Diddle Diddle .... Why Nursery Rhymes are Important to Children

Nursery rhymes are free, easy to learn, and one of the most portable forms of entertainment. You just need your memory and your voice!

Nursery rhymes help children develop language, cognitive, physical, and social/emotional skills as well as enhance reading skills, math concepts, creative play and offer comfort and support.

Through rhymes, children hear the sounds vowels and consonants make. They learn how to put these sounds together in order to form words. Children also experience and practice pitch, volume, voice inflection, and the rhythm of language. Words that children may not hear in everyday conversations can

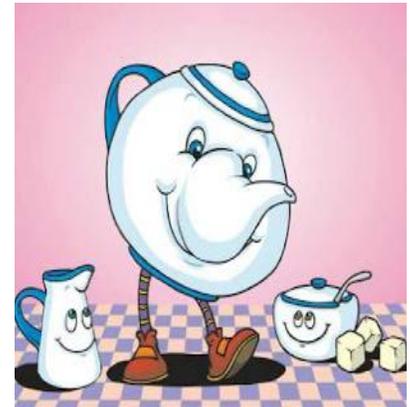
be learned through nursery rhymes. Rhymes are short and easy to repeat. Often, they are a child's first sentences.

Patterns found in language as well as math can be learned through nursery rhymes. The beginning – middle- end pattern of a story is taught as well. Children are exposed to beginning math concepts of size, shape, weight, etc.

Many nursery rhymes involve movement (“I’m a Little Teapot”, “This Little Piggy”) which help to develop children’s motor skills. Through pretend play the children use both their imaginations and motor skills to act out the rhymes.

Nursery rhymes assist children and their caregivers in creating a safe and secure bond between them.

Nursery rhymes are a wonderful continuation of oral traditions. They benefit the child in so many ways and offer a fun way to interact with the adults in their world.



## ~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).

## ~Child Care Information Services

As part of a statewide initiative, the Department of Public Welfare's Office of Child Development and Early Learning (OCDEL) has consolidated the Child Care Information Services (CCIS) agencies. Effective July 1, 2013, the number of CCIS agencies will be reduced from 59 to 42. OCDEL is implementing the consolidation initiative in order to provide more efficient and cost-effective services. Our office will now be named the CCIS of Columbia, Montour and Northumberland Counties, with all services, including subsidized child care funding and resource and referral, available at:

398 Wall St.

Danville, PA 17821

570-275-3996 Toll free 1-866-698-2247

WE DO  
MORE  
THAN  
CHILD  
CARE

## ~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>

### Parent Reminders

-Water day schedules have been distributed, please be sure to bring your child's water play clothes on designated day

-Please bring in a labeled bottle of sunscreen for your child



Like us on  
Facebook  
[https://  
www.facebook.  
com/  
WatchUs-  
GrowDCDC](https://www.facebook.com/WatchUs-GrowDCDC)

## ~Fundraising & Development

*Thirty One bag fundraiser orders are due on June 24th.*

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



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

**Central Susquehanna Comm. Foundation**  
**M&T Bank**  
**Geisinger Medical Center**  
**FNB Bank**  
**Better Business Solutions**  
**VALIC**

August 15th will be SACK's "Movin' and Grooving" fundraiser to help build a new play yard at DCDC on Bloom Rd.



## Thank You

**Reicharts Mardi Gras**  
**Voelker Law Offices**  
**Metso Minerals**  
**Carriage Manor**  
**Bayada Nurses**  
**Assoc. Insurance Mgt.**  
**Herring, Roll & Solomon**  
**Cherokee**  
**First Columbia Bank**  
**First Keystone Bank**

**Keystone Payroll**  
**Danville Sub Shop**

**Keystone Insurance**  
**LeFevre Wilk Architect**  
**Service 1st FCU**  
**Cholin Corp**  
**Daily Item**  
**Zeisloft Brothers**  
**Hawkins Chevrolet**  
**DACC**  
**The Daily Item**  
**Eagle Janitorial**  
**Sire Advertising**  
**Metzers**  
**Animal Care Hospital**

## Parent Information

"Surviving Summer Boredom with your Kids"

Sometimes, especially with younger children, cries of boredom are really calls for companionship and attention—their friends may be away on vacation and without the structure of school they may find it difficult to keep occupied during long summer days. Prolonged intervals where the kids have nothing to do can be stressful for parents. When bored, children often become whiny, cranky and demanding.

Here are 5 easy tips to help parents' combat summer boredom and help kids develop the internal resources that are important for developing creative, resource and time management skills:

1. Put a weekly calendar together so as not to overwhelm yourself with planning entertainment for an entire summer, just take it one week at a time—day trips, arts and craft activities, play-dates, reading time, nature hikes, picnics, bike rides, a trip to the movie theatre etc. This way kids will have something to look forward to during down time. A calendar also helps with getting kids prepared for what comes next.
2. Ask: "If you could do anything, what would you like to do?" Try and encourage your children to generate their own ideas for activities—they are more apt to have fun when they thought it up on their own! Reinforcing that children use their imaginations will also help them develop a sense of resourcefulness and get them in the habit of making their own choices about how they will spend their time.
3. Keep an "art box" handy full of supplies: scissors, fabric, felt, glue, paints and brushes, stickers, paper, markers, canvass, needle and thread, beads, yarn, picture magazines etc. Rummaging through a box of art supplies can ignite the imagination and occupy children for long periods of time. They could even begin an entrepreneurial enterprise and sell their wares at the end of the summer.
4. Inspire them to play with water. Water is very calming and soothing for children and they can while away many hours playing and keeping cool. Get them to wash the car, hose off the deck, or run through a sprinkler. Take them to a community splash pad or pool, make musical instruments by filling different shaped glasses with varying amounts of water; fill a kiddie pool and bathe the dog, even wash the dishes and blow bubbles with the detergent!
5. For children too young to get a summer job and too old to be entertained by a craft box or a water "slip n slide", invite them to volunteer at the local hospital or animal shelter or start their own business by cutting the neighbor's lawn or washing windows. These types of endeavors help fight summer boredom and also instill qualities like compassion, kindness and a sense of work ethic in children.

—Dyan Eybergen, RN