

Debs Child Care News



Remember September 11

My Child was Bitten

These are words no parent wants to hear whether it is their child who has been bitten or it is their child who has bitten another. Biting is a common concern in childcares, pre-schools, play groups and even in elementary schools.

Many parents feel overwhelmed when their child begins to bite or they are frustrated and angry when their child has been bitten by another child. These feelings are understandably valid but in order to help eliminate a biting issue, we need to first know why children bite.

A baby may be teething and they find that biting relieves the discomfort. A young toddler may not have the verbal skills to express themselves and resort to physical aggression. Toddlers can be easily overwhelmed with feelings of frustration which results in anger. Biting is their way of releasing their strong feelings. A child might be imitating another child who is biting. A child may be biting to get attention or they may be feeling stress and biting helps get the attention or relieve the tension they are feeling.



Biting is a normal behavior although not acceptable to other kids and to parents. Some ways to help reduce biting is to pinpoint when the biting occurred. Is the same child always being bitten? What was going on before and after. This will require time and attention and possibly keeping a written record.

Some solutions may be to provide a baby with something to chew on such as teething ring. Help a young toddler express their feelings by providing the words for them and use distraction if you observe them reaching to bite another child. Spend more one on one time with a child who bites with positive attention such as playing with blocks or reading a story. Provide a child biting because of stress a predictable routine. This routine enables them to feel in control of the situation. They know what to expect. When a child has bitten and they are able, have them help wash, bandage and comfort the child who was bitten.



Some resources on the Internet for biting are:

Biting Hurts <http://www.nncc.org/Guidance/bit.hurt.html>

When Children Bite http://www.nncc.org/Guidance/dc16_children.bite.html

Biting in the Childcare Setting <http://www.healthychild.net/articles/sf25biting.html>

Biters: Why They Do It and What To Do About It <http://www.kidsource.com/kidsource/content3/biters.p.t.4.html>

Biting-Fact Sheet for Families <http://www.ucsfchildcarehealth.org/pdfs/factsheets/bitingen011804.pdf>

Volume 1, Issue 3

September 2006



- September 5th Labor Day
- October 9th Columbus Day
- November 10th Veterans Day
- November 23 Thanksgiving
- November 24 (personal day)
- December 25th to January 1st

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Schedule of Events

Children's Good Manners

Library Card Sign Up

National Potato Month

- Sept. 4 - [Labor Day](#)
- Sept. 10 - [Grandparent's Day](#)
- Sept. 23 - [Rosh Hashanah](#)
- Sept. 23 - [First Day of Fall](#)
- Sept. 26 - [Johnny Appleseed](#)

September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Birthdays

- September 23 - Hanah

Happy 10th Birthday!!!



Policy Review

Entrance and Parking

The speed limit in my neighborhood is 20 mph. There are two entrances to the subdivision. The 1st is directly off Cloverdale and Mesquite Dr. The 2nd is off Fairview onto Dawn Dr. then Mesquite Dr.

Pick up and drop off is to be done curbside. **Please do not park in our driveway.** block the driveway or park in front of my neighbor's driveways. You may park directly in front of my home. Please do NOT leave your engine running while walking your child to or from the childcare home. This is a safety factor.

Debs Child Care is not responsible for theft of items left in cars during pick-up and drop-off times. Please also be aware that the bus stop is in my driveway. Children from the neighborhood may be walking to or from the bus stop.

September Concepts & Themes

Letters

C O

Number

1

Color

Purple

Shape

Circle

Holidays

Grandparents Day



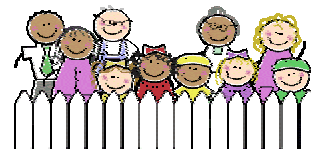
Themes

Off to School

Discover Me

Families

Where I Live



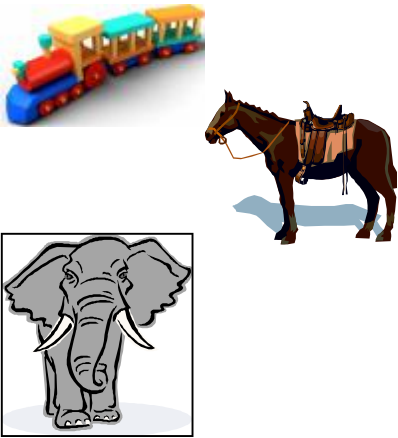
Kids Trivia Fun

Kids, answer the question under your age appropriate trivia, and have your mom or dad e-mail the correct answer to me. The first person to answer the trivia question will win a prize. The first child who sends me their answer will receive a \$5.00 gift card to Border Books & Music, a toy and stickers. Four other children will receive a toy and stickers.

PLEASE NOTE THERE IS NOW 5 DIFFERENT AGE GROUPS


Toddler ages 1 to 2

Name the pictures.



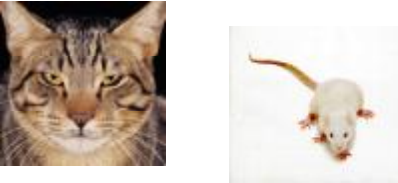
Preschool ages 3 to 4

How many objects are yellow?



Kindergarten ages 5 to 6

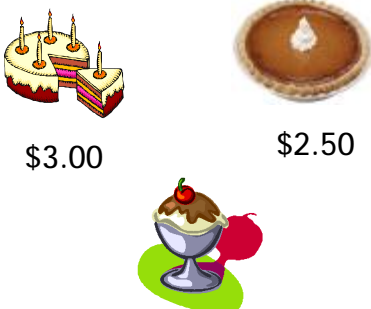
Name each picture. What's the first letter of each one?



_at _at

1st to 3rd Grade - ages 6 to 8

Which dessert cost the most?



\$3.00 \$2.50

\$1.50

4th to 6th Grade - 9-12

Idaho: What bright valley in the Sawtooth Range was America's first major ski resort.



September Recipe

Breaded Baked Chicken

- | | | |
|---|------------------------------|---------------------|
| 6 chicken breasts | 1 medium onion thinly sliced | 1 tsp minced garlic |
| 4 TBSP canola oil | 1 egg | 2 TBSP milk |
| 3/4 cup Italian seasoned dried bread crumbs | | 2 TBSP water |

In a skillet over medium heat, in 2 TBS hot canola oil, cook onions until tender. Remove from pan; set aside. In a shallow dish, beat egg and milk together; place bread crumbs on a sheet of wax paper. Coat chicken breast in egg mixture, then with crumbs. In same skillet with remaining 2 TBSP hot oil, cook chicken breast 3 at a time, until well browned on both sides. Place chicken breast in an oven safe baking dish sprayed with cooking spray, topped with reserved onion, add water, cover with foil and bake 20 minutes or until fork tender.

Debs Child Care



School Calendar

September

September 1 - No School
September 4 - Labor Day-No School

October

October 5 & 6 - No School
October 12 & 13 - P/T Conferences - No School
October 27 - No School

November

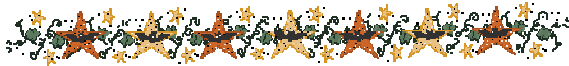
November 6th to 28th Track Break

December

December 20th to January 2nd - Winter Break

January

January 15 - MLK Day No School
January 19 - No School



October Themes



Letters

f e l

Color

Orange

Number

2

Shape

Square



Holidays
Columbus Day
Halloween



Themes
Autumn Changes
Fire Prevention
Bugs and Spiders



Graphics and Font credits
[Graphic Garden](#)
[Thistle Girl Designs](#)
[Cute Colors](#)
[Microsoft Office Clipart](#)
[Home Sweet Home Graphics](#)
[Kat's Fun Fonts](#)

Idaho Fun in September

[City Arts Celebration](#) - 433-5670 September 2nd

[Jazz on the Grove](#) - 385-7300 September 8th

[Art in the Park](#) - 345-8330 September 8th to 10th

[BSU Sports](#) - 426-4737 Check website for game schedule

[Taco Bell Arena](#) - Check website for events and concerts

[Albertsons Boise Open](#) - September 11-17

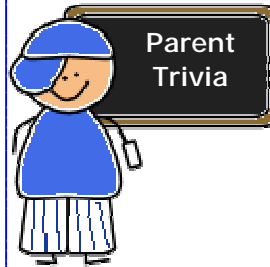
[Lewis & Clark: The Journey in Idaho](#) - Through December 2006

[Hyde Park Street Fair](#) - 884-7780 September 15-17

[St. Luke's Womens Fitness Celebration Week](#) - 381-2221 - September 18-23

[Idaho Botanical Garden Mad Hatter Ball](#) - 343-8649 September 24

[Meridian Scarecrow & Harvest Festival](#) - 888-2817 September



Parents, be the first one to e-mail the correct answers to the trivia question and win a prize.

What is the medical term for the fear of turning into a pumpkin?

There were no winners last month. If you can answer August trivia and September's trivia correctly, you will receive 1 free day of childcare for one child as well as the prize.