

CDCB MARCH NEWSLETTER



Annie's Announcements

As Spring officially blows into the Bluegrass this week, this year bringing unseasonably cold temperatures to celebrate its arrival, my teaching team joins you as parents in the collective sigh of relief that comes when winter coats are no longer needed and children can spread their wings outside for extended periods of time, using their bodies as vehicles of joy to run, jump, imagine, play and notice a broader world outside the walls of our home and school. I find great contentment in sitting and watching children play - wondering what is happening inside their mind, marveling in their energy and persistence, and envying their ability to live in the moment of whatever it is that they are doing. In their play, they are present, attentive, and notice so much about the world.

As adults, we have to work harder to stay "present" in the current moment. Our minds are full of lists of things that need to be done at home or at work, our lives demand that we process and manage an unprecedented amount of visual and written input, and we often set aside our own needs to care for others. The "noise" in our brains is often as loud as the actual sounds around us in our daily lives. It is often easy for caregivers to miss the connections with young children that are available to us every day because of the demands on our lives. Having said that, research is very clear that optimal development for children is dependent upon having strong connections with the adults in their lives. They need us to join them in their "presence". They need us to play, to have conversations, to make eye contact, to provide assurance when they are feeling stress. To help our teaching team learn more about this, we continue to study Conscious Discipline which is an approach developed by Becky Bailey that pulls from all of the sentinel research on self-regulation, physiology, the role of relationships in development, trauma responses, and mutual regulation. In short, what we know from research is that children learn self-regulation from the adults in their lives and we need to pay attention to how we regulate ourselves and how we join children in their present moments to solve problems, to encourage, and to share joy. Our team is working hard at paying attention to how we respond to children in our care, being careful regulate ourselves first and to provide feedback to them in the form of "noticing" which is more effective than praise or punishment. You can learn more about this approach and find resources for parenting at Consciousdiscipline.com.

Continued...

Attached at the end of this newsletter is a handout designed for parents on building connections with young children. Connections are at the heart of our work here at CDCB and teachers are working hard to hone their craft. We are all a part of making this community the best we can for children- our connections with each other home to school, our direct connections with the children, your connections to your children, and the staffs' connections to each other all form the environment in which our children will learn self-regulation, problem solving, emotional coping skills and empathy towards other.



Art Show



We're excited to host our annual art show fundraiser on Saturday, March 23rd from 4-6pm @ CDCB. Our classrooms have been working hard and are eager to show off their projects and creativity!

-Pasta dinner buffet offered to families @ \$6 for adults, \$4 for children. Venmo and cash will be accepted. *Gluten free options available.

-Family Club Bake Sale. Venmo and cash are accepted.

-Each classroom will have a classroom project available for auction. The highest bidder receives the artwork!

Funds raised go towards event expenses and new classroom furniture. We appreciate your support!

Important Dates



Friday, March 22: World Down Syndrome Day Parade, wear blue and yellow!

Saturday, March 23: Art Show 4-6pm

Friday April 5th: CDCB CLOSED, Spring Break

May 6-10- Teacher Appreciation Week



Lion Club Eye Exams



We are very fortunate to be able to offer free vision screenings through the KidsSight Lions Club Eye Foundation. The Kentucky KidSight program is a vision screening program started by the Kentucky Lions Eye Foundation in 2003 in which Lions Clubs and volunteers throughout the Commonwealth organize and conduct vision screenings for children ages 6 months to 6 years old. Representatives from Lion's Club will be here on Thursday, March 27th to conduct eye exams on the children. For your child to participate, you will need to sign a permission slip that will be located in your child's folder. Please let me know if you have any questions. You may return the permission slips to your child's teacher.



World Down Syndrome Day Parade

We are celebrating World Down Syndrome Day on Friday, March 22nd! We will be having a parade for our classrooms in the morning outside on the circle. Please have your child wear blue/yellow to help celebrate!

Kroger Community Rewards

Kroger gives thousands of dollars to support non-profit organizations every year! Please help CDCB by signing up for Kroger Community Rewards. It's simple! Just log into your Kroger account on your desktop or app (or create an account) and choose "Community Rewards" on the left side of the page. We are listed as CDCB, Inc. or Code: YQ958.

Click [here](#) to get started and support CDCB today!



Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.