



# KIDCO EXPRESS



KIDCO Child Care

Miami, FL

**MAY 2012**

## Dates to Remember

Yoga Classes will be given one time only at each KIDCO site - the date will be announced.

### May 4

- 3:30pm - Nutrition Training for all KIDCO sites - KIDCO III



### May 7-11

- Teacher Appreciation Week

### May 9

- 9:00 am - Gym Classes - KIDCO I & KIDCO III

### May 10

- 3:30pm - Parent Committee Meeting - KIDCO III
- 4:00pm - Parent Committee Meeting - KIDCO II

### May 11

- 3:30pm - Nutrition Training for all KIDCO sites - KIDCO III

### May 13

- Mother's Day

### May 16

- 8:45 am - Gym Classes - KIDCO II

### May 17

- 4:00pm - Policy Committee Meeting - KIDCO Central

### May 18

- Jean/Blue Day - Dress with jeans or something blue
- 3:30pm - Nutrition Training for all KIDCO sites - KIDCO III

### May 23

- KIDCO II - 36th Anniversary
- 9:00am - Gym Classes - KIDCO IV

### May 25

- 3:30pm - Nutrition Training for all KIDCO sites - KIDCO III



### May 28

- **CENTER CLOSED - MEMORIAL DAY**

## May's Birthdays

Gloria Ramirez	May 1
America Puig	May 5
Hilda Olivares	May 8
Jossie Battle	May 21
Ariadna Rivero	May 23
Ericka Cabrera	May 31

## Parent's Corner

### **"POSITIVE DISCIPLINE"**

To help children become more in *control of their emotions*, it is helpful to provide a structured routine and anticipate problem situations. Young children tend to lose control of their actions and emotions when they are tired or over-stimulated. To avoid these situations, it is important to *set limits and make rules* that your child can understand and follow. The important thing is to make your child's routine predictable and set limits that make him or her feel secure. Your child needs to know what to expect and what is expected of him or her.

Look at your own behavior to see what you are teaching your child. Remember to handle stressful situations calmly and without anger -to act instead of react. *When you yank a child out of a store, you teach anger. When you remove the child in a calm and nonjudgmental way, you teach self-control.* The key is to model behavior that helps children to learn to regulate their emotions and actions.

Certain situations can affect your child emotionally. For example, if your child is *very active*, provide ample space for movement. If your child is *shy*, don't arrange a play date with an aggressive child. If your child is *sensitive to loud noises*, avoid overly stimulated environments.

It is important to see every situation through your child's eyes. Young children lack the emotional maturity to make adult decisions. Remember that giving in doesn't equal love. *Positive discipline is about teaching not punishing.* When your child misbehaves in any way, it is always best to take action calmly, quickly and respectfully. By practicing "respectful discipline" you will show your child how to cooperate, act kindly and accept personal responsibility for their actions.

## Nutrition

### **Tips for Grilling Vegetables**

- Marinate the vegetables. This helps bring out their best flavors. Simply submerge the vegetables in a marinade about an hour before you put it on the grill.
- If you don't marinate the vegetables, just brush them with olive oil and add salt or other seasonings.
- Cut vegetables into shapes that will make it easier for them to cook.
- Vegetables are usually done in 8-10 minutes. Thick vegetables may take longer.

### **Other Healthy Tips**

- Make a cheese quesadilla with different kinds of shredded cheese such as Monterrey Jack and Cheddar.
- Cold pasta salad with your favorite vegetables. Try the colored pasta or choose pasta with fun shapes.

## **ANNOUNCEMENTS**

- **Last Day for Head Start:** June 1, 2012
- **End of the Year Ceremonies:**  
KIDCO II - June 5 (morning)  
KIDCO III - June 5 (afternoon)  
KIDCO I - June 6 (morning)  
KIDCO IV - June 6 (afternoon)