



The

# Connection

Resources

For Families and  
Early Childhood  
Professionals

DECEMBER 2018

## Inside this issue:

Grinch Prevention ... 1  
 2018 Platinum Members ... 2  
 The Provider Connection ... 3  
 Resounding Resources ... 4  
 The Parent Connection ... 5  
 Child Connect Membership... 6

Visit our Resource and Lending Library Monday through Friday from 9:00 am-4:00 pm. You will discover FREE useful resources for teaching, parenting and activities for Quality time with your family!

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Child Connect  
for Family Success

861 East Sibley  
Media Center  
Howell, MI 48843  
517-548-9112  
www.childconnectmi.org



## GRINCH PREVENTION: SELF-CARE DURING THE HOLIDAYS

Dr. Paula Bloom

There is so much pressure this time of year. You are supposed to buy presents, be cheerful and look forward to family gatherings. How many people feel pure joy at the idea of spending time with family, without ambivalence, concern or a glimmer of dread? I don't know many of them. Not only can the holidays be stressful, but many of us take a break from engaging in the healthy behaviors that typically help manage that stress. Parties and travel shake up our routines. We often end up eating and drinking too much, exercising too little and taking little alone and downtime because we are surrounded by others. We succumb to spending more money than we should.

While it can be a tough time for many people, for those dealing with underlying mental health conditions such as depression, bipolar and anxiety this can set them up for relapse. Running out of medication, sleeping less and forgetting to take care of yourself can all make you more vulnerable. So, what can we do this holiday season to increasing the chances of happiness and merriment and decrease the likelihood of exposing an inner grinch?

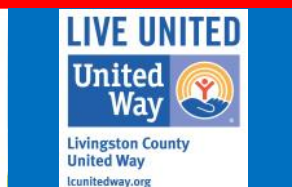
**Take care of yourself.** Just because you are going to parties and gatherings it does not mean that you have to throw all healthy behaviors out the window. Eating a healthy meal prior to going to an event can help you be less tempted to eat foods that make you feel less energetic. Stay consistent with your exercise schedule and sleep patterns (assuming they are healthy ones!) Evaluate "obligations." Just because it is something you have always done or a place you have always gone to does not mean you have to do it this year. It is okay to say no. "No" can actually be a complete sentence. Consider it part of your preventative health (mental and physical) care plan.

**Spirituality.** Focus on the spiritual aspects of the holidays versus the commercial ones. What do you want the holidays to mean?

**Family.** There is a lot of pressure to spend time with family, gathered around a lovely table, smiling, and sharing warm memories! Not everyone has those kinds of family experiences and it is okay. Spend time with people you enjoy. Remember that friends can be the family you choose. Create your own traditions that work for you! It may be going away during the holidays or spending time volunteering to help others. I know someone who volunteers to provide coverage at the hospital during the holidays. She enjoys being able to help her colleagues who are then very grateful. This gives her a sense of purpose, a way to help patients during this time and an excuse to not have to attend stressful gatherings.

**Just another day.** You have 365 opportunities in a year to make a day special and meaningful. Do not limit yourself by thinking it is only possible during December. If you have gotten swept up in the commercialism, stress and pressure of the holidays take this moment to do a mental CTRL-ALT-DEL to reboot. Now, what do you want the holidays to REALLY be about?

It's all about Quality.



**2018 Child Connect  
Platinum Members:**

Joyce Powers, Board Member  
Janet Joseph, Board Member  
Marian Krippes, Board Member  
Stacy Olesko, Board Member  
Holly Carter, Board Member  
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[First Presbyterian Children's  
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Jackie Nanos, Consultant  
Down on the Farm

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[Rosebrook Child Care Center](#)

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[Little Country Kids](#)

Cassie LaButte, Owner  
[Roo's Corner](#)

**School-Age Winter Project:  
Make Miniature Winter Trees from  
Paper Snowflakes**

**Need:** Empty Gift Wrap or Paper towel tube (or rolled paper); white paper, scissors, glue.



To create the snowflake tree, cut six (6) snowflakes in graduated sizes (small to large). Take the largest snowflake and slide it gently down the trunk from the top of the tree, turning it gently down the trunk. By turning it gently as you slide it down the trunk, you enlarge the center hole if necessary without as much risk of a tear. The snowflakes should hold in position with a friction fit. If you wish, you can apply a tiny amount of glue or glue stick glue on the trunk at the base of each snowflake to hold the snowflake in place.

With the first snowflake in place at the base of your tree, add the next largest snowflake so it fits somewhere between 1/2 inch and 1 inch (1 to 2 cm) above the first. Keep adding the snowflakes in order until you reach the top flake. For the top snowflake you can set it down on the trunk like the other snowflakes (see photo) or you can choose to glue it over the top of the trunk, disguising the top twisted end of the trunk.

**Enjoy the Fun!**

Cindy LaFountane, Director  
[Faith Lutheran Church](#)

Paulette Silverson,  
[Group Home Provider](#)

Chrissa Seigle, Director  
[First Baptist Child Care Center](#)

Tamara Jefferson, Director  
[Joyful Tots Childcare and Learning  
Center](#)

Jodie Hutcheson, Director  
[Creative Kids Learning Center](#)

Lisa Zehnder, Director  
[Little Highlander's Childcare &  
Preschool Center](#)

Tammy Sexton, Owner/Director  
[Make Believe Manor](#)



*Christmas*  
Creation Station

Open-ended creativity! Fill trays with Christmas stickers and let the fun begin!

# The Provider Connection

## Professional Development Opportunities ...



### Ready, Set, Learn!

FREE Social & Emotional Support and training with Holly Carter, LLMSW

December 11, 2018  
6:30 - 8:30 pm

Child Connect for Family Success  
861 East Sibley  
In the Media Center  
Howell, MI  
Register online or by calling  
517-548-9112

Register for all classes online at: [childconnectmi.org](http://childconnectmi.org) or by calling 517-548-9112

View the 2018 UPDATED Professional Development Calendar [HERE!](#) Including 18 FREE Classes!

### LET'S CONNECT!

Child Connect for Family Success is Online:

Our website: [www.childconnectmi.org](http://www.childconnectmi.org)

Like us on **FACEBOOK**  
Follow us on **Twitter**



Child Connect for Family Success presents ...



### Holiday Fun!

December 4, 2018 - 6:30-8:30 pm

Celebrate the Season with other Early Childhood Providers!  
Relax, enjoy, network!

Create a holiday arrangement with Edward from Country Lane!

Call 517-548-9112 to Register  
\$10.00 supply fee

### Pediatric First Aid, CPR, and AED Training

December 13, 2018 6:00 pm - 10:00 pm  
December 15, 2018 - 8:00 am - 12:00 pm  
\$65.00 per person



Register online at [childconnectmi.org](http://childconnectmi.org) or call 517-548-9112

HAVE A HOLLY, JOLLY

## CHRISTMAS

for Program Directors!



December 10, 2018 - Fun with Country Lane  
1:00 - 3:00 pm at Child Connect!

Lunch will be Provided!  
\$10.00 Supply Fee

### Health & Safety Compliancy Training!

10 hours of Training. This class module meets the new health and safety training requirements of PA 116 as amended.

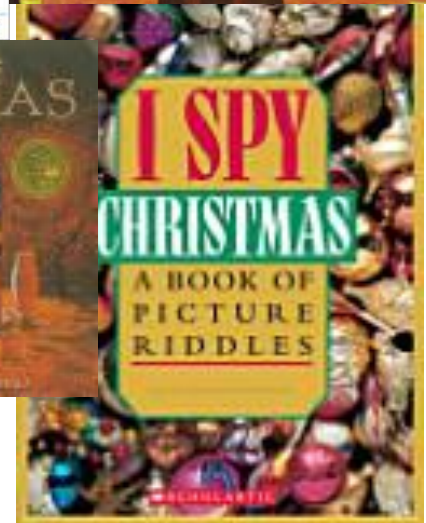
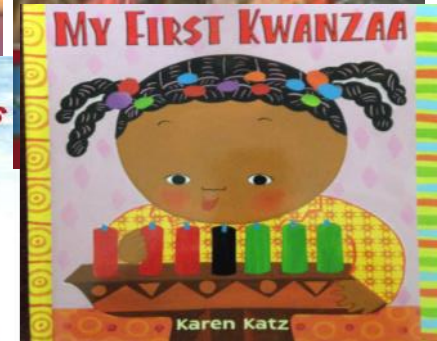
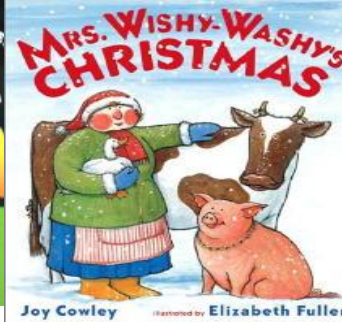
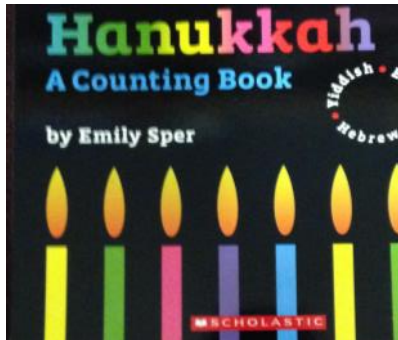
MUST HAVE INTERNET ACCESS  
\$35.00 per person for agency validated Completion Certificate

Register online at [childconnectmi.org](http://childconnectmi.org)  
Or call 517-548-9112

# Resounding Resources



Child Connect has many **Holiday Backpacks** to choose from! Providers and Families can check these out from our vast lending library!



PLUS ... We have a complete Santa costume for **teachers** to use in their classrooms. Please call **517-548-9112** to reserve dates for use!

The Board of Directors and Staff of Child Connect for Family Success wish you and yours a peaceful, joyous and safe holiday season!

Sponsored by ...



## Ready, Set, Learn!

If you are working with a young child with challenging behavior or have a child you are worried about (there seems to be a developmental delay or other special need) FREE services are available to you! Thanks to generous funding from the Michigan 32p Early Childhood Block Grant (with the approval of The Great Start Livingston Collaborative), our agency is able to provide the Ready, Set, Learn! Kindergarten Readiness Program, to parents and child care personnel in Livingston County.

**Ready, Set, Learn!** provides consultation for families and child care professionals caring for children ages birth-5 who are experiencing behavioral or emotional challenges that put them at risk for expulsion from child care. **Ready, Set, Learn!** strives to reduce expulsions, improve the quality of child care, and assist families and providers to successfully nurture the social and emotional development of infants, toddlers, and preschoolers.

**Ready, Set, Learn!** utilizes research-based observation tools to assess children in the classroom environment. Once the assessment is completed, **Ready, Set, Learn!** provides coaching, teaching strategies and educational resources for families and providers to learn new and effective ways to interact with the children. Perhaps you need some relevant information on a particular topic, the **Ready, Set, Learn** team can help with that too! We can talk over the phone about your concerns – we are here to listen! We can research information on the topic you are concerned about, and suggest resources from our lending library. We also hold FREE monthly support and training meetings for providers and families.

To find out more, or to ask about a child or any concerns, contact  
**Child Connect for Family Success**  
 517-548-9112



The 2018 Community Sharing for Healthy Caring Conference was a great success with keynote speaker, Lisa Murphy and over 75 interactive workshops! Thank you to all of you for our support and attendance!

Special thanks to the Kellogg Family Foundation for sponsoring the event at the Howell High School!



## **TIME TO RENEW YOUR PROFESSIONAL MEMBERSHIP**

Membership to Child Connect for Family Success is open to the public: parents, educators, health and human services representatives, businesses, community organizations, early childhood care and education personnel and anyone who cares for and about children and families. Yearly membership begins January 1st and continues to December 31st.

Membership fees support Child Connect services. Child Connect is funded through private and public contracts, foundation grants, corporate and individual donations and membership fees. Child Connect is a private, nonprofit 501(c)(3) tax exempt organization with a mission to support children and families by developing a quality early childhood care and education system.

Child Connect is a partner organization of the Kellogg Family Foundation, Livingston United Way, Community Foundation of Flint, Howell Chamber of Commerce, Livingston Promise, and Great Start Livingston.

### **Become a member of Child Connect for Family Success to:**

1. **Broaden your knowledge:** Staying informed about the trends in early childhood education will only help you in the long run and will put you one step ahead of the competition!
2. **Take charge of your career:** Take advantage of career resources through professional development and free resources.
3. **Build a better resume:** Listing your membership on your resume shows alignment with the National CDA Council recommendation and the Great Start to Quality system AND is impressive to current or future employers, showing that you are dedicated to staying connected in your profession.
4. **Enhance your network:** We all know that networking improves quality. Making connections is critical, and joining Child Connect will give countless opportunities to create professional relationships. Joining a group allows you to have a sense of security and trust. From this, you are able to support and help one another in reaching your professional goals.
5. **Be a Leader:** Professional association with Child Connect will give you an opportunity to develop your skills as a leader, and this is important not only for your personal growth, but for your growth in the field of early childhood education.
6. **Become a mentor:** Giving back can be the greatest reward and benefit.
7. **Stay Inspired and Stay Motivated!**

**Join Child Connect and discover something new TODAY!**

**[Become a Member of Child Connect Here!](#)**