



The

Connection

Resources
For Families and
Early Childhood
Professionals

JANUARY 2019

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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
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Howell, MI 48843
517-548-9112
www.childconnectmi.org



Bundle Up and Get Outside: Why Kids Should Play Outdoors in Winter

—WRITTEN BY CAILEIGH FLANNIGAN

As winter and cold weather approaches, children's play is often limited to the indoors. Adult fears about safety and negative attitudes toward exposure to cold weather are the barriers that prevent children from accessing play in winter months. It is common to hear adults say that "my child will not like being in the cold weather," or "the cold is too dangerous to play in," or "there's nothing to play with." It is up to adults to focus on the importance of children's play, regardless of the season. After all, play should not be restricted to warm weather. Let's welcome this upcoming winter season with a playful attitude. Let's consider all of the benefits that cold weather has when it comes to children's health, development, and well-being.

1. Children get to see the outdoors through a new lens

During the summer months, children become used to the warm, green climate that the season has to offer. After the change in season or the first snowfall, children view their environment through a different lens: fallen leaves, brown grass, snow, ice. This new lens enables them to imagine the outdoors differently and to be creative and play in different ways. (continued on page 2)

It's all about Quality.



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January is the month to renew your professional membership
So call Child Connect today! **517-548-9112**

Bundle Up and Get Outside! (Continued from Page 1)

2. Increases in Exercise and Using Different Muscles

The winter months provide us with different ways of moving our bodies, such as sledding, walking up a snow hill, or building a snowman. Our larger muscles are put to great use in the winter months due to the challenges that snow provides. This large-muscle use and increase in physical activity support children's gross motor development and overall health.

3. Getting Fresh Air and Avoiding Bacteria

Most adults associate the winter months with getting colds and illnesses such as the flu. However, it is not the cold weather that necessarily causes colds and flus – it is increased exposure to indoor environments where bacteria and viruses live. For example, during the winter months, you turn on your home's heating and venting systems. The bacteria and viruses within your home are continuously being moved around inside. Adults and children who spend long periods of time in a heated and poorly ventilated home, without exposure to fresh air, can easily pass germs to each other.

4. New Challenges and Problem-Solving

Weather that we consider "messy" provides environments and materials that are inspiring and fun for children; for example, patches of ice, large snow hills, and trees covered in snow. These environments provide children with opportunities for new challenges, such as sliding down the ice patch and climbing a snow hill. Engagement with outdoor environments in the winter provokes new problem-solving skills – "How can I slide down this ice patch without falling?" "How fast can I run up this snow hill?" "Can I climb this tree using a branch as a snow pick?" The ever-changing environments that the winter months have to offer provide children with the challenges that they so often crave.

(Continued on Page 4)

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The Provider Connection

Professional Development Opportunities ...



FREE
Social & Emotional Support
and Training with ...

Holly Carter, LLMSW
January 22, 2019
6:30-8:30 pm

Child Connect for Family Success
Southeast School
861 E. Sibley
Howell, MI 48843
517-548-9112

Register online:
childconnectmi.org

Register for all classes online at:
childconnectmi.org or by calling
517-548-9112

View the 2019 UPDATED
Professional Development Calendar
HERE! Including 18 FREE Classes!

LET'S CONNECT!

Child Connect for Family Success is
Online:

Our website: www.childconnectmi.org

Like us on [FACEBOOK](#)
Follow us on [Twitter](#)



Pediatric First Aid, CPR, and AED Training

January 17, 2019 - 6:00 pm - 10:00 pm
January 19, 2019 - 8:00 am - 12:00 pm
\$65.00 per person



Register online at childconnectmi.org
or call 517-548-9112



Hands on Science!

January 29

Courtney Aldrich - MSU-E

6:30 - 8:30 pm
at Child Connect - FREE!

Resounding Resources



February is National Children's Dental Health Month

Hurry in to Child Connect to reserve the mini-dentist office for your make believe center. You can check it out for one week along with our dentist dress-up kit! It is a great way to encourage dental health with your toddlers and preschool children!

JACKSON AREA EARLY CHILDHOOD CONFERENCE

March 9, 2019

Baker College
2800 Springport Rd.
Jackson, Michigan
8:00 a.m. - 3:30 p.m.

8:00 a.m. - 8:50 a.m. Registration, Breakfast & Vendors

Link to
Brochure
Here!



Keynote Presentation:

Baker College Student Center

Presented By:

Dr. Tamar Andrews

**"STEM: Bringing the Future
into Your ECE Program"**



Bundle Up and Get Outside! (Continued from Page 2)

5. Vitamin D Exposure

When we stay indoors during the winter, we are not only missing out on play, but also on necessary vitamins that the outdoor environment gives us. Children get vitamin D through sun exposure, and absorb it even though the sun is not as warm in the winter. Vitamin D helps regulate mental and emotional moods, doing so by increasing serotonin levels in the brain. Serotonin plays an important role in regulating mood and keeping us happy. So the more exposure you have to the sun, the higher your serotonin levels will be. It is recommended that you get at least half an hour of playtime outdoors in the winter.

Let's have a playful and positive attitude toward winter this season. It's important to show your children that winter can be very fun. You can model various ways to fall in love with cold weather and snow – stomp your feet on ice patches, have a snowball fight, make snow angels, and be sure to engage in activities with your children. Take a breath of that cold winter air and remember that you are supporting your children's health and happiness.

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National Thank you Month!

2019

Throughout the days we tend to go onto autopilot. We forget gratitude, we forget to say thank you. January is National Thank You Month, and a perfect time to remind yourself to say thank you all those people who are important to you, and even to strangers on the street. Everyone needs a bit of thankfulness in their lives.

1. **Teachers:** Teachers often hear parental complaints instead of our praise. Send a note or email to your child's teacher thanking her/him for the work she does.
2. **Boss:** Bosses, like teachers, often hear more complaints than compliments. When your boss does something well, pay her a sincere compliment like, "You did a nice job running the staff meeting this morning. I appreciated your support." Better yet, thank your boss for a job well done in front of others. This is a really nice confidence booster and won't be forgotten.
3. **Co-workers:** Bring bagels or donuts to your weekly staff meeting for coworkers. Or surprise a co-worker when you go on a Starbucks run by bringing a coffee back for him.
4. **Employees:** Remember birthdays. Remembering someone's birthday makes them feel special and appreciated - it says "thank you for being you."
5. **Kids:** Call or set them aside for a minute just to tell them thank you. Be specific about what you are thanking them for and how it made you feel.
6. **Parents:** Did you enjoy a recent get-together with family? Possibly over the holidays? Frame a fun photo from the event and give it to your parents.
7. **Waiter:** Get the waiter off topic during your initial conversation. It can be so repetitious being a waiter so make his/her day more fun by being more conversational. Let the waiter know if you want separate checks first thing and leave when you are through eating so your waiter's table can open up for another tipping customer... and of course, TIP.
8. **Mailman:** Wave and talk to the mail man when you have a chance and, better yet, keep the area in front of your mailbox clear of cars, snow and trash cans.
9. **Grocery store cashier:** Greet and smile at the cashier when it's your turn. Stay off your cell phone. If you see the groceries piling up then be willing to bag the groceries yourself.
10. **Dry Cleaner:** My dry cleaner has a candy dish and fresh flowers on the container. By just noticing these small things and acknowledging how pretty the flowers are I am thanking them for their extra effort to brighten my day!
11. **Pets:** If you have a dog-friendly pet you can even visit some of the dog parks for a play date. If you are taking care of someone's dog, write a letter from the dog for the owners to receive when they get back from vacation. It is a nice way to set someone at ease who leaves their prized possession in your care. It is also a nice way to say "thank you for trusting me."

What can you notice about people you see each day? Be creative in who and how you thank people.

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!](#)

Livingston County's 12th Annual

Community Connect



A Free One-Day Event Connecting People to Information and Services

SAVE THE DATE
SATURDAY, FEBRUARY 2, 2019

Community Resources, Information, Employment Services,
Free Lunch, Legal Consultations, Haircuts, Health
Screenings, Children's Services, Books, Baby Items,
Fun Activities for the Kids **(No Childcare)** & more . . .

HOWELL PARKER MIDDLE SCHOOL
400 WRIGHT ROAD
HOWELL, MI 48843