



Ebenezer

CHILD CARE FROM THE HEART

Lady Pitts Kids Chronicle

5075 North Sherman Boulevard, Milwaukee, Wisconsin 53216

Open Monday-Friday 7:30 am—3:30 pm

(414) 462-0786

www.ebenezerchildcare.com

May 2010

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Dear Parents:

We at Lady Pitts hope that you had a nice Spring Break and that you are ready to finish the year off strong. We would like to remind you that when your child is not going to be at the center to please call the center. Then number is (414) 462-0786. If you call before staff is there just leave a message on the answering machine.

Also please be aware that your child is growing so you may need to change the extra clothing in his/her cubby to make sure that it fits them. And if we send your child home in clothes from the center please be sure to wash and return them as soon as you can. That way we will have them for another time if needed. Thank you for doing this.

We would like to welcome, Ms. Constance to the staff of Ebenezer. She will be working in the absence of Ms. Angie who is out do to some medical issues. She will hopefully return before the end of the month.

Some Dates to Remember:

5/7/10 No School (Banking Day)

5/31 No School (Memorial Day)

6/14 Final Exams (8:15-12:25)

If you and your child will be returning to Lady Pitts in the Fall please be sure to talk with Ms. Janet about what you will need to do before school starts again in September. You can reach her at (414) 224-0544 or by email, jdrevs@ebenezerchildcare.com.

The weather is nice again so the children will be spending more time outside during the morning time, so if you bring your child to school in a jacket or sweater please leave it in the day care so the teachers can use it outside. Thank you.

Happy Mother's Day to all you Moms!!

Have a great month everyone !!



Classroom Happenings

In the infant room the babies have been working on spending time on their tummies, and working on sitting up with the support of the Boppies. Some of them have even started to pull themselves across the mat, only when we are not looking though.

In the toddler room, they have been reading about different animals. They like the pages about pets and farm animals the best. We are starting to recognize the different sounds that they make. Kourtney likes to read the Alphabet book. She can name almost all of the different pictures in the book. Way to go Kourtney. Rylan likes the pictures of the monkeys and the bunnies. He even started to play with the one in the classroom. Kamiyaha likes to talk on the phone and play the piano. I see music in her future.

Happy Birthday!!

Children celebrating a birthday this month are:

Kourtney D. 5/2

Have a Great day Kourtney



Staff celebrating a birthday this month are:

There are no teacher birthdays this month.

Monthly Virtue: Respect

What is Respect?: Respect is an attitude of caring about people and treating them with dignity. Respect is valuing ourselves and others. We show respect by speaking and acting with courtesy. When we are respectful we treat others as we want to be treated. Respect includes honoring the rules of our family or school, which make life more orderly and peaceful. It is knowing that every man, woman and child deserves respect, including you. **Why Practice It?:** Without respect for rules, we would have confusion. People would treat each other rudely and violate each other's privacy and other rights. Respect helps people to feel valued. Elders deserve special respect because they have lived longer and learned many of life's lessons. Self-respect is making sure no one hurts you or abuses you, even an elder. When you respect yourself, others respect you, too. **How Do You Practice It?:** Think about how you would like others to treat you and treat them with the same dignity. How would you like others to speak to you, treat your belongings, and your right to privacy? If you want to use someone else's things, ask and then take good care of them. Express even your strongest feelings in a peaceful way. Treat yourself as you feel others deserve to be treated. You deserve it too! *"Your body is your vehicle for life. As long as you are here, live in it. Love, honor, respect, and cherish it, treat it well, and it will serve you in kind."* Suzy Prudden *"When I respect others, others respect me, and I like that."* 6th Grader in California

Monthly Virtue: Responsibility

What is Responsibility? Being responsible means that others can depend on you. You are willing to be accountable for your actions. When things go wrong and you make a mistake, you make amends instead of excuses. When you are responsible, you keep your agreements. You give your best to any job. Responsibility is the ability to respond ably. It is a sign of growing up. **Why Practice It?:** When you take responsibility for your own actions, others can trust you. When people are not responsible, they break their promises, fail to do what they said they would do and let people down. People who make excuses instead of amends keep making the same mistakes. When you are responsible, you get things done with excellence. **How So You Practice It?:** When you agree to do something, like homework, watching a younger child, or a job around the house, you take it as your responsibility. You don't agree to do things which are too hard, or that you don't really have time for. When you make a mistake, you don't get defensive. You learn from it and you fix it. You are ready and willing to clear up misunderstandings. *"Life doesn't require that we be the best-only that we try our best."* H. Jackson Brown, Jr. *"My life is an influence on every life mine touches. Whether I realize it or not, I am responsible and accountable for the influence."* Ron Baron



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Parenting Tip

Childhood obesity is a serious medical condition impacting too many of our nation's children. What can you do to make sure your family doesn't become part of this national epidemic?

According to Samantha Stern, training and development director at Ebenezer Child Care Centers with locations in Milwaukee, Greenfield, Mequon, Oak Creek, and Wauwatosa, "One of the best ways to combat obesity in your children is to improve the diet and exercise routine of your entire family. By showing your children that exercising is fun, you can easily incorporate it into their daily routine."

Fun Outdoor Activities

Stern says that spring, summer, and fall provide many opportunities for fun outdoor activities such as biking, hiking, soccer, and simply playing games in your own backyard or local park.

"The Milwaukee County Park System's Oak Leaf Trail is a true treasure for families who love to bike and hike," says Stern, "It has more than 100 miles of paved trails that run through all of the major parkways and parks in the park system. And, the fact that much of it is separated from the street makes it perfect for families to get out and explore together."

Stern adds that the Hank Aaron State Trail is also ideal for bikers and walkers or runners. It currently provides a 7-mile continuous connection on dedicated trails and marked streets between the lakefront and Milwaukee's west end. The Trail starts at Lakeshore State Park near the Henry W. Maier Festival Grounds, winds its way through the Historic Third Ward and Menomonee River Valley, past Miller Park, and ends in Doyne Park. Both ends of the Trail also link to the Oak Leaf Trail.

Free copies of Milwaukee's latest bike maps are available at all area bike shops, libraries, City Hall, County Parks, and can be downloaded at <http://www.city.milwaukee.gov/maps4460.htm>.

Organized Sports

Stern also suggests that you check with your community's Recreation Department about their planned activities for summer. Many offer summer softball leagues, swimming lessons, and other fun fitness options for children that are all designed to get them moving. Also, the Milwaukee Kickers <http://www.mksc.org> has soccer leagues and clinics that children of all ages can participate in.

Spending Quality Time Together

Finally, Stern says to never underestimate the importance of leading by example. She suggests that families make an effort to get up and moving together.

"Instead of sitting on the couch after dinner, take a walk around the block. Buy everyone in your family a pedometer, and make it a challenge to have everyone walk a minimum of 6,000 steps a day. Or, have a contest to see who can take the most steps in a week."

"Think about playing tag, kickball, or catch together in the backyard or in your local park. Investigate family yoga classes, or put a basketball hoop up on your garage, so you can shoot hoops together. If you are spending quality time together, your children are sure to have fun and learn about the importance of exercise in the process."

Ebenezer will be hosting a FREE Family Fun Night on "Making Exercise Fun" on Tuesday, May 11th, from 4:30-6:30 p.m. at our Downtown Center located at 340 West St. Paul Avenue, Milwaukee. Family exercise will improve the health of your loved ones, make exercise more fun, and at the same time develop stronger connections between all of you. With a little creativity, you can find a way to make it work for everyone! Activities for this Family Fun Night will include learning new jump rope games, doing an obstacle course, and playing hopscotch. In addition to the activities, you will have the opportunity to enjoy dinner on us! Registration is required. Please call 414-643-5070 to register.