

# Oak Creek Kids Chronicle

220 W. Forest Hill Ave, Oak Creek, WI 53154

Open Monday-Friday 6 am—6 pm

(414) 768-0151

[www.ebenezerchildcare.com](http://www.ebenezerchildcare.com)



We're  
Hiring

## Open Positions:

Do you know someone who would be a good fit for our Infants/Toddler classrooms? If so, send them our way and earn a referral credit.

## Fundraising/Donations:

Don't forget to place your orders for our Kringle Fundraiser! You can also drop off a donation for our Glove/Mitten Drive and our Giving Tree.



~ Kimberly,  
Nikki, and  
Mikayla



## January 2023

### Center Happenings

Tuition Due Dates:

January 2

January 16

January 30

Center Closed:

January 2, 2023

*Happy New Year!*

### Community Happenings

Oak Creek Library

Music and Movement

630pm to 7pm every Monday

This 30-minute Story Time incorporating music and movement into all books, songs, and rhymes. is geared toward children ages 2-5



Inside this issue:

Get to Know Our Team	2
Curriculum Corner	2
Virtues of the Month	3
Referral Programs	3
Healthier 2023	3
Sledding	3
Amazon Wish Lists	3
Parenting Tip	4

## **Coordinator's Corner**

### Hello families!

Welcome to 2023! We wish you well in this New Year! Hopefully, you enjoyed the holiday season with your loved ones and were able to get some rest. With that said, I trust that you'll get off to a great start and keep the momentum going all of 2023!

We certainly are ready to provide more awesome experiences in our classrooms and great service to all of the families we serve.

We want to thank you for continuing to be part of the Oak Creek Ebenezer Child Care Center. It means a lot to be entrusted with your little ones each day. We plan to have an absolutely wonderful year with excitement, laughter and tons of fun, please join us when you can!

~ Kimberly

## Children Birthdays

Eleanor F. 1/3

Harper L. 1/6

Victoria B. 1/17

Alaia G. 1/17

Brooks L. 1/10

William S. 1/10

Nova 1/14



Parker P. C. 1/16

Danilo V. 1/18

Nevaeh W. 1/28

Hope Z. 1/31



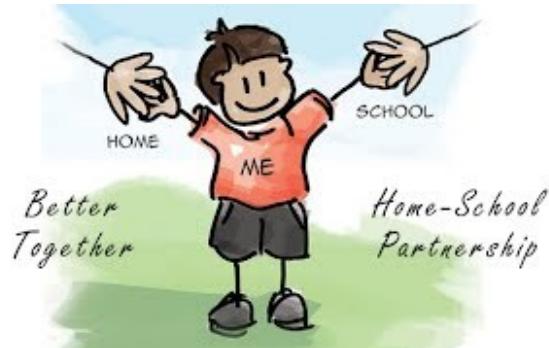
# *Curriculum Corner*

*~Mikayla Chmielewski*  
*Curriculum Specialist*

## **Conferences in Early Education**

Parent teacher conferences will be held at the end of January, through early February. Keep an eye out for sign-up sheets that will be posted in the lobby immediately following the new year! Pre-conference forms will also be available with the sign-up sheets, please take one and return it to your child's teacher before the conference. This will help our teachers get an idea of what topics of conversation are most important to you, so we can make sure to address them during the conference! We are scheduling 15 minute time slots, and you will have the option to meet in person or over the phone. If you need more time, or the offered dates won't work for you, contact us and we can arrange an alternate date that works for you and for your child's teacher.

While you can always communicate quickly with teachers at drop off and pickup times, conferences are a great way to have an intentional and distraction free conversation with your child's teacher. During conferences, we go over progress reports and observations that our teachers have made about your child's development and work together with you to set goals that your child can work toward at the center and at home. Children sometimes show different skills or behaviors at school than they do at home, so this is a good time to talk about what things look like from your perspective at home as well. It is also a great time to get to know your child's teacher and for us to get to know you and your family!



# *Get To Know Our Team!*

## Welcome Angelina & April to the Ebenezer Family!

Angelina joined the Ebenezer family this past November. Her warm approach and kindness has been comforting to the little ones in her classroom. Angelina takes pride in helping children learn and develop new skills. It's a pleasure having her on our team. Be sure to say hello!



April is settling in with the team and learning all about the children and staff! She recently joined the Oak Creek Ebenezer crew and brings lots of laughter and engagement! April's attentiveness and compassion for children makes her a great fit for our team. We are happy to have her here. Be sure to say hello to April when you are in the center.



*We sprinkle kindness  
and watch love grow*



## Virtues of the Month: Commitment & Moderation

Ebenezer's Virtues of the Month Program is about empowering adults and children to live by their highest values. The mission of the Virtues Program is to provide empowering strategies of excellence that inspire the practice of virtues at our child care centers as well as at home. This month's virtues are:

**Commitment** is caring deeply about a person, a goal or a belief. It is a willingness to give your all and keep your promises.

**Moderation** is being content with enough. It is using self-discipline to create a balance in our lives and to keep ourselves from overdoing. It is healthy stewardship of our time and resources.

For more information on the Virtues Project, visit [www.VirtuesProject.com](http://www.VirtuesProject.com).

## Refer a Family or Employee and Get Rewarded!

That's right! When you get a family to enroll at one of our three centers, or an employee to join our team, you'll



receive one week of free tuition (up to \$250)! All the family has to do is mention your name at the time of enrollment and stay enrolled for

a minimum of four weeks. New employees need to mention your family's referral at the time of their interview and be employed for six months for you to receive your referral reward.

Please help us spread the word about how amazing Ebenezer is!

## Here's to a Healthier 2023

Is one of your New Year's Resolutions to get rid of the highly processed snack foods in your family's kitchen and fill your child's stomach with whole foods that will provide energy and nutrition. Here are some suggestions for kid-friendly snacks that are both healthy and delicious from Healthline - <https://tinyurl.com/yck7uhz2>

Greek yogurt

Air popper popcorn

Celery with peanut butter and raisins

Slice pears with Ricotta Cheese

A slice of cheese

A veggie pita pockets

Nuts

Trail mix

Oatmeal

Cottage cheese

Fruit smoothies

Hard boiled eggs

Be aware of any potential allergies and be cautious of choking hazards before serving these items to your child.

## Get Out and Go Sledding!

Did you know Milwaukee has a dozen County Parks with hills ideal for sledding? When the snow flies, check them out!

### Daytime-Only Designated Sledding Hills

- Brown Deer Park, 7835 N. Green Bay Road

- Indigenous Peoples' Park, 7301 W. Courtland Ave.

- Greene Park, 4235 S. Lipton Ave.

- Hales Corners Park, 5765 S. New Berlin Road

- Kletzsch Park, 6560 N Milwaukee River Pkwy.

- LaFollette Park, 9418 W. Washington St.

- McCarty Park, 8214 W. Cleveland Ave.

- McGovern Park, 5400 N. 51 St.

- Wilson Recreation Center, 4001 S. 20 St.

**All-Day Designated Sledding Hills—Lit from 4:30 - 8:30 p.m.**

- Currie Park, 3535 N. Mayfair Road (Lit until 10 p.m.)

- Humboldt Park, 3000 S. Howell Ave.



## Amazon Wish Lists



Does your little one have a birthday coming up? Consider donating something to Ebenezer in his/her honor! We're a not-for-profit, and we will graciously accept gifts. In fact, we've created Amazon wish lists for each of our centers for items that aren't currently part of our budget. To access them, please visit:

**Downtown Milwaukee Center -**  
<https://tinyurl.com/4mpwh4d5>

**Oak Creek Center -**  
<https://tinyurl.com/34b9bhnx>

**West Allis/Wauwatosa Center-**  
<https://tinyurl.com/ba6cxbmt>



**Ebenezer**

CHILD CARE FROM THE HEART

## January's Parenting Tip: How to Beat the Winter Blues

The holidays are over, and now is the time of year when many people struggle with having the winter blues. So how can you prevent this from happening to you or your family?

According to Beverly Anderson, executive director for Ebenezer Child Care Centers with locations in downtown Milwaukee, Oak Creek, and West Allis/Wauwatosa, "There are many things you can do to boost your mood and help get you and your family through this cold, dark time of year."

Here are some tips:

### Improve Your Environment

The days are naturally darker this time of year, but that doesn't mean you should be sitting in the dark. Anderson recommends that, wherever you are sitting, make sure it is brightly lit during the day and the evening.

"Gray, overcast days can be hard on anyone's moral," says Anderson. "However, by making sure wherever you are working or lounging is brightly lit, you can help to compensate for the lost light outside and boost your moral."

Anderson also suggests making your environment as pleasant as possible by playing upbeat music and burning a candle with a scent that makes you relax. "All of these little things can make a big difference in boosting your mood."

### Get Outside to Exercise or Exercise Indoors

It is important to exercise year-round, but during this time of year, it is particularly important to get moving, according to Anderson. "Exercising boosts your endorphins, which in turn boosts your mood. So, try to get outside and go for a brisk walk at least three to four times a week. The fresh air will also boost your mood. On those days when it is simply too cold or icy to go outdoors, find an indoor alternative such as a shopping center just to get you moving and feeling more positive."

### Eat Healthier

It is understandable that our bodies crave comfort foods this time of year. However, comfort foods can also be high in fat and leave you feeling sluggish. Anderson suggests eating

more low-fat foods such as salads and low-fat soups that leave you feeling more comfortable and alert.

### Help Others

Helping others is a great way to lift your spirits. Anderson recommends checking out volunteer opportunities in the community or just seeing if an elderly person in your neighborhood may need assistance with something. "It is a great way to spread kindness and feel good about yourself."

### Plan a Getaway

Planning a vacation can also be a great mood booster. Places such as Wisconsin Dells with all of their waterparks can be a great break from winter for the entire family. However, if budgets are prohibitive, you can plan a "pretend getaway" to also boost your family's mood. Plan a picnic, download some beach music, and bring some outside games such as corn hole inside to play. Your children will love it, and it will help break up the winter blues.

Ebenezer Child Care Centers is a not-for-profit, locally based agency committed to providing early care and education programs from the heart. The agency prides itself on being different from other child care providers in that it offers a home-like atmosphere; individualized, nurturing care; and a structured curriculum that is virtues-based for every child's developmental stage.

Every Ebenezer Child Care Center focuses on all aspects of a child's development: cognitive, physical, emotional, and social. In addition to providing quality early care and education, the agency also offers other educational programming all aimed at helping parents.

The agency has locations in downtown Milwaukee, Oak Creek, and West Allis/Wauwatosa. The agency's main office is located at 1138 S. 108<sup>th</sup> Street, West Allis. For more information, please call 414-643-5070 or visit the agency's website at [www.ebenezerchildcare.com](http://www.ebenezerchildcare.com).