



**Ebenezer**  
CHILD CARE FROM THE HEART.

# West Allis Kids Chronicle

1136 S. 108th West Allis WI 53214  
Open Monday-Friday 6:00 am - 6:00 pm  
(414) 210-4541  
[www.ebenezerchildcare.com](http://www.ebenezerchildcare.com)



January 2023

## Center Happenings:

### EBT Transfer Due:

January 3rd

### Tuition is Due:

January 2nd

January 16th

January 30th

\*Center will be closed:

Monday, January 2nd,  
in observance of New  
Years Day!



## Inside this issue:

Curriculum Specialist's Corner	2
Staff Highlight	2
January Virtues	3
Referral Credit	3
Sledding	3
Healthier You	3
Amazon Wish	3
January Parenting Tip	4

## Coordinator's Corner

Hello Families,

Happy New Year to you all! I hope everyone had an amazing time during this holiday season. It is now time for us to settle into the winter lull!

We are super excited to be opening up our new indoor gross motor space on the 2nd floor soon. We will inform all of you when it is ready to have children to begin using the space.

We want to thank all of our wonderful families for sharing their beautiful children each day with us. We are honored you have chosen Ebenezer to be part of your child's life.

Friendly reminder, that children do need supplies while in our care. Please be sure they have the proper items, including outdoor weather clothing. Thank you in advance in making sure your child has these things.

Also, Parent/Teacher conferences will be held this month. Please be on the lookout for a sign-up sheet to schedule time to meet with your child's teacher.

Lastly, we want to welcome our newest team member, Ms. Adrianna!

She is the new Infant #1 Assistant Teacher. Please welcome her to our family.



### Open Positions:

We are still hiring, so if you know of anyone that wants to work in the Early Childhood field, send them our way and you can earn a referral credit towards your tuition!

~ Ms. Sarah & Ms. Abby



## Time to Celebrate!

### January Birthdays/ Anniversaries:

**Staff Birthday:** Maya, Kayla, Kristen, Abby, Nicole and Chad  
**Staff Anniversary:** Ms. Dana-9 Years, Ms. Nicole-3 years

**Turning 2:** Eleanor

**Turning 3:** Jaxson K., Vanessa

**Turning 4:** Coldiya, Savannah, Ayden



# Curriculum Corner

~ Dana Brumm, Curriculum Specialist

## New Year Resolutions

Now that the commercial side of the holidays is over, it's time to get back to reality. Our children need life to return to 'normal,' and with that in mind here is a list of Parent's New Year's Resolutions, from the children's point of view.

### Happy New Year!

- ~At nighttime, tuck me in, with songs or a book.
- ~Tell me stories about you, when you were little, like me.
- ~Give me hugs and kisses and sit quietly and talk to me.
- ~Spend quality time, alone with me.
- ~Offer me nutritious foods, so I can grow up healthy.
- ~At dinner, talk about things we can do together, especially over our weekends.
- ~At bedtime, talk to me about anything, love, family, school, etc.
- ~Let me play outside often...and come and join in my fun!
- ~Cuddle with me under a blanket and watch our favorite movies together.
- ~Discipline me fairly. While I might not always like it, it makes me feel like you care.

**Here are some kindness resolutions you can work on, with your children.**

- ~Smile at everyone you see.
- ~Donate old, gently used books to Children's Hospital.
- ~Feed the birds, especially in winter.
- ~Phone your grandma.
- ~Pick up litter when on a walk.
- ~Hug a friend.
- ~Hide a happy rock.



# Staff Highlight

## Ms. Debbie- Center Floater Teacher

Ms. Debbie has been in the field of Early Childhood for over 30 years and with Ebenezer since 2018. Ms. Debbie has her basic classes and an Infant/Toddler Credential.

Ms. Debbie thinks that making a difference in a child's life is so important and she uses any means of education to achieve that goal.

Ms. Debbie believes that children are just little people and we must let them be the individual that they are meant to be.

Ms. Debbie's goal is to retire from teaching young children in early care and education and to keep learning from the children she works with.

Ms. Debbie is married and enjoys reading, bowling, fishing, outdoors, knitting, boating, and watching Wisconsin sports, Packers, Brewers and Bucks.

Thank you Ms. Debbie for all that you do for Ebenezer families and children, we appreciate you!





## 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

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

Nuts

Trail mix

Oatmeal

Cottage cheese

Fruit smoothies

Hard boiled eggs

## 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).