



# West Allis Kids Chronicle

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## Coordinator's Corner

Hello Families,  
 I am so excited that spring is slowly coming upon us. I think we can all say, this winter has not been that bad, but I sure do have spring fever! This is a good time to remind you that our playground is a muddy mess as, we slowly transition from snow to rain and grass grows back. Please be sure your child has boots and snow pants to help stay dry and clean.

Friendly reminder, that tuition is due every two weeks. Please be sure to make payments timely. We do have tuition payment schedules in the front lobby for you to take home.

Abby is consistently doing child file audits to ensure we stay in compliance with State Licensing. If she contacts you, please return them ASAP. We have had an issue with doctors offices not getting faxes to us. Please note our fax number is 414-755-7758. Thank you for making this a priority when she contacts you.

Lastly, our quarterly Parent Night out event will be held on Friday, March 17th from 5-8pm. Please be sure to sign up by March 10th. Sign-up

sheets will be in the front lobby.

### 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



### March 2023 Center Happenings:

**March 17th-Parent Night out Event**

**EBT Transfer Due:**  
 March 3rd

**Tuition is Due:**  
 March 13th  
 March 27th



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## Time to Celebrate!

### March Birthdays/ Anniversaries:

**Staff Birthday:** Dana  
**Staff Anniversary:** Shonda-23 years

**Turning 1-**  
 Eloise  
 Cora  
 Conrad

**Turning 3:**  
 Theo

**Turning 4:**  
 Hope  
 Frankie



# Curriculum Corner

~ Dana Brumm, Curriculum Specialist

## Help Your Preschooler Gain Self-Control

When asked about school readiness skills, many teachers say children who succeed in kindergarten know when and how to control their impulses. They can follow through when a task is difficult and listen to directions for a few minutes. These skills are linked to self-control. Children can develop them at preschool and at home. Here are a few ways families can help children learn self-control.

**Change the rules of a game to make it an opposite game.** For example, instead of playing the familiar version of Simon Says, play Simon Doesn't Say. Explain the new rule in words and actions: "Do the opposite of what Simon asks you to do. If Simon Says 'Touch your head,' you should touch your toes." Be sure to demonstrate how this works. Keep directions simple. Take turns being Simon.

**Finish what you are doing, then respond to requests for attention.** For example, if you are on the phone and your child asks for something (and it's not an emergency), let her know you need to take time to complete your conversation. This is a good way to let your child practice waiting for a short time.

**Do activities together that require following directions.** For example, put together a model, play follow the leader, or cook or bake: "I'm going to read the recipe aloud. Listen carefully so we will both know what to do. I'll read them again as we do each step."

**Help children understand how long they will have to wait for something and suggest activities to do while they wait.** Say to your child, "Grandma and Grampa are coming over before dinner. Would you like to draw some pictures to give them?" or "As soon as I put your sister to bed, I will read you some stories. You can choose three books for us to read together."

**Work with your child to complete a puzzle that has a few more pieces than he or she is used to.** Set up the puzzle in a place where you can work on it for several days, if needed. Celebrate together when one of you puts the last piece in place.

**Plant some easy-to-grow marigold seeds in a pot or in a garden.** Check together every day until the plants pop up. Over time, watch the plant grow leaves and flowers.

Source: Adapted from the Message in a Backpack, Teaching Young Children 4 (2): 23

# Staff Highlight

## Ms. Dana-Curriculum Specialist

Ms. Dana has a Bachelors Degree in Elementary Education with a minor in Early Childhood Education. She has been in the field of Early Childhood Education since 1984 and has been with Ebenezer since 2014.

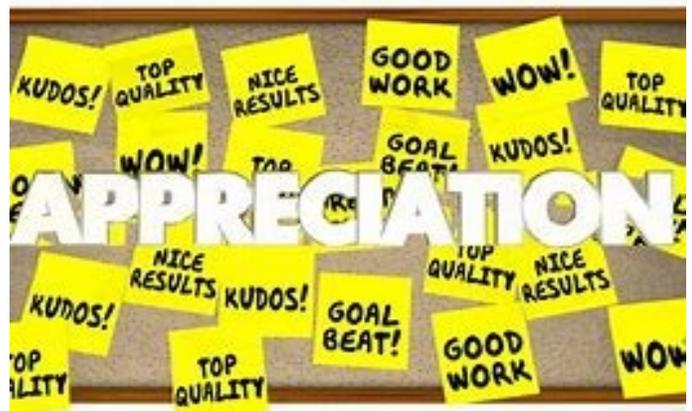
Ms. Dana's teaching style is warm and inviting allowing young children to explore materials freely using trial-and-error methods, in order to develop and exercise their critical thinking skills. She loves planning purposeful play opportunities.

Ms. Dana believes each child is a unique individual who needs a secure, caring and stimulating environment in which to grow and develop emotionally, intellectually, physically and socially. It is her desire to help children meet their fullest potential in these areas by providing an environment that is safe, supports risk-taking and invites a sharing of ideas.

Ms. Dana's goal is to challenge herself professionally, taking courses to obtain my Masters' in Early Childhood and teaching college level courses in Early Care and Education.

Ms. Dana has a son, daughter-in-law, husband and two grandchildren, which are her world.

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





## Virtues of the Month: Compassion & Friendliness

Ebenezer's Virtues of the Month Program is about empowering adults and children to live by their highest values. There are 52 virtues in the program. This month's virtues are Compassion and Friendliness.

**Compassion** is having deep empathy for the suffering of others. Compassion flows freely from the heart when we let go of judgments and seek to understand.

**Friendliness** is reaching out to others with warmth and caring. It is the willingness to be an intimate companion.

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

## Easy Hamburger Soup

### Ingredients:

- 1 1/2 pounds 90% lean ground beef
- 1 medium onion, chopped
- (1) 28 oz can undrained diced tomatoes
- (2) 14.5 oz cans of beef broth
- 1 cup water
- 4 celery ribs, thinly sliced
- 4 large carrots, halved and thinly sliced
- 1/2 cup quick-cooking barley
- 1 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/4 cup minced, fresh parsley

### Directions

1. In a large saucepan, cook beef and onion over medium heat until meat is no longer pink, breaking the meat into crumbles; drain. Stir in the tomatoes, broth and water. Bring to a boil.
  2. Add celery, carrots, barley, thyme and pepper. Reduce heat; simmer, covered, for 10-12 minutes or until vegetables and barley are tender.
  3. Remove from heat; stir in parsley. Let stand 5 minutes.
- Source: Taste of Home



## Follow us!



## Happening this Summer at Ebenezer

Children will explore Science, Technology, Engineering, Art, Math and Nature in a variety of ways. They will do this by using a map to guide their way into a summer filled with exciting adventures.

**SCIENCE** While playing-children will be experimenting, analyzing, predicting, and hypothesizing.

**TECHNOLOGY** While playing-children will explore tools of the trade, make their own inventions, and examine robots and cause and effect.

**ENGINEERING** While playing-children will learn about designing and building, take apart and put together all sorts of machines, and develop problem solving abilities.

**ART** While playing-children will discover the many layers of music, varieties of dance, and have an opportunity to delve into their hidden dramatic talents as well as utilize a variety of art materials.

**MATH** While playing-children will understand that math is not only about adding, subtracting, multiplying, and dividing. They will be discovering spatial concepts and pattern relationships. They will be measuring, sequencing, and analyzing data.

**NATURE** While playing-children will locate (maybe even visit some) lakes, rivers, and streams. They will participate in recycling, and perhaps uncover their joy of landscaping and gardening.

## EPIC ADVENTURES



## SUMMER PROGRAM

Ebenezer's EPiC Adventures Summer Program will be held at our following locations:

### Downtown Center

340 W. St. Paul Avenue

### Oak Creek Center

220 W. Forest Hill Avenue

### West Allis/Wauwatosa Center

1136 S. 108th Street



**Ebenezer**

CHILD CARE FROM THE HEART

For more information, call 414.643.5070 or visit [www.EbenezerChildCare.com](http://www.EbenezerChildCare.com).



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## March's Parenting Tip: Helping Your Child Become A Responsible Citizen

Every parent dreams of their children growing up to be respectful and responsible citizens who contribute to the good of society. How do we ensure this happens?

According to Leslie Hundt, Program Coordinator for Ebenezer Child Care Centers with locations in downtown Milwaukee, Oak Creek, and West Allis/Wauwatosa, "Just as children are taught to read and learn basic skills, they must also be taught character traits such as honesty, responsibility, and respect for oneself and others."

So how can you go about teaching your children these things? Here are some tips:

### **Be a Positive Role Model**

Remember your children are always watching you. You are your children's first and best teacher. Children learn proper values and behaviors when they are very young by observing the significant adults in their lives.

What children hear and see you do is considered acceptable, and they will do and say the same things. If they do not learn from an early age what is important, they will not exhibit these behaviors when they are older.

### **Set High Expectations and Be Clear and Consistent With Them**

It is important to remember as children grow, they will test the limits from time to time. This is normal behavior for children. When you establish clearly defined expectations, and make sure you are being consistent with them, children understand what your expectations are and how to follow them.

Children learn at an early age from adults that their actions have consequences, and negative or disrespectful behaviors will not be permitted. Keep in mind it is better for children to learn from their mistakes when they are young and the consequences aren't as great, than to wait until they are older when behaviors are harder to change.

Hundt recommends that you keep your expectations simple and avoid coming up with complicated rules. She also encourages you to keep your instructions positive, telling children how you want them to act or what you want them to say, rather than telling them what not to do.

Hundt suggests that you remind your children of your expectations frequently, especially

before going to events where other families will be present and expectations will be different.

### **Utilize Books and Character Programs to Reinforce Positive Behaviors**

Hundt recommends utilizing character programs such as the Virtues Project (<https://www.virtuesproject.com/>) as well as children's books to help teach your children about the types of positive behaviors expected.

"Books such as *Franklin Fibs* by Paulette Bourgeois, tell the story of Franklin, who finds himself in an embarrassing predicament after telling a lie. Books like this can help parents explain the importance of being honest and the consequences of what happens when you aren't."

"At Ebenezer Child Care Centers, we pick two virtues every month to focus on and incorporate into our programming and daily interactions. It helps our teachers create safe, caring, and high performing early education environments where children can thrive."

"It is critical to remember that everything you do as a parent is under the watchful eyes of your children," states Hundt. "Modeling respectful and responsible behaviors is so important to raising good citizens."

Ebenezer Child Care Centers is a not-for-profit, locally based agency committed to providing early childhood programs from the heart. The agency prides itself on being different from other childcare 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 care, the agency also offers free Parenting Talks and 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 South 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).