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April 5, 2017

Dear Families,

It's April and that's hard to believe! Doesn't it seem like just yesterday that we were telling each other to have a great New Year's? So far the best part about April is that April Fool's Day was on Saturday and Ms. Laura was not able to pull any pranks on us kind souls in the office!

Let's talk about pacifiers! When is the best time for your child to transition away from using a pacifier? Pacifiers do several wonderful things. They might lower the risk of SIDS in children less than 6 months old. They help babies satisfy the need to suck and they encourage children to self-soothe. All good things. BUT, there are some negatives as well. For example, according to one study children who use pacifiers are almost twice as likely to get ear infections; and, while pacifiers typically don't cause tooth problems in younger children, they will have long lasting effects on teeth in preschool age children. Furthermore, speech pathologists prefer children don't use pacifiers as children may be less likely to babble and practice talk. So, what do we suggest? No need to be cold hearted as your children weans from a pacifier, but the ultimate goal should be to have your child pacifier free soon after leaving the infant stage.

We hope you will drop your child off well before lunch time. This will allow your child to play and learn prior to eating and napping. Consider dropping off no later than 9:30 to allow for a morning full of playful learning.

We close at 6:30. Please respect our staff and our policies by arriving on time to pick up your children. This allows us to close on time and get home to be with our families!

Is your child going to be 5 by the start of the school year? If so, we hope you have already picked your kindergarten and, if not, please work on it now! As a reminder, we strongly encourage you to visit several schools to pick the one that

is the right fit for you. *We don't recommend any one school because each family is looking for something different.* To help you collect information, the principal of one of our neighborhood schools, Academy Adventures Midtown, will be here a couple afternoons soon to speak with you and answer any questions you might have. Let us know how we can help!

Summer is coming! Summer is coming! Next month's newsletter will include information about class swim, sunscreen, swim lessons and Mountain Lion field trips. Curious now? Ask and we are happy to share.

How do you go about joining your child in play? Most of us just jump right in and join in on the fun. Judy Jablon, the author of Powerful Interactions, suggests before jumping in we all take a moment to **be present**. "To be present means pausing for just a moment to quiet your static and prepare to join the child in the interaction." (Jablon, p.13) This pause allows you to clear your mind and be intentional about your actions. Instead of just reacting you can plan ahead to ensure you are about to make the most out of your time together. You will engage in powerful interactions with your child when you follow her lead, share in his pleasure and understand his likes and interests may be different than your own. Think of the child who loves exploring insects and the adult who gets uncomfortable seeing a picture of a mosquito. Are you willing and able to listen to what your child has to say without forcing (intentionally or unintentionally) your ideas on her? Interested in learning more? Check out www.powerfulinteractions.com

As the sun gains in strength we ask you to do the following...

- Apply sunscreen to your child before coming to school.
- Consider sending in a hat for your child to wear outside.
- Provide sunglasses to protect your child's eyes from the UVA & UVB rays.

That's all we have for this month. Have a great April and look forward to learning all about our summer activities in next month's newsletter.

Take care,

Blanca, Minnie & Bill