



Discovery Zone Gazette

Infants Act Ghostly!

The month of October we started out learning about ghosts. We sang "The Haunted House" to practice our language and communication skills, and



made ghost foot-prints for their cognitive

development. For their social and emotional play we hid under a sheet and popped out to say "boo". We encouraged the infants to participate and imitate it back. They really enjoyed this especially when we walked like a ghost under the sheet at the same time.

Next, the infants learned about spiders. We read the book Itsy Bitsy Spider and sang the song "Ten Little Spiders". We also created spider hand prints by stamping both hands next to each other with their palms touching. For their physical development we encouraged the infants to crawl or reach for the toy spider.

Cats was our next theme which was Riley's favorite theme of the year! We read Kitten Games and practiced meowing like a cat for our social and emotional development. For the children's physical development they reached for and touched a stuffed cat. The infants cognitive development was practicing their problem solving and recognition by finding the cat around the room.

Pumpkins was our next theme. The infants enjoyed reading and singing, One Little Pumpkin and "I'm a Little Pumpkin" very much. They loved making pumpkin palm prints for their cognitive development and used their sensory skills to touch a real pumpkin on the outside and the pumpkin guts from the inside.

Lastly, we will be learned about Halloween! We will start off by reading the book Today is Hal-



loween.

We also dressed up in our costume for the



beginning of the day and enjoyed watching the older kids come visit us! Next, we finger painted using black and orange paint with glitter. For their physical development the children used their motor skills during the Trick or Treat parade and the teachers encouraged them to crawl, walk over to the gate to enjoy the treat giving.

The month of November we will learn about cornucopias, turkeys, Thanksgiving and more so keep your eyes open!

We wish Derek a Happy 1st birthday, who will be celebrating on November 30th! Please remember to pack extra clothes weather appropriate and label all items! Thank you!

Discovery Zone Learning Center

October 2011

Important Dates:

- 11/11- DZone- Fun Day
- 11/15-Special
- 11/16, 17, 18, 23- Early Dismissal for school
- 11/21- Picture Pick up day
- 11/24 & 25-CLOSED

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Miss Sarah's Preschool Class Goes Healthy!

Preschool A started off the month of October learning all about Healthy Foods! During circle time, the children worked on sorting by picking out pictures of healthy foods to put into a smiley face box & unhealthy foods into a sad face box. At project time, the preschoolers loved practicing their sensory skills by dipping real vegetables into paint and painting with them. They used carrots to make lines, asparagus as a paint brush, corn to roll, and broccoli and cauliflower to stamp. They also loved pretending to milk a cow in the sensory table. They used a latex glove filled with white paint and water with pinholes on the fingers. They then squeezed to see how much milk they could squirt out of their cow!



Next week was all about Fire Prevention! Miss Sarah's class used their math skills (sizing) to piece together a cut up hose using the big pieces first and working their way down to the smaller pieces until it was all back together. They also loved meet-



ing Firemen Nick and Muffin and their real fire truck, when they came to visit! Their favorite part was getting to squirt the real hose!

The preschoolers also enjoyed dressing up in real firemen gear in Center Choice. They thought it sure was hard to move in all of that heavy equipment!

Next, Miss Sarah's Preschoolers learned all about the season Fall! They listened to many fall stories such as The Lonely Scarecrow, Under the Apple Tree, and The Littlest Pumpkin. Their favorite activity of the week was taking a nature walk outside to collect leaves to make their fall wreaths! They also enjoyed coming back to the classroom after the nature walk and sorting all of their leaves according to size, shape, and color! The preschoolers practiced their sensory skills in the fall



"feeley" table! The sensory table was filled with outdoor fall items such as leaves, hay, acorns, pine cones, and pine needles. They enjoyed feeling each item and describing what they felt! Prickly, rough, smooth, sharp and crinkly were some popular descriptions!

The last theme, but the most fun of the month, was Halloween! The preschoolers practiced their fine motor skills while making their very own pumpkin books. They cut out two pumpkins as well as a stem and stapled them together to make a book and decorated the front with a Jack-o-Lantern face. They then used their math skills by counting out real pumpkin seeds to glue inside of their book to show what the inside of a real pumpkin looks like! They also

loved making Soda Bottle Jack-o-Lanterns! They

poured orange paint mixed with water into a soda bottle. They then shook it until the entire inside of the bottle was covered orange. They then worked on their scissor practice (fine motor) by cutting out green felt to cover the top of the bottle for a stem and decorated the front of the bottle as a Jack-o-Lantern face!



Themes for next month include families, farm animals, Native Americans, and Thanksgiving!

Jack-O-Toddlers

During the month of October the Toddlers learned many exciting things.

The first theme was Squirrels and Acorns. During this theme the children worked on science and creative art by spraying paper acorns with water and putting tissue

paper on and watched the colors bleed through. Favorite gross motor activities were pin the tail on the squirrel, flowed by tossing acorns into a bucket.

Next the children learned about fire safety. Firefighter Nick and Muffin demonstrated stop, drop and roll and put on all their gear to show us that they are there to help and not so scary. They also talked about dialing 9-1-1 for help and answered all of our



questions. There were many smiles as the children sprayed the fire hose. In the classroom the children pretended to be firefighters and saved a stuffed animal by climbing a pretend ladder. Another fire safety activity allowed the toddlers to use their large motor skills as they jumped on paper flames to put them out!

Autumn Fun was our next theme and the children made some yummy haystacks where they used fine motor and math skills to make the treat. Measuring and pouring corn meal to work on fine motor skills was fun in our sensory table and making a water color scarecrow to show our creative art was pure talent!

During the Black and Orange theme



to practice matching, the children played the jack-o-lantern match game. They used creativity to decorate Halloween treat bags and used fine motor skills to make a bouncy spider.

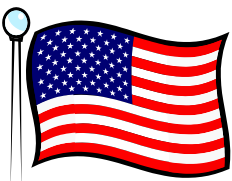
To end the month the toddlers practiced overhand tossing skills by tossing bean bag ghosts into a goblin box, for their Ghost and Goblins theme. They then worked on eye hand coordination, along with math skills to make ghost pudding. Group cooperation helped to make their very own, "Big Green Monster"!

In the month of November toddlers will learn about fruits and vegetables, Thanksgiving, turkey and aviation. Please remember to label all toddler items as some children have the same coats, cups, hats, etc.

Kindergarten Gets Caught in A Web of Fun!

What a fun filled October it has been in Kindergarten! We started October off by learning all about fall. We used our scientific inquiry skills and found the star inside of an apple. We also learned all about Johnny Applesseed and his adventures across the United States.

We then moved into learning about our families. We read about how families are different from one another and talked about what made our families different. We worked on fine motor and picture recognition when we drew our family portraits. We worked on our math skills when graphing what we call our grandparents. Grandma was the winner! We worked on group communication as we talked about who in our family was most important to us and why. We used that

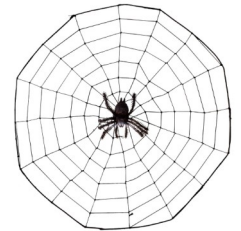


conversation to make conversation picture recognition to draw that person or people.

In our third week of October we started the week with two Fun Days. Foster Farm had corn mazes and hayrides and Villari's Martial arts taught us about respect. Once returning to school that week the children learned about Christopher Columbus and how he accidentally founded America. The children also made telescopes so they could check out new land and used our imaginations to draw our own ships.

The next theme was ABC's where the children focused on the letters A through E. The children have been working on letter books once a week and this theme focused more individually on each letter. We talked about words that started with each of those letters, as well as the sounds that

they make. To practice the formations of the letters the children used shaving cream.



In the last week of October it was a very spooky week full of Halloween activities. There were gross motor skills and cooperation skills used at circle time as we made a giant spider web together and carved a jack-o-lantern.

The children are now at DZone and so excited to be there! In November we have early dismissals, Fun Days and Thanksgiving. The kindergarteners will be learning about their 5 senses, manners, thanksgiving and each day having a new task of giving! Come see our giant giving calendar!

Interesting Information



Questions and Answers on Sleep

Q. My two-year-old is loved and well cared for by my husband and me. She has not been abused or exposed to violence. So why does she have bad dreams? For some reason my daughter has had three nightmares in the past two months.

A. Just like adults, children sometimes work out confusing or difficult feelings and experiences through their dreams. Nightmares at this age are quite common, and can occur for all children regardless of their environment.

At two, children are active participants in the world around them and are taking in so much all the time. We can't know how they are processing all that they are exposed to. Naturally some of what they see and experience is hard for them to make sense of and this can be scary. For example, the two of you might go to the pet store and see a poster of an animal that your child finds frightening. Or you may come across an object that you don't find scary at all (like a tractor mowing the lawn at the park), but that your child finds terrifying. Later, these "characters" may find their way into your child's dreams. At age two, children do not really understand the difference between fantasy and reality, which can lead to an increase in fears. These sometimes get expressed through dreams. So your child may tell you that she dreamed there was a monster under her bed.

It can help your child to describe what happened in the dream and how it made her feel. Contrary to popular belief, talking about feelings does not escalate them. In fact, it helps the child move on. But don't be worried if your two-year-old can't verbalize or give a lot of detail about her dream—her language skills are still developing. No matter what, you can use the universal language of a hug and a kiss to make everything "all better" again. And after a nightmare, try to put your daughter back to sleep in her own bed (if you let her come into your bed, you may see the nightmares happen even more!!!) This also teaches your daughter that her room is a safe place to sleep.

If your daughter begins to have nightmares very consistently, this is a signal to take a look at what might be going in her life that could be causing her some stress or anxiety. Sometimes changes like the addition of a sibling, a new caregiver, or the move to a new house can create uncertainty in very young children that gets translated to nightmares. If you have questions about your daughter's nightmares, talk to her health care provider to get the names of behavioral therapists in your area who may be able to help.

Q. Recently, we switched my almost-three-year-old to a "big girl bed." My one fear was that she'd start coming into our room in the middle of the night—and that is exactly what has happened. How do we nip this habit in the bud?

A. It is not at all unusual for toddlers—recently liberated from crib to bed—to start wandering at night. Fearless explorers that they are, they're determined to exercise their newfound freedom and prolong their daytime fun. There's a learning curve here for both of you. For you, moving your daughter to a bed means establishing and communicating a new set of bedtime rules. For your daughter, moving to a bed means adjusting to a big change in her night-time routine.

Look at this switch from your daughter's perspective: She may love her new bed and enjoy feeling like a "big girl." But her bed is also new and unfamiliar, and perhaps not as cozy as her crib. When she wakes (as we all do in the middle of the night) she can't rely on her old familiar crib to help her fall back asleep. There are no "walls" around her to make her feel contained, her blankets and sheets have changed, and the view is different too. When it's night-time and she feels unsure in her big girl bed, you're the one she wants for reassurance. And all she has to do is simply stroll down the hall to reach her goal—YOU.

If you want to put an end to these night-time visits, the key is sensitivity plus consistency. At bedtime, acknowledge that it is a big change to be sleeping in a bed, but remind her that the rule is that she stays in her bed all through the night.

If she does get out of her bed during the night, gently take her by the hand and walk her back to her room. Tuck her in, but do not sing, rub her back, tell her a story, lay down with her, or do anything that would reward or prolong the interaction. Try not to even talk very much, except to repeat the rule: At night, the rule is that you stay in your own bed. I will walk you back to your room and tuck you in. You are safe and I love you. See you in the morning.

The following strategies can help your daughter learn to soothe herself back to sleep during this transition:

- At bedtime, talk about what she can do to help herself fall back asleep during the night: *You can cuddle your bear, you can rub your blanket, you can think about all the fun things we did today.*
- Use bedrails. Bedrails give children the illusion of the "walls" they had when they were in the crib and can feel cozy for little ones making the transition.
- If your child doesn't already use a "lovey", have her choose a new stuffed animal to help her with the transition. Allow your daughter to choose, within reason, a stuffed animal "that will help you sleep all through the night." Remind her at bedtime that this is her "sleepy bear" and if she wakes up, all she has to do is cuddle him and that can help her fall back asleep. Include your child's stuffed animal in all her bedtime routines like stories, lullaby, and tucking-in at night and naptimes so she grows to associate it with comfort and security.
- Try using a night-light. If you are not already, use a dim night-light in your child's room. When she wakes, she will be able to see her room, get her bearings, and hopefully feel secure enough to go back to sleep on her own.

Give her lots of encouragement. Putting oneself back to sleep is an important (and sometimes tough) skill to learn. It's one your daughter will practice all her life. When she does sleep through the night in her own bed, acknowledge this as the accomplishment it is: *You should be so proud of yourself—you were able to sleep all night in your own bed.*

Miss Holly's Class Supports Fire Safety

Miss Holly's Preschool Class started out the month of October learning about Fall! Everyone got the chance to talk about activities that they do in the fall such as raking leaves, picking apples or pumpkins, and go for walks. They also talked about the types of clothing that they wear in fall:



jackets, pants, sweatshirts! They enjoyed reading stories like Clifford's First Autumn and Mouse's First Fall. The preschoolers used their fine motor skills to create scarecrows using paper plates, as well as coloring fall foliage trees and placing squirrels at the top! All of the preschoolers got to wrap up the first week of October by going to Hurst Farm in Hebron where they went on a hayride, picked turnips, fed the cows, picked a pumpkin, and enjoyed cider and a cookie for snack!

Fire safety was an exciting adventure for the preschoolers to learn about! At the beginning of the week, they got a visit from a fire truck! During circle time, they talked about what fire was and how to stay safe such as by doing the stop, drop, and roll! The preschoolers got to watch a real candle be lit outside by Ms. Holly and then go out when the top was put back on!

They learned that fire needed oxygen to grow, just like we breathe! Each child made "fire in a bag" by mixing yellow, red, and orange paint in a bag and putting some glitter inside, then the drew flames on the outside. They also made fire dogs by placing eyes and a nose, then finger painting their black spots! The preschoolers loved making fire in a cup, using red, orange, and yellow, Jell-O topped with blue whipped cream to put the fire out! In dramatic play their fire hats were on as they dressed up and pretended to be fire men, as well as in block center as the drove the fire trucks to help people!

The third week in October was filled with apples, pumpkins, and leaves! They explored the insides of an apple and a pumpkin in the sensory table and at circle read non fiction books about how apples, pumpkins, and leaves grow. They put their math caps on to count out the correct number of pumpkin seeds to put in the middle of the pumpkin, as well as using a string to measure a pumpkin! They enjoyed using their fine motor skills to make pies using play dough and passing a pumpkin around circle, using describing words to talk about how it looked and how it felt!



It was a spooky scene in Miss Holly's Preschool Class as they learned all about Halloween! They read stories such as Trick Or Treat, Smell My Feet and Skeleton Meets Mummy! They used oral language to talk about what they see on Halloween, as well as following directions to be a growing pumpkin in a pumpkin patch! The preschoolers used their fine motor skills to cut out and decorate a witch hat, as well as to use pasta to create a skeleton. In dramatic play, there were witches and princesses, and bats oh my! As they dressed up to go out for Halloween! It was all pulled together as we had a costume parade on Halloween!



Miss Holly and her friends would like to wish a Happy Birthday to Jackson (10/3) and Lillianna (10/8)! Thank you so much for all of the treats you brought into share! Next month, please be on the lookout for much fun! Preschoolers will be learning about the letters I, J, K, and L, as well as monsters, farm, peanut butter lovers, Thanksgiving, and family! Please watch for a form to come home about our peanut butter lovers week! Also, be sure to look at the calendar for your show and share day!

-Center News-

- If your child is going to be out or late for the day, please call/email the center to update us.
- Please change your children's extra clothes to match the season.
- Reminder: If your child has a temperature of 101 or higher/ vomiting/diarrhea they need to stay home and rest for 24 hours.
- DZLC is continuing the major maintenance plans. Our cabinets are being installed started 11/12- please excuse the mess during this time.
- Join Discovery Zone on Facebook! We are increasing by the day!!
- Reminder-Tuition is due by Wed. 8 am to avoid a late fee.
- Please remember to get your child's flu shots and to have all immunizations and physicals updated.
- We will be **closed** to celebrate Thanksgiving on 11/24 and 11/25.
- **Free holiday shopping day is 12/10, please sign up by the tuition box or at DZone- by the entrance door.**
- DZone is now up and running and we are very excited!