

OPT Parent Newsletter



Young Horizons
Child Development Centers
Long Beach, CA
www.younghorizons.org
April 2018

OPT News

Hello Dear Parents! We would like to start by thanking you again for your continuous support with our fund raisers. The Midland Catalog Fundraiser orders have been placed and the items should be arriving between 4/16 and 4/23.

We had our Kohn Center Preschool Playground Grand Opening on March 16th. It was a success! We had the presence of Board Members, donors, Site Supervisors from all the centers, parents, and friends. The children enjoyed the event.

April will be a month full of exciting events as well. Our children from Kohn, North Pacific, Ludloff and Grisham centers will be going on a field trip to the California Science Center. The Central Pacific AM Session will be going the Aquarium of the Pacific in Long Beach and the PM Session will be going to the Cabrillo Marine Aquarium in San Pedro.

We will be celebrating the week of the Young Child from 4/16 to 4/20. This week raises awareness about the importance of Early Education across the nation! We will celebrate with Music Monday, Taco Tuesday, Work Together Wednesday, Art Gallery Thursday and Family Friday.

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Cooking Experience 04/17/18

Chicken Taco
with Cheese,
Lettuce and Salsa



Monthly Theme: The World of Animals

This month the children will be exploring "The World of Animals." They will learn and understand the term habitat. Four different environments where animals live will be introduced: forests, deserts, wetlands and grasslands. They will learn how a forest is different from a desert. They will compare the characteristics and behaviors of different animals and the kinds of food animals eat.

We will also introduce the different types of dinosaurs. Children will identify similarities and differences of these prehistoric creatures. They will also learn the meaning of the terms herbivore, carnivore, fossil, paleontologist and extinct. Don't be surprised to hear your child using them at home.

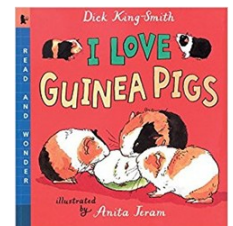
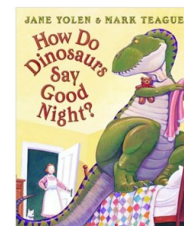
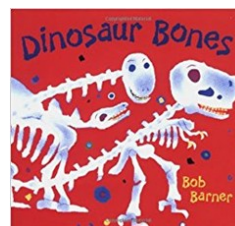
It will be a month full of learning at Young Horizons!

This month we recommend the following books to extend classroom learning:

"Dinosaur Bones" By: Bob Barner

"How Do Dinosaurs Say Good Night?" By: Jane Yolen and Mark Teague

"I Love Guinea Pigs" By: Anita Jeram



Next OPT Board Meeting
Wednesday, April 11, 2018
5:00-6:00, Kohn Center Library

Week of the Young Child
04/16 to 04/20



The Protective Factors Framework

The Five Protective Factors are the foundation of the Strengthening Families Approach. Research studies that support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes and they build family strengths and a family environment that promotes optimal child and youth development:

1. Parental Resilience

A parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family's life. It means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.

2. Social Connections

Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Isolated families may need extra help in reaching out to build positive relationships.

3. Concrete Support in Times of Need

Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.

4. Knowledge of Parenting and Child Development

Accurate information about child development and appropriate expectations for children's behavior at every age helps parents see their children and youth in a positive light and promote their healthy development. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

5. Social and Emotional Competence of Children

A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.

<https://www.cssp.org/reform/strengthening-families/basic-one-pagers/Strengthening-Families-Protective-Factors.pdf>

Last Month at Young Horizons



Kohn Center Preschool Playground Grand Opening



Erin Fitzgerald and Rafael Frensley from the show StoryBots at Central Pacific Center. They brought books for the children and read to them. The children had a great time.

Dates to Remember

Young Horizons Field Trips

Wednesday, 04/11/18, 9:00-1:15

Kohn Center (California Science Center, L.A.)

Thursday, 04/12/18, 8:45-1:30/9:00-1:15

North Pacific and Grisham (California Science Center, L.A.)

Tuesday, 04/17/18 9:00-1:15

Ludloff Center Room 1,2&3 (California Science Center, L.A.)

Wednesday, 04/18/18, 9:00-1:15

Ludloff Center Room 4,5&6 (California Science Center, L.A.)

Friday, 04/27/18, 8:40-11:10 / 12:45-3:15

Central Pacific AM Session (Aquarium of the Pacific, L.B.)

Central Pacific PM Session (Cabrillo Marine Aquarium, S.P.)

Saturday, 04/14/18, 10:00-2:00

Celebration of the Week of the Young Child at CSULB from 250 Bellflower Blvd, Long Beach, CA 90840

Saturday, 04/21/18 8:00-4:30

Long Beach Early Childhood Education Symposium, LB Convention Center. Info at: www.lbece.org

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