

OPT Parent Newsletter



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

OPT News

Welcome to Young Horizons! This may be your very first Parent Newsletter and we welcome you to the YH Family. Our State Preschool program starts on August 8th at our Central Pacific Center. Young Horizons will soon become your child's "home-away-from-home!" We aim to create an environment where children are cared for, feel loved and are educated. Join us in making this a reality every-day. You can start by reading your newsletter and being informed and involved.

Speaking of being involved, next month you will have the opportunity to run for a position on the OPT Board! Have you ever wanted to be more involved and participate in the decision-making body of our parent organization? This is your opportunity. Next month we will hold elections for the following positions: President, Vice President, Secretary, Treasurer and a Site Representative from each of the centers. Start thinking about it now and step up to a new challenge and learning experience.

Being involved in your child's life is one of the best gifts you can give your child. Read together daily. Talk to your child about your day and his or her day. Share plans for the weekend or within the next few days. This gives your child valuable vocabulary but also strengthens your relationship. If you have not already done so, download the Ready Rosie app on your phone for weekly suggestions on interacting with your child. Remember: You are your child's first teacher!

We look forward to a great year together!

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Cooking Experience
08/14/18
Cantaloupe Slushies



Monthly Theme: Community Helpers

Who are people in our community who help us? Are doctors, dentists, nurses, firefighters, police officers, garbage collectors, mechanics, veterinarians, and chefs community helpers? They sure are! And this month, children will learn all about the different roles people play in making our community function well. How do community helpers help? What clothing do they wear? What interactions do we have with them? What role does each community helper have?

If you want to extend the learning at home, you can talk to your child about these different questions and explore how many different community helpers he can identify. New vocabulary words include, stethoscope, instruments, traffic lights, and many more!

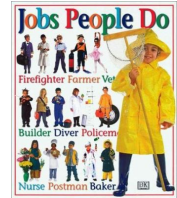
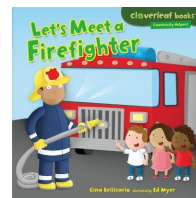
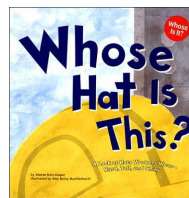
Be prepared to discuss with your child what she wants to be when she grows up. Anything is possible! Another theme in community helpers is that we all belong to a community and we have our share of responsibility as well.

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

"Who's Hat is This" By: Sharon Katz Cooper

"Let's Meet a Firefighter" By: Gina Bellisario

"Jobs People Do" By: Christopher Maynard



First Day of Half Day State Preschool

08/08/18



13 Tips for Starting Preschool

By Diane Tunis, Rhonda Kleiner, and Fredda Band Loewenstein

Is your child entering a preschool program for the first time? Use these tips to help both you and your child make a smooth transition.

1. Visit your local library during a read-aloud time so your child gets used to hearing someone other than Mom, Dad, or Grandpa read aloud book in a group setting.
2. Establish a routine of "early to bed" and "school wake-up time" several weeks before school begins so your child has time to adjust to the new schedule.
3. Find out about the toileting procedures at the new school or center so you can review the situation with your child and make sure she is comfortable.
4. Arrange play dates with children who will be in your child's class. Usually moms or dads go along on these early play dates. Ask the teacher or school for a list of children who will be in your child's class.
5. If there's a home visit or school visiting day, make sure you and your child participate. If you aren't able to participate, call the school to arrange for a visit to the school and to meet your child's teacher.
6. Make a book at home about the new preschool experience your child is about to begin. Perhaps take photos of the school or of your child in front of school and add text like: "This is Sammy at school. This is her favorite t-shirt. This is Mommy picking up Sammy when school is over."
7. Let your child pick out a new backpack and together write her name on it.
8. Tell stories about when you went to school and share how you felt about it. Find childhood pictures of yourself and other adults in your child's life and talk about the photos.
9. If your child has never before been cared for by someone else, start to leave her for short periods of time with friends or relatives. Reinforce the fact that you will return and that she is safe with others.
10. Give your child a personal belonging of yours like a favorite scarf or bandanna so she knows you will come back to get it.
11. Read books about going to school and saying goodbye, such as *The Kissing Hand* by Audrey Penn, *David Goes to School* by David Shannon, *Will I Have a Friend?* by Miriam Cohen, *First Day of School* by Anne Rockwell, *When I Miss You* by Cornelia Maude Spelman, *Take a Kiss to School* by Angela McAllister, *It's Time for Preschool* by Esme Raj Codell, *A Pocketful of Kisses* by Audrey Pen
12. Select a special object from home that your child can take to school--like a lunchbox, a book to share, and a small pillow for rest time.
13. Remember that separation is a process. Expect that your child (or yourself) will need time to feel comfortable with the new situation.

<https://www.naeyc.org/our-work/families/13-tips-starting-preschool>

Last Month at Young Horizons



Children explored the theme of insects with live ladybugs at Ludloff Center. North Pacific children made butterfly artwork and Kohn Center children enjoyed science materials and performed for their peers. Check out our Face Book page for



Children enjoyed our cooking experience this month: Banana Smoothies. Children were able to mix the ingredients and enjoy!

Dates to Remember

The centers will be closed on Friday, August 31, for a teacher training day. We will also be closed the following Monday, September 3rd, for the Labor Day holiday.

See your monthly calendar for activities specific to your center.

OPT Board Elections

If you would like to run for one of the board positions, please let your site supervisor know. You will need to make 1 poster for each center (5 total) and complete an interest form.

Positions are as follows:

- President
- Vice President
- Secretary
- Treasurer
- Site Representative—1 from each of the center

Elections will be held in September but campaigning starts this month.

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