

Parenting is All About Learning Your ABC's!

A represents the **attention** that is critical from a parent.

B is the special food, **breastmilk**, which has been shown to have valuable nutrients for brain development.

C is the **calming** effect needed from parents for their babies.

D reminds us that a baby's brain **doubles** in size during his/her first year of life.

E does double duty with the emotional bond through **eye contact** between parent and child.

F shows the **focus** developing as a child tries to make sense of his/her world.

G helps parents realize that their child is **grouping** things before he/she turns one.

H is the hearing your child does, even in the womb before birth.

I iron is essential to produce red blood cells, fueling brain growth.

J helps stimulate your baby's brain through **jostle and jiggle** on your laps as you coo and cuddle.

K kicking is just one way your baby communicates through motion before he/she is able to use words. Watch for these motions to help understand what he is trying to say.

L is for **looking** and studying what he/she does with his/her eyes, giving them time to gain familiarity with an object, book or toy.

M is a favorite – interactive **music** activity is shown to build communication skills, and establish more sophisticated brain responses. More important, babies with interactive music activities smile more.

We all know that a new born child is a blank slate ready with more potential than we can imagine. A recent study by Zero to Three, a nonprofit advocacy organization and the Bezos Family Foundation found that across all socioeconomic and racial/ethnic groups, parents are deeply committed to parenting well. Yet many don't fully recognize how influential they are on their child's development. In what the report calls the "missing first year," large percentages of parents underestimate – by months or even years – how early their children are aware of and impacted by interactions with adult caretakers and what's going on around them, both positive and negative.¹

An article in Parents Magazine titled "The ABC's of Baby Brain Development"² offers insight into the many ways parents can help their infants develop, foster creativity and write upon the blank slates with the positive and engaging lessons to build strong foundations. Here are the ABC's for development of your precious infant child...

N **nurturing** your child, providing a sense of security pays benefits for a lifetime.

O happens to all age. When **overwhelmed** or **overstimulated** it is critical to take a break. Parents too!

P is a favorite and something that happens without thinking... **peekaboo!** It teaches children the important lesson of "object permanence."

Q is needed for everyone, parents and children alike. It's **quiet time**. Even background noise, like the TV need turned off regularly.

R can make a parent crazy, but is part of the learning process. It's **repetition** and it is great for the development of your baby.

S has some medical relevance because **synapses** that are not used remain weak and the brain may discard them. Synapses are connections in the brain and must be used and strengthened, growing new connections daily.

T **tummy** time helps strengthen gross motor skills and provides your baby a different perspective of his/her world.

U reminds us that babies **understand** how a person is feeling by their facial expressions. If you look relaxed your child will respond in kind.

V is for **verbal** and the importance of talking to your baby, even when he/she does not understand. "See daddy helping mommy with dinner?" "Look at big brother reading his book."

W is that excitement of baby's first **words**, like mama or dada.

X shares the love in lots of **X's & O's** – never enough smooches and cuddles.

Y **you** are your child's most important teacher, mentor, protector and role model.

Z is critical to growth and development of your baby. Getting enough sleep (**zzzzz**) is vital to helping his/her brain reset and refuel.

1. <http://www.usnews.com/opinion/articles/2016-07-14/babies-brains-are-shaped-by-interaction-at-earlier-age-than-parents-assume>

2. <http://www.parents.com/baby/development/intellectual/how-your-babys-brain-develops/>



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Jody's Gems

Another school year has begun and I just keep wondering, where has the summer gone? We have had a full and fabulous summer here at The Children's Center. Our summer camp program was full and the children were able to enjoy many fun activities. Disguising learning as fun and fantastic activities, our teachers were charged with ensuring the children in our care did NOT experience the dreaded Summer Learning Loss. I am so honored to work with these amazing professionals! I proudly report that the data shows our children increased in the areas of math and literacy, the two areas of focus for our program.

This chart shows, using our Teaching Strategies GOLD™ assessment tool, that the children in summer camp moved forward in their understanding of language and mathematics.

	Summer Start Score	Summer End Score	Change
Language	52.0	55.6	+3.6
Mathematics	24.6	25.1	+0.5

We are now in full swing school year mode. A few of the changes at the Beaufort County schools have impacted operations here at the Center. The main difference is the offering of full day PreK at Hilton Head Early Learning Center. In past years, some of their half day students spent time with us. The Children's Center offers two PreK programs for our children, one is our First Steps 4K, available to qualified students at no charge. The other is our traditional PreK program, offered with our sliding scale tuition program. We currently have openings in both and are accepting enrollment applications on a rolling basis.

We want to thank St. Francis Thrift Shop, ABC Quality grant and the Community Foundation of the Lowcountry for helping us update our security system. We have installed new high definition cameras that provide visual access to all entrances, all classrooms and our playground. We have doubled the number of cameras in the Center, increasing the safety and security of our children. We are able to use footage of classroom activities as a training tool for best practices for our staff and we can answer parent's questions about activities in their child's class. It is truly a blessing for everyone at our Center.

Your continued support allows us to build strong foundations for the future of our children and the future of our community. We are actively recruiting volunteers, if you have an hour a week and want to inspire children, please contact us and we will find the perfect place for you! 🌱

Summer Camp



2016



Luau Day!



Face Painting!



Ice Cream Bar!

Correction and Thanks!

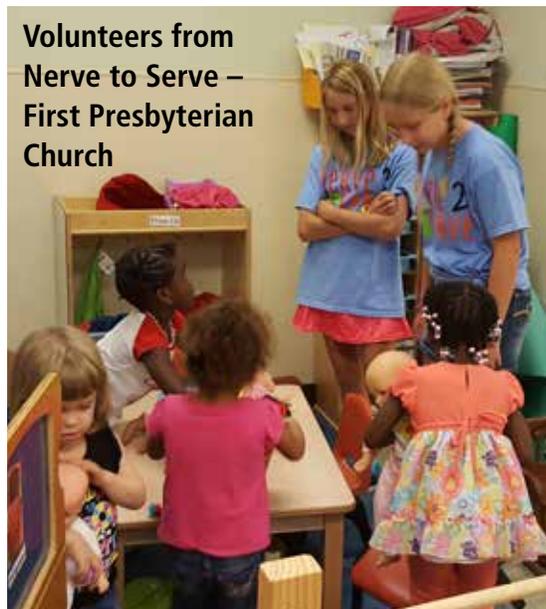
In the Spring/Summer Newsletter we left out the United Way of the Lowcountry from our community foundation and organizations list. We appreciate the support we received from the community through the United Way. We are also honored to have received grants from The Community Foundation of the Lowcountry and The Long Cove Advisory Committee for our technology upgrade and from South Carolina's ABC Quality program to assist the Center in moving forward in our quality initiative through new classroom materials and facility updates.

THANK YOU

The Children's Center is grateful for the support we receive from so many people and organizations throughout our community.



Catholic Heart volunteers, who worked in the heat to move three truckloads of mulch!



Volunteers from Nerve to Serve – First Presbyterian Church

DON'T FORGET!

Harris Teeter and Kroger both have reward programs to support local educational facilities. The "catch" is that you must renew your Children's Center designation annually. In the past year, we have received almost \$300 to help our children. Please see detailed information on the back cover of our newsletter to make The Children's Center your program of choice!



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- The Children's Center enables working families to afford quality education & childcare.
- The Children's Center provides a multicultural, bilingual early childhood program for children ages 8 weeks to 6 years beginning at 6:30 each morning.
- The Children's Center serves a nutritious breakfast, lunch and snack at NO additional cost to parents.

We welcome visitors to tour our facility.
Please call 843.681.2739 or visit
www.thechildrenscentersc.org for info

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