

The CDL Times

Bringing you the news that matters to you.

Spotlight on Excellence



Hi! My name is Paige Brigmon and I am a Master's student in Clinical Psychology from Eastern Kentucky University

completing my internship at the CDL. Most of my work at ECU has been with children, teens, and adults on the autism spectrum and other developmental disabilities. With the help from speech therapists and occupational therapists at ECU, I have enjoyed leading groups of children and young teens in activities such as writing, art, drama, and developing social skills. In the few days that I have been observing at the CDL, I have seen so many creative and unique activities that the teachers have done with the children. By observing different classrooms, I have benefitted from interacting with the children on each developmental level. My purpose at the CDL is to assist in managing a positive, cognitively challenging environment for the children. I will also be available to aid parents and teachers in any behavioral, emotional, or cognitive problems that the child may be experiencing in the home or at school. Please feel free to email at paige_priddy@eku.edu with any concerns you may have about your child's development or questions you may have as a parent.-Paige Brigmon

Mark Your Calendars!!!

- February 17 Random Acts of Kindness Day
- February 17 @ 4:30 How Intentional is Music Education at the CDL (Parent/Guardian AC Meeting)
- March is Women's History Month
- March 2 Dr. Seuss' Birthday- Share a book
- March 8 Daylight Saving Time Starts
- March 17 CDL Picture Day
- March 21 Absolutely Incredible Kids Day
- March 22 World Day for Water
- March 25 National Family Day
- March 28 Spring Break- CDL Open



Treats and Goodies!



The CDL welcomes parents/guardians to bring in treats for special occasions but the goodies must be store bought rather than homemade and have a visible ingredient label. The CDL is a peanut free facility.

Weather Permitting Policy

Information retrieved from Healthy Start, *Kid's Health and Safety News*.

Children are taken outside unless there is “active precipitation, extreme heat or cold conditions, or public announcements that advise people to remain indoors.” *Caring for Our Children* lists “extreme heat or cold conditions” as “Weather that poses a significant health risk shall include wind chill at or below 15 degrees F and heat index at or above 90 degrees F as identified by the National Weather Service.”



Parent Parking Spaces



Many of you are probably aware of the two extra parking spaces for drop-off and pick-up that are facing Jefferson Street. The two additional spaces bring our total up to 6. We hope that this makes drop-off and pick-up an easier experience. With the help of Public Safety, we are trying to keep the designated spaces open for parents rather than CDL teachers or Eco-village parking.

Try to avoid parking in “blue decal” parking, because it is reserved for Berea College staff. Public Safety will monitor the CDL parking lot and individuals parked in blue decal parking will be ticketed if they don't have the appropriate decal.

New Booster Seat Law

Information retrieved from Healthy Start, *Kid's Health and Safety News*.

Safety belts are not designed for children. Beginning at around age 4, many children are too large for toddler seats but too small for adult belts. A booster seat raises your child up so that the belt fits right- and can better protect your child. The shoulder belt should cross the child's chest and rest snugly on the shoulder, and the lap belt should rest low across the pelvis or hip area-and never across the stomach area.



The Law: Children under 7 years of age and shorter than 50 inches must be restrained in a booster seat.

Remember the rear seat is safer for children under 13 years old!!

General Car Seat Safety Tips:

<http://www.keepkidshealthy.com>

- All children under 12 years of age should be placed in the back seat of the car.
- Infants should be in a rear facing infant o seat or convertible seat until they are 1 year old and twenty pounds.
- After they are twenty pounds and have passed their first birthday, toddlers can use a forward facing car seat until they are about 40 pounds or their ears have reached the top of the car seat.
- Children over forty pounds should be placed into a belt positioning booster seat.
- You should not use your car's regular seat belts until they fit correctly when your child is about 80 pounds and is 4ft 9 inches tall.

Safety Tips to prevent Strangulation

Information retrieved from Healthy Start, *Kid's Health and Safety News*.

Strangulation occurs among children when consumer products become wrapped around their necks. Common items include clothing drawstrings, ribbons or other decorations, necklaces, pacifier strings, and window blind and drapery cords. These items become wrapped around their necks and interfere with breathing (strangulation).

- *Remove hood and neck drawstrings from all children's outerwear.*
- *Never allow children to wear necklaces, purses, scarves or clothing with drawstrings while on playgrounds.*
- *Tie up all window blind and drapery cords, or cut the ends and retrofit with safety tassels. The inner cords of blinds should be fitted with cord stops. Never place a crib near a window.*

New CDL Staff

Ms. Lisa Strife –Floating Teacher Assistant



Ms. Lisa just moved from Florida, the sunshine state. She has been blessed to have a wonderful husband and an awesome six-year-old son. She is a member of Westside Baptist

Church, where she started a Youth Ministry called J.A.M. Ms. Lisa expresses, "God has given me a heart for children!"

2008 Annual Childcare Immunization Survey

Information retrieved from Healthy Start, *Kid's Health and Safety News*.



The Healthy Start in Childcare and School Health teams recently completed their annual look at the county's immunization status for children attending daycare, head start, public and private schools.

Each year, the overall immunization rates for children continue to rise. This means better protection against communicable diseases, and reduced risks for outbreaks. In 2008, 97% of children enrolled in our centers had a valid immunization certificate on file. This is up from 93% in 2007. GREAT WORK!

The Centers for Disease Control and Prevention recommends that all children be vaccinated with a primary series of immunizations by the time they are 18 months of age. Children will then receive booster doses of vaccinations prior to school entry at 4 years of age. Once in school, children will receive vaccines prior to middle school entry.

Attention Parents:

If any of your contact information has changed, please see Melissa at the front desk or email her at melissa_rediford@berea.edu. It is very important that we are able to contact you.



Dental Hygiene Month

http://www.aap.org/publiced/BR_DentalHealth.htm

National Children's Dental Health Month (NCDHM) is an annual observance where dental and medical professionals focus efforts to improve the oral health of all children.



Steps to good dental health include:

- **Regular care by a dental professional.** During regular well-child visits, your child's pediatrician will check your child's teeth and gums to make sure they are healthy. If your child has dental problems, your child's pediatrician may refer you to a dental professional.
- **Getting enough fluoride.** Fluoride is a natural chemical that can be added to drinking water and toothpaste. It strengthens tooth enamel. It also helps repair early damage to teeth. **Because children tend to swallow toothpaste, put only a small (pea-sized) amount of fluoride toothpaste on your child's toothbrush and press the toothpaste into the bristles.** Taking in too much fluoride while brushing can result in fluorosis (spotting of the teeth).
- **Regular brushing and flossing.** Daily dental cleaning **should start as soon as your infant's first tooth appears.** Wipe the teeth with a piece of gauze or a damp cloth. Switch to a toothbrush with a fluoride toothpaste as your child gets older.
- **Eating right.** For healthy teeth, offer your child a well-balanced diet with a variety of foods.

Black History Month

<http://www.enchantedlearning.com/history/us/aframer>

February is "Black History Month," a time to commemorate African-Americans who have changed the world.



Celebrating Black History began in 1926, when Dr. Carter G. Woodson, a Harvard Ph.D., initiated "Negro History Week." Dr. Woodson, a historian, chose the second week in February because it included the birthdays of Frederick Douglass and Abraham Lincoln. In 1976, the Bicentennial (200th birthday) of the U.S.A., the week-long observance was extended to the entire month of February in order to have enough time for celebratory programs and activities.

Below are some popular children's books that celebrate Black History Month:

We are the Ship: The Story of Negro League Baseball. By: Kadir Nelson

Rosa Parks. By: Ruth Ashby

Sojourner Truth. By: Peter Merchant

The Story of Ruby Bridges. By: Robert Coles

Freedom River. By: Doreen Rappaport

Martin's Big Words. By Doreen Rappaport

The Patchwork Path. By: Bettye Stroud

Martin Luther King, Jr. By: Alice Fleming

Coretta Scott King. By: Laura Hamilton Waxman

Louis Armstrong. By: Judith Pinkerton Josephson

Just Like Josh Gibson. By: Angela Johnson

Moses. By: Carole Boston Weatherford

Henry's Freedom Box. By: Ellen Levine

Dinner at Aunt Connie's House. By: Faith Ringgold