

## CLASSROOM NOTES FOR MARCH



### RAINBOW ROOM

- 1 - 5 Silly Songs and Silly Stories
- 8 - 12 More Silly Songs & Silly Stories
- 15 - 19 ELC Recycles!
- 22 - 26 What's In the Egg?
- 29 - 4/2 Healthy Pets



### TEDDY BEAR ROOM

- 1 - 5 Dr. Seuss (O o)
- 8 - 12 Wonders of the Ocean (R r)
- 15 - 19 More Ocean Fun(G g)
- 22 - 26 Fairy Tales (V v, Z z)
- 29 - 4/2 More Fairy Tales (E e, X x)



### March Birthdays



Mrs. Boerema: 7<sup>th</sup>; Kush Parikh: 8<sup>th</sup>; Owen Werner: 9<sup>th</sup>; Aidan Mazak: 17<sup>th</sup>; Sydney Hires: 19<sup>th</sup>; and Joslyn Mann-Yoder: 26<sup>th</sup>.

### TAX INFORMATION

For those of you claiming child care on your federal tax return, ELC's Federal ID# is **38-2060-915**.  
If you need a summary of your child care payments for 2009, please contact Denise.

### Fall Enrollment

In-house enrollment for Fall 2010 has ended and we are now enrolling children from the community. For those of you with children at ELC, we know you recognize the benefit of a *quality preschool* experience! As current ELC parents, you are our most powerful marketing tool. Many prospective parents rely on word of mouth when choosing a preschool. Please help us continue to keep our enrollment levels high by sharing your enthusiasm for ELC to family, friends, neighbors, acquaintances, and even strangers – you never know who might be looking for a preschool! Suggest they check our fantastic website at [www.elcpreschool.com](http://www.elcpreschool.com) and call Denise at 973-7722 for more information and an appointment to visit.



## ELC BOARD NEWS

### ELC Online

When you have a chance, please visit the website [www.greatschools.net](http://www.greatschools.net). This is a national site that carries information on all schools K-12, as well as preschools. The basic information they display comes from our licensing data supplied by the state. It is pretty "cold and informal". However, it does allow parents to rate the school and fill out various surveys. I invite all of our parents to take a few moments and go rate ELC. The more ratings we get and the more surveys completed helps move ELC higher in search results when parents use this site.

Word-of-mouth-recommendations continue to be the most effective form of advertising for ELC. Your willingness to recommend ELC to friends, neighbors, and other families you meet really goes a long way in keeping our enrollment high. To help aid in our networking, we have a group on Facebook called *ELC Families*. It is open to all current, past, and future families of ELC. So if you are on Facebook, come join our group! If you do not have a Facebook account, it is easy to set one up at [www.facebook.com](http://www.facebook.com).

As always, feel free to contact me with any questions, comments, or concerns.

*Kristina Mahaney*

President, ELC Board of Trustees  
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## THANK YOU

Many of our parents help behind the scenes, so I seldom single anyone out for recognition. But Karen Meints went above and beyond in taking many pictures of local landmarks for us! We've printed them out and attached them to cardboard blocks. The children absolutely love them! They are so proud when they can "read" the names on the buildings. And their block creations are becoming so much more complex. Thanks so much, Karen!



## CALENDAR

### MARCH

Monday	1	School resumes following Winter Break
Monday	15	Tuition, Extensions, & Book Orders Due: please order books online at <a href="http://www.scholastic.com/parentordering">www.scholastic.com/parentordering</a> Class User Name: earlylearningcenter; Password: BookOrders
Monday	15	Pizza Lunch & Afternoon Workshop
Wed/Thurs	17/18	Parent Teacher Conferences <b>(NO SCHOOL FOR CHILDREN)</b>

### APRIL

Thursday	2	<b>Spring Break</b> begins at end of day
Monday	12	School resumes following Spring Break
Monday	19	Pizza Lunch & Afternoon Workshop



## Parents Are Powerful Role Models for Children

“A chip off the old block.” “Flip side of the same coin.” “The apple doesn't fall far from the tree.” “Like father, like son.” “She lives up to the family name.” “Trouble follows the footsteps of all those Hatfields or McCoys (. . . take your pick of any family in disfavor).” These folk phrases succinctly sum up family characterizations — some complimentary, others definitely not. They all infer that parents are responsible for how kids turn out — for better or worse.

Like quite a bit of other home-grown knowledge, these beliefs have, to a degree, been confirmed by researchers. Children, in general, do tend to grow up to be a lot like their parents. Social scientists and genetic researchers have identified many cycles that loop from one generation to the next. Children who live in homes where parents smoke are more likely to become smokers. Parents who abuse drugs or alcohol are more likely to find their children someday do the same. Adults who were abused as children may indeed hurt their own children. And that's not all. Parents with a low self-esteem raise children with the same affliction. There are cycles to teenage pregnancy, domestic violence, and under-education. Talk shows thrive on the fall-out from cyclical dysfunction.

Just because we know cycles exist doesn't mean researchers have determined exactly what causes them. Current thought is that some of children's behaviors are related to biological factors and some to environmental factors. For instance, scientists hypothesize that some children inherit a gene that pre-disposes them to low impulse control. Environmental factors, such as nurturing during early brain development or early exposure to violence, then affect how a child manages impulse control. The theory infers that children raised amidst domestic violence, will more likely develop into hostile and aggressive adults. A child raised in a home that handles disagreements non-violently through respectful negotiation would still struggle with a short temper, but would likely learn problem solving skills that preclude violence. So, a lot of people, those with folk wisdom and those with professional degrees, believe parents play a major role in how our children turn out. Parents give kids their genes at conception, and then through child rearing, we give them our act to follow, too.

Awareness of cycles is good. But many of us only dwell on the negative implications. Yes, kids are very likely to mimic our self-destructive behaviors. But, if we do a good job of parenting, it means children also get a lot of good things from us! We know parents with good self esteem tend to raise children with more secure self esteem. Parents who succeed in education tend to have children who meet and even surpass their parents' accomplishments. And while it is true that

children of divorced families are more likely to divorce, it is also true that children of happily married parents tend to find the same happiness in adult relationships. Why is it easier to believe in negative cycles?

The most important lesson that cycles teach us is that role modeling can be an extremely effective parenting tool. It is powerful that we should use it to our advantage! Being a positive role model requires fore-thought and self control. Today we talk a lot about disciplining our children. We parents need to put an equal emphasis on disciplining ourselves.

It's easy to dispense don'ts to our kids: “Don't smoke.” “Don't drink and drive.” “Don't do drugs.” “Don't lie.” It takes much more effort and discipline to practice what we preach. It takes a strong character to give our kids a good role model to copy, because copy us they will. What a disservice we do to them if we only give them self destructive behaviors as a road map to follow in life. If you don't want your kids dying of lung cancer, a wise strategy would be to stop smoking yourself. (And if you think you can sneak a cigarette when the kids aren't looking, you are wrong; they smell it.) If we don't want the kids lying to get out of going to school, we best not lie about taking a “sick” day from work.

Challenge yourself to identify the positive things you can role model for your kids — things like happiness, consideration, self respect, patience, generosity, self-discipline, diligence, kindness, bravery, and compassion. Role model feeding your body with wholesome and nourishing food, expanding your mind with enlightening reading, exercising for physical and mental health, speaking well about yourself and others, and enjoying life with friends and family.

Kids respect adults who walk their talk. Children are sensitive and astute with an uncanny ability to distinguish between adults who only talk a good game and those who play the game by the rules they preach. Credible adults inspire kids' confidence and admiration. Hypocrisy disillusion children and sends them looking for others to follow.

It turns out that folk wisdom is right after all — “Seeing is believing.” What kids see and believe they become. Each and every day, parents build a legacy for kids to inherit. Choose to be a parent who role models family traits worth believing in and worth building upon. After all, what goes around, comes around . . . unceasingly from one generation to the next

About the Author — Karen Stephens is director of Illinois State University Child Care Center and instructor in child development for the ISU Family and Consumer Sciences Department. For nine years she wrote a weekly parenting column in her local newspaper. Karen has authored early care and education books and is a frequent contributor to *Exchange*.