



Newsletter Winter- 2019

Celebrating 35 years!

Comprehensive Child Development is now Child Lane

Since 1984, our organization has grown from one small location to multiple facilities and programs that serve roughly 7,000 children every day. To celebrate 35 years of providing early care and education and nutrition services to children and families in Long Beach and the Harbor Region, our agency hosted a 35th Anniversary event and unveiled our new name – **Child Lane** – with the tagline *Because Childhood Matters*.

Our new name reflects our agency-wide focus on the *child*. Childhood matters, and we believe that by investing in children through developmentally appropriate early care and education, children will grow into curious and confident problem solvers. The play-based curriculum that we employ at all of our centers has been proven to create the most effective learning environment for young children. Children exposed to play-based early care and education programs are shown to develop bigger vocabularies, enhanced social skills and are better able to regulate their emotions.

Play-based programs are supported by evidence and recognized as a best practice in early childhood education. Children are encouraged to reach their greatest potential by being allowed to fully explore every aspect of their classroom community. The teachers in our programs are respectful of the children's process and set up the classrooms and activities to enhance physical, cognitive, social-emotional and language development.

"Play gives children a chance to practice what they are learning." - Mr. Rogers



Have you signed up for Ready Rosie yet? Ready Rosie's modeled moments are designed to bring valuable lessons into real life situations in an engaging way for everyone. You will receive a weekly playlist of videos that connect fun activities with serious learning opportunities.

How it works:

1. Families watch a 2-minute video from the playlist.
2. Families have fun learning and doing the activity.
3. Families can track progress and boost learning!

Ask your teacher to connect you to Ready Rosie, or call Elizabeth Jimenez at (562) 400-0479.

Message from the Counselor

Family Fun Nights

It can be challenging to play outside this time of year. It gets dark earlier and the weather is cooler. How can we continue to engage our children in play instead of sitting in front of the TV or other electronic devices? Why not start a family fun night?

Family fun night is about laughing and being together as a family. Board games, puzzles, crafts and even chores can be fun and engaging when the whole family participates. This is a wonderful opportunity to make memories that can last a lifetime.

Maybe a game of “Simon Says” can turn into home fitness night. Everyone can get into their comfy clothes and take turns being “Simon.” Exercises can include jumping jacks, sit ups and stretching.

Another fun family activity can be cooking. Help the kids pick a simple item to prepare. Together you can prepare the list of ingredients, go to the market (if necessary) and prepare the dish.

Be sure to take advantage of those times when the weather is not too cold to still get outside. Even if you have to bundle up, a brisk walk at a nearby park is a nice way for the whole family to get some exercise.

Weather and seasonal changes might affect our activities but they don't have to keep us from having fun times together.

“We didn't realize we were making memories; we just knew we were having fun.” - Author Unknown

Community Events

There are so many fun family events in our community! We couldn't pick just a few to list.

Long Beach Littles (lblittles.com) is a great place to find kid-friendly events and activities throughout Long Beach and the surrounding area.

The City of Long Beach also publishes a great calendar of events and activities. Click [here](#) to check it out!

Centers will be closed to observe the following holidays and special events:

Christmas, December 24th - 25th

New Year's, December 31st - January 1st

Martin Luther King, January 20th

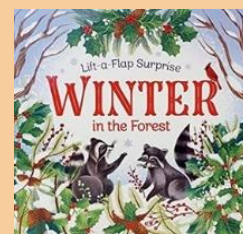
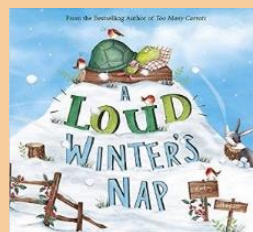
President's Day, February 17th

Staff Development Day, March 30th

Memorial Day, May 25th

Winter Reading Here are some suggested readings about changes in the season:

Goodbye Autumn, Hello Winter by Kenard Pak, *A Loud Winter's Nap* by Katy Hudson, *Winter in the Forest* by Rusty Finch.

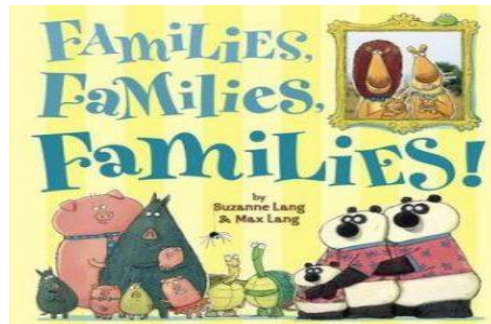


Family Child Care Corner

Change in seasons, change in routines

It's hard to believe, but winter is almost here. We may see some colder, wetter weather, and there may be some special events that take place this time of year. Many families have traditions that they observe, such as traveling to visit other family members, or eating a special meal together. Traditions are something that brings families together. Sharing some of your family's traditions with the other children and families in the family child care program your child attends can also bring people together. When you and your child share your traditions, and other families share theirs with you, everyone benefits. Your child will benefit by seeing that other people are interested in their family, and also by seeing that other families have different traditions that your family can learn about.

Another part of this season, and one not so beneficial to children, is the disruption of our regular schedules. We all have so much to do, and when we have events, traveling, or gatherings to attend, maybe extra shopping to do, we are often away from home for longer than we normally are, and children may be up later than usual, or miss things like naps, or afternoon snacks. Making a bedtime exception once in a while may not be a problem for a child, but keeping your child's schedule as normal as possible will be the most helpful way to avoid challenging behaviors that may happen because a child is overtired or missing their routine.



SAVE THE DATE:

Parent Workshop on Saturday, April 18, 2020

Continental breakfast and childcare will be provided.

Stay tuned for more information.