



QUALITY CARE NEWS

For Parents

Renewal through Signs of Spring

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Springtime is a time of renewal. Winter causes us to deal with ourselves more while we are in the house keeping warm. It causes us to look at our lives and evaluate what is good for us and what needs to be discarded. Spring cleaning allows us to put the evaluation into action. When you are dividing items into the keep, donate and or trash bins. Also take a good look at behaviors that may need to keep, donate or discard. If you have been spending quality time with the kids and managing to keep your house in order, well that is a keeper. Teaching our kids to give back to the community is a way to donate our time. And getting ourselves active and eating healthy foods can allow us to discard unwanted pounds.

Spending time outside is a wonderful way to experience Springtime. An activity for you and your children may enjoy doing is a "Spring Scavenger Hunt." Go to your local library and look up age appropriate books on spring. Identify five things that indicate Signs of

Spring. Take three sheets of plain paper and cut them in half. Place them in a stack that resembles a booklet. Staple the short left end of the paper or punch holes in to bind them with ribbon. Have your child draw pictures of five items of spring time on each sheet. Take a walk in the park or your neighborhood and see if you can find the Signs of Spring and check them off in your booklet.

Planting a garden can be another springtime activity with the kids. Children love to play in the dirt so if they get dirty it was for a good cause. Choosing the vegetables to plant in the garden could increase the possibility of them eating more of them. What child wouldn't be proud to say they grew tonight's dinner all by their self.

Along with eating more fruits and vegetables, encouraging children to play outside is a good way to renew our bodies. Running races and jumping rope are oldies but goodies when it comes to physical fitness. Older children may need a little more per-



suasion to exercise. A friendly competition of basketball or double-dutch can be effective. Loser takes out trash for week. (hint: taking out trash is exercise too)

Yes, we all could use a little renewing after a long winter. So after the snow has melted and we get back into the hustle and bustle of life, just remember to take time and look for the Signs of Spring.

Spring reading: The Boy Who Didn't Believe in Spring, Growing Colors and What shall I Grow.

LET US KNOW WHAT YOU THINK

- How are we doing?
- Are we providing quality services?
- What trainings would you like us to provide?
- What other resources can we assist you with?

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Parent Workshops From Quality Care

MARCH

March 9; 6-8 pm (SA)

Yoga

Presenter: Linda Schimmel

Learn gentle chair yoga, stress release and healthy nutrition.

March 10 / 6-8 pm (CU)

Managing Money

Presenter: Jean Kuhl

Learn how to make better decisions with your money.

March 14 / 6-8 pm (CU)

Children Are Watching

Presenter: Liz Fratto

Learn communication skills.

Managing Your Money

March 22; 6-8pm (CA)

Presented: Jean Kuhl

Learn how to budget with tips to make a budget work for you.

March 29 / 6-8pm (GL)

Healthy Eating

Presenter: Lisa Goodrich

Learn to help create healthy eating habits in children.

March 31 / 6-8 pm (CA)

Children Are Watching

Presenter: Liz Fratto

Children Are Watching
Learn proper communication

APRIL

April 4 / 6-8 pm (CU)

MALE Role Models... DADS

Presenter: Jean Kuhl

Learn the importance of "Fathering"/Roles and how to create space for dads to succeed.

April 5 / 6-8 pm (CA)

Bucket Fillers

Presenter: Jean Kuhl

Examine the people and things in your life that "fill your Bucket."

April 11 / 6-8 pm (CU)

Managing Difficult Behavior

Presenter: Liz Fratto

Learn how to identify and cope with difficult people.

April 11 / 6-8 pm (SA)

Bucket Fillers

Presenter: Jean Kuhl

Examine the people and things in your life that "fill your Bucket."

April 13 / 6-8 pm (GL)

Personal Health

Presenter: Lisa Goodrich

Stepping towards a healthy adult lifestyle.

April 14 / 6-8 pm (CA)

Positive Discipline

Presenter: Liz Fratto

Learn positive discipline strategies and age appropriate expectations.

April 20 / 6-8 pm (CA)

Yoga

Presenter: Linda Schimmel

Learn gentle chair yoga, stress release and healthy nutrition.

MAY

May 5 / 6-8 pm (CU)

Learning through Play

Presenter: Liz Fratto

Understand learning objectives through play activities.

May 16 / 6-8 pm (SA)

Managing Money

Presenter: Jean Kuhl

Learn how to make better decisions with your money.

May 23 / 6-8 pm (CU)

Become a Bucketfiller

Presenter: Jean Kuhl

Learn how to fill lives with positivity.

May 26 / 6-8 pm (GL)

Fun with Science

Presenter: Lisa Goodrich

Learn fun and exciting ways to bring science into the classroom.

FREE EDUCATIONAL GAME WEBSITES:

arcademicskillbuilders.com

prongo.com

pbskids.org/games

knowledgeadventure.com

Spend time at one of the many local farms

By Juliet Jones, Child Care Resource and Referral Administrator, Gloucester

For anyone who has not been out to visit one of New Jersey's local farms your missing an exciting experience. NJ has beautiful farmland and wonderful produce. Many of the farms offer a variety of family friendly and affordable activities including, hayrides, field trips, tours, parties and pick-your-own. A day at the farm is a great opportunity to introduce children to agricultural and support your local farms. Here is a basic breakdown of the picking season for some tasty treats.

Strawberries: May – June

Raspberries: June – September

Peaches: July - August

Apples: August - October

Pumpkins: September - October

Here are some websites for local farms:

www.clendiningfarms.com

www.duffieldsfarm.com

www.johnsonsfarm.com

www.moodsfarmmarket.com

Happy Picking!

