



Where Love, Learning, & Play go Hand in Hand

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**October
2020**



Director's Corner

The cool mornings during arrival remind us that change is in the air. Autumn is a gentle reminder of all God's beauty around us. Fall activities may look a little different this year. Our annual trips to the Farmers Market and Pumpkin Farms will have to be placed on hold this year. However, we will still continue our discovery of Fall and all of its beautiful elements. Classrooms will continue to carve and decorate pumpkins but just in a different way. Everyone is excited to leap into the sights and sounds of the season.

Children's House 3-year DCFS licensing renewal review took place last month. The visit from the DCFS rep went very well and there were no citations or corrections.

Chapel will begin this month for our Pre-K classrooms, Shooting Stars and Rainbows. Twice a month the preschoolers will meet in the sanctuary to hear a bible story and learn more about God's love. One class will attend at a time and all social distancing guidelines will be implemented. Weeks will rotate.

Judy Vlach,
Director

INFORMATION STATION

**Children's House will be closed for
Professional Development Day
Monday, October 12**

This year, our annual Children's House Halloween parade is canceled however, there will be students-only Halloween parties in each classroom. We are creating a new plan to celebrate Halloween while following all social distancing and COVID-19 guidelines. We are brewing up something fun for all!! An email will be sent home soon with more details.



Classroom News

Baby Bunnies

Our theme for October is Fall and Halloween. Our Nursery Rhyme this month is Itsy Bitsy Spider. Baby Bunnies will also explore pumpkins and leaves. Using our five senses we will discover all the wonders of fall.

This month's nursery rhyme:

Itsy Bitsy Spider climbed up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the itsy bitsy spider climbed up the spout again.

Our friends have been very busy. Rory has mastered walking but enjoys a break with his favorite story, "Llama, Llama Zippy-Zoom". Julian is on the move as well and enjoys playing baby chase with a friend. Beckam and Drew are also on the move and exploring all over the classroom and pulling themselves up for a better view. Owen is traveling across the floor and enjoys being on the move. Our friend Barrett joined us this month and has enjoyed getting to know his new friends. Katie enjoys talking to her friends while she scoots across the classroom. Luka enjoys her floor time and looking in the mirror and really enjoys sitting up so she can watch her other friends. Each day we continue to work on individual plans to assist each child in meeting their personal developmental goals.

Ms. Loretta
Ms. Jo Jo
Ms. Laura



Busy Bees

Fall is here with all of its wonderful opportunities to explore the world through our five senses! Such a variety of beautiful tastes, sights, smells, squishy pumpkin pulp to feel, and new songs to hear. We will meet many nighttime animals and learn how they live this month. Skeletons don't have to be scary and we will let them teach us about our bones!

Our themes this month will be:

Week 1: Nighttime Animals- bats, owls, cats, and more.

Week 2: Falling Leaves- the rich colors of autumn
Week 3: Fall Harvest- Tasty fruits and vegetables and experiencing different scents.

Week 4: Pumpkins- Lots of fun art and sciences using pumpkins. Squishy fun!

Week 5: Halloween Fun! Friendly kittens, owls, itsy bitsy spider and Dress Up!

We incorporate themes to work on social-emotional skills, self-help, cognitive development, language, as well as spiritual/moral learning in all of our lesson plans.

Ms. Alison
Ms. Erica

October Birthdays

Children

10/2 Jameson, Rainbows
10/9 Peter, Rainbows
10/15 Julian, Baby Bunnies
10/25 Remington, Sunshines

Teachers

10/4 Ms. Annie

Classroom News

Sunshines

Happy Halloween! This month will be filled with Spooktacular fun! We will be enjoying Halloween-ish themes this week:

Sept. 28-Oct. 2: Colors orange and black
Oct. 5-9: Spiders
Oct. 12-16: Pumpkins
Oct. 19-23: Friendly monsters
Oct. 26-30: Halloween

We will be celebrating the season with a party at the end of the month. I will send specifics at a later date. As always, if your child has a favorite theme-related book, feel free to share!

Ms. Wendy
Ms. Cassandra

Shooting Stars

Full moon and black cats are in the air! The spooky month of October is upon us. We are excited to explore these themes this month:

Oct. 5-9: Pumpkins 1
Oct. 12-16: Pumpkins 2
Oct. 19-23: Bats and Spiders
Oct. 26-30: Halloween

We will be diving into our pumpkin unit the first two weeks! We will count seeds to develop our math skills and learn all about how pumpkins grow. Then we will swoop into bat and spider week with games teaching us how bats navigate the night and how spiders build such intricate webs. We will finish up the month with Halloween art projects and skeleton bone science for Halloween.

Have a fun and spooky month everyone!

Ms. Amanda
Ms. Toni

Rainbows

The Rainbows have had a busy and fun month! We worked on printing our first names, letter recognition, and much more. We were able to get to know more about each other and the classroom.

Now it's time to "fall" into October fun! It's time to discover Fall and Harvest time by using our five senses. October is National Fire Prevention and Safety month, so our first week will focus on fire safety tips. Also, this month begins Show & Tell. A detailed note about Show & Tell will be going home soon.

This month we welcome Mr. D, Miss E, and Mr. F from Letter People Land into our classroom. We loved meeting Ms. A, Mr. B, and Mr. C last month. We really enjoyed when Ms. A sneezed when she was happy.

Our unit for October is October Fun
Oct 5-9: Fire Prevention/Letter D
Oct 12-16: Harvest/Letter E
Oct 19-23: Harvest/Fall/Letter F
Oct 26-30: Christian Living: Creation/ABC

Happy birthday this month to Peter and Jameson!

Ms. Rachael
Ms. Kayla



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Central Baptist Church Worship Hours

Downtown Springfield and New Berlin:

Online Worship at www.cbcchurchfamily.org

If you are looking for a church home, we are always glad to have you join us in worship!

Wednesday Night Dinners will probably be on hiatus through the rest of the year.

Central Baptist Church volunteers prepare a meal the first and third Wednesday nights of each month during the regular school year (September – May) as an opportunity to share with each other around the dinner table.

Children's House families are always welcome at dinner. Dinner is served cafeteria style from 4:45 to 5:45 p.m. Carryout meals are also available. The cost is \$5.00 for adults and \$1.50 for children.

If you plan to order, please let Ann or Mason in the church office know by noon on Tuesday by calling (523-3639 or email ann@CBCchurchfamily.org)



Parenting Article

6 Parenting Tips to Adjust to Your New Normal

In this article Dr. Catherine Jackson tackles the struggle most parents are having during this troubling time with six tips. They are:

1. Acknowledge and track how you feel. She suggests using a mood tracker to keep track of how you are feeling. Then talk to friends or family about how you are feeling.
2. Create a routine. Set a schedule for your activities, including parenting.
3. Set boundaries. Say no to the things you do not want to do or don't have the time to do.
4. Throw out comparison. It is not fair to you to compare yourself to other parents.
5. Practice self-grace. Forgive yourself for mistakes and go easy on yourself.
6. Embrace self-care. Take time for yourself. Pamper yourself a little.

To read the rest of the article, click [here](#).

Couple's Article

3 Simple Ways to Keep Your Relationship Strong When You Have Young Kids

Having kids is not only rewarding but can be challenging too. In her article, Stephanie Fairington identifies three stressors parents face and how to deal with them.

1. Join forces during a meltdown. She states to not fight back but remain calm. Don't feed into the drama and make things escalate. If your partner is on the verge of losing it, let him/her take a time-out to calm down.
2. Create small "rituals of connection." Find ways to be intimate in everyday moments, such as a good morning kiss. Do small things for each other and show gratitude.
3. Have adult conversation even when the children are present. You need to be able to exist as a unit. Teach your child to ask for attention in a non-whiny manner, such as gently putting his/her hand on your arm. Teach your child to be respectful by taking turns when talking.

To read more about this, click [here](#).

Blessings

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For monthly couples, individual, and family tips, please sign up for our e-newsletter. For daily relationship tips, follow us on facebook. For more information about any ConnectEdPAIRS service, please visit our website at www.connectedpairs.com, stop by, call, or email us in the counseling office. We look forward to talking with you soon.



Continued next column