

The New Bubbles Bugle

Your Source for TLE News, Parenting Information, Tips and Children's Activities

Volume 1, Issue 1

2014
FOLD OUT
CALENDAR
INSIDE!

Inside This Issue:

What's New
at TLE

Parenting
Information
& Tips

Lots of
Children's
Games &
Activities

Learn how
you can
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tuition
credit from
TLE or
\$2,500 cash!



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The Learning Experience® Parent Newsletter



Bubbles' Bugle

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Healthy Lunches at TLE
does Bubbles' body good!



What's NEW at TLE

"One hundred years from now
it won't matter
what kind of car I drove,
what kind of house I lived in,
how much money I had in the bank,
nor what my clothes looked like,
BUT
the world may be a little better
because I was important
in the life of a child."



Amanda Beers

Asst. VP of Training & Quality Assurance

Making A Difference

"A teacher takes a hand, opens a mind, and touches a heart." The unknown author of this quote must have been fortunate enough to have been taught by a TLE® teacher! Stop and take a minute to reflect on a teacher you had who this quote personifies; a teacher who, in spite of the passing years, has left a lasting impression on you. As a child, you idolized your teachers; they were incredibly knowledgeable, somewhat magical, and always thought of fun and exciting things to do with their students. Now we are parents, and our perceptions and expectations of a teacher have changed. With our children's best interests in mind, we now want someone who provides opportunities for our children to learn, play, and grow; someone who will plant the seeds of knowledge, create the sparks for learning, and provide the academic foundations that will lead to their future success. The truth is that the teacher we remember as being incredibly knowledgeable, somewhat magical, and exciting to work with was also planting seeds, creating sparks, and laying foundations. We have identified a child's perspective of a teacher and a parent's perspective of a teacher—what about a teacher's perspective of teaching? There is a poem by Forest Whitcraft that is widely quoted throughout the childcare industry:

To a teacher, this is what teaching is all about! We encourage you to share the success stories you witness at home because of the learning that takes place at school, with your teachers. Take a minute to write a note to a teacher, to leave them a message of praise, or to encourage your child to give them one more hug, smile, or wave when they leave school for the day. These are the moments that truly enrich the lives of our teachers; the ones that reinforce the fact that teachers are making a difference each and every day. We at The Learning Experience® are lucky

to have so many of the idolized teachers of our childhood memories as part of our staff this year, so let's make sure they know it.





Monica Nolasco
Asst. VP of Corporate Operations

Charlie Choo Choo® is Back in Session!



A new school year has begun, and Charlie Choo Choo and his friends are beginning to arrive at participating TLE® centers for the start of Session I. We are extremely excited to introduce the children to our newest enrichment kits, Super Soccer (for Preppers and older) and Yippee 4 Yoga™ (for Infants and older). Our Super Soccer program teaches the children different techniques, such as dribbling, passing, and scoring their first goal! Our Yippee 4 Yoga program teaches our children self-awareness and flexibility. The program emphasizes breathing techniques, relaxation, and so much more. The other Charlie Choo Choo enrichment kits that will be arriving at your center this school year are Music 4 Me®, Marvelous Math™, Talent Sprouts™ and Suddenly Science®. In addition to the comprehensive curricula, the Charlie Choo Choo enrichment kits include student kits for each child to keep at the end of the twelve-week session. These kits include a small reader with further learning activities to be completed at home, a CD with at least 12 tracks of thematic music, a finger puppet of the program's mascot, and other program-specific components.



When walking through the halls of the center, please be sure to grab a Charlie Choo Choo flyer from the front desk which highlights key features of our enrichment kits. You should also take a moment to stop at the Charlie Choo Choo bulletin board. This bulletin board displays the Charlie Choo Choo train whose 8 passengers highlight the available enrichment programs. This board also displays the enrichment schedule, a list of the weekly themes, as well as some of the components included in the student kits—like the ribbon ring and bean bag from our yoga program or the sweatband and pinnie from our soccer program.

Walk over to the parent information board in your child's classroom and you will find the enrichment schedule and weekly summary sheet. Remember to check the parent information board as well as the Charlie Choo Choo bulletin board every week for the most up-to-date summary of what your child is learning that week. At The Learning Experience®, we believe that what is good for one child is good for all; therefore, all children participate in enrichment activities as part of their tuition. We look forward to watching your child learn, play, and grow while participating in our stellar enrichment programs.



*Offered at participating TLE® centers only. Please note that participating age groups vary by program. Refer to the Charlie Choo Choo flyer, available at the front desk, for the specific age groups participating in each program.



Nicole Fugelo
Enrichment Education Coordinator

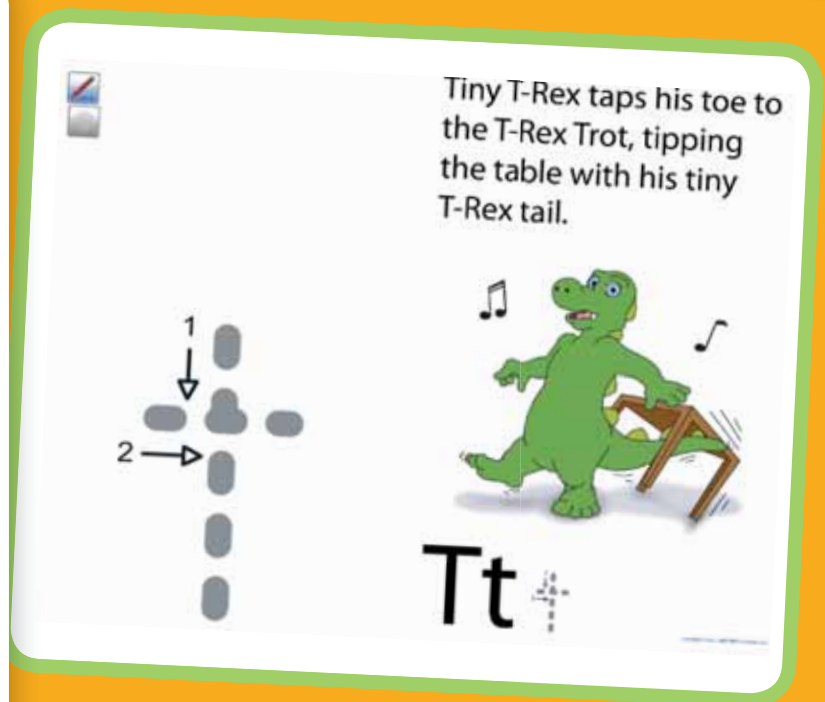
What's New with



LEAP Interactive®

LEAP Interactive just started its second year, and at TLE® centers nationwide, children are learning as fast as the technology is created. This month alone LEAP Interactive launched its Preschool 1 curriculum system-wide; this is in addition to the Preschool 2 curriculum that has already been in effect since the program's induction in September of 2012. Teachers will provide differentiated instruction for the Preschool 1 children compared to what the Preschool 2 children are learning each day. The lessons were created for this age group so that concepts such as numbers, colors, and shapes are more developmentally appropriate for a Preschool 1 child.

The Curriculum Department has added even more technology driven LEAP Interactive curriculum for this school year. The newest addition to LEAP Interactive is the addition of Fun with Phonics lessons. The experienced educational team researched and selected the best components from the Fun with Phonics early reading strategies and incorporated their findings into an expanded literacy curriculum that has been adapted to provide the children with additional and fun, hands-on activities that connect phonemic awareness and language to the world of an interactive board.



In addition to the exciting Fun with Phonics components, the LEAP Interactive program also added a map of the United States. This map was created so throughout the course of the school year as the children learn about the various states they can track them by location, color, etc.

Along with new developments, LEAP Interactive has grown to 65 participating centers, and more are joining each month. Be on the lookout for more additions to this ever growing, ever changing touch-technology curriculum: LEAP Interactive.





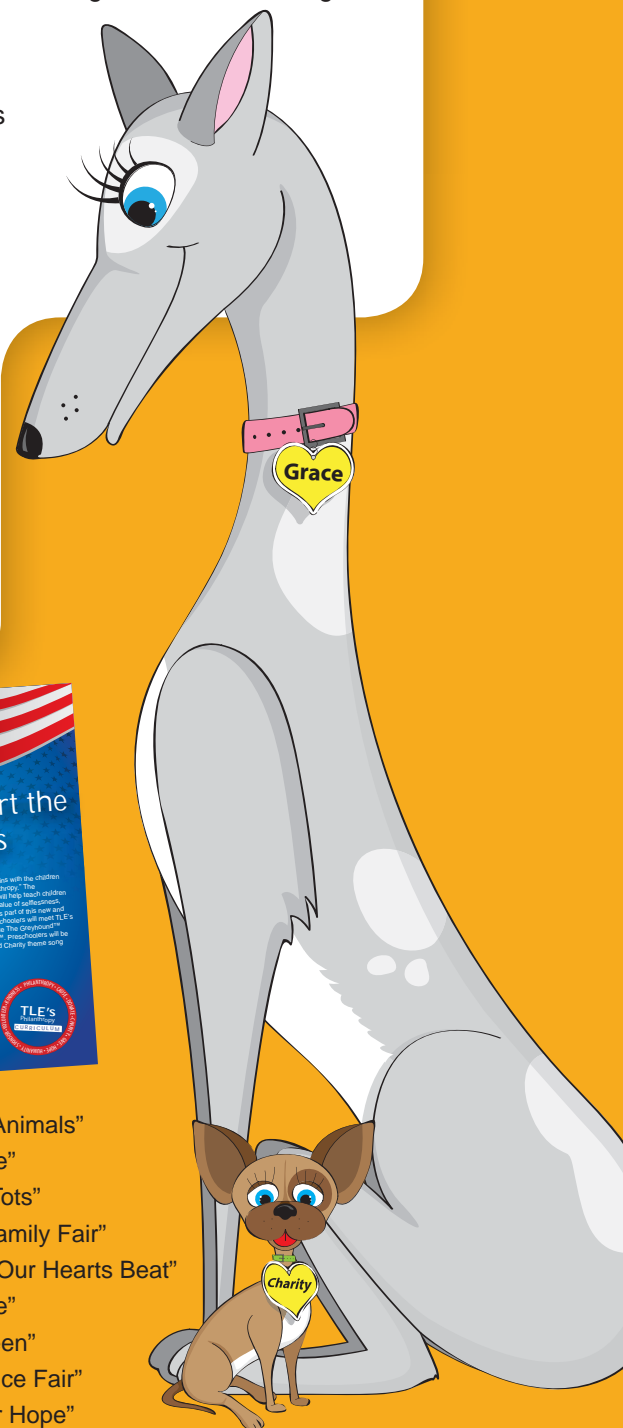
Meghan Kelly
Director of Curriculum

What It Should Look Like

Over the past several months here at TLE®, the preschoolers, staff, administration, and parents have embraced the newest edition to the TLE® curriculum: philanthropy. As the team of educators, the song writer, the graphic artists, the marketing personnel, and executives sat down to build this curriculum here at the world headquarters of TLE®—from the Greyhound and Chihuahua duo, to the slogan: “It’s not how big or small you are, it’s the size of your heart that matters,” to the song writing, to the finalizing of monthly philanthropic events—even I had to wonder if a preschooler would even be capable of saying the word “philanthropy,” never mind understanding the concept. Today, I can now say that this curriculum has surpassed my wildest expectations! A mere 6 months has passed since this curriculum was implemented, and not only can the preschoolers say the word philanthropy, they can give you the definition. They can even use related words like “cause” and “charity” in the proper context.

When the curriculum was first developed, it was decided that on a monthly basis the preschoolers would be introduced to a new philanthropy-related vocabulary word. The curriculum would start in the classroom with the teacher explaining the new word in child-friendly terms. This would be supported by the philanthropy mascots singing songs about philanthropy. This learning would be accompanied by a philanthropic center event that highlighted the monthly vocabulary word all while encouraging parents to participate. The idea of hosting a monthly event would reinforce what the preschoolers were learning inside their classrooms and give them a hands-on approach to a subject matter that is not as tangible as penmanship or color identification.

Stories of the program’s success are pouring in from centers across the country—from the preschooler who used the word “donate” (even if he was referring to what he would like to do with his younger brother) to the parent who filmed her child singing and dancing to the Grace the Greyhound and Charity Chihuahua™ theme song, to the center director who willingly stepped up to the plate and raffled off chances to have herself dunked into a dunk-tank booth to raise \$813 for the Make-A-Wish® organization. These are the kinds of things that make us at the Curriculum Department here at TLE® proud to be the first childcare provider to implement an ongoing program that teaches preschoolers how to give back to and be outstanding citizens of their communities. At this time, we extend the invite to you the parents to join the centers as another year of philanthropic activities kicks off with September’s event, “Support the Troops.” Please see the list below of upcoming philanthropic center events. We hope to see both you and your child/ren there.



October	“Save the Animals”
November	“Food Drive”
December	“Toys For Tots”
January	“Cultural Family Fair”
February	“BeCause Our Hearts Beat”
March	“Book Drive”
April	“Going Green”
May	“TLE Science Fair”
June	“A Pearl for Hope”



Deb O'Byrne
VP of Operations

What's for Lunch?

One of the most frequently asked questions of a center administrator or franchisee during a tour is, "Do you offer lunch?" Understandably, it makes life a lot easier for parents when they don't have to think about, shop for, or pack a nutritious lunch every day; however, the decision whether or not to offer lunch at a center is based on several factors that can affect the center both financially and operationally. The cost of starting a lunch program is often prohibitive for a brand new facility as there are kitchen supplies to purchase, a food vendor to find, and additional staff to be brought on and trained in accordance with local and state certification programs. The decision will affect a center operationally in that it is a huge responsibility. There is a lot of training that goes into successfully preparing and serving lunches for children in a new center. This training will likely be taking place while the new owner is getting acquainted with all the other systems and policies that go into running a successful child care center. TLE® usually advises the administration of a new center to wait for a period of time until all staff have mastered the skills necessary to safely and successfully care for the children enrolled. This includes all security measures, curriculum and enrichment programs, as well as sanitary and health policies. Once comfortable with the complex workings of a center, they are then ready to take on the challenges of purchasing supplies, equipping a kitchen, and preparing food in accordance with all health department codes to ensure they do not put the children at risk for any food-borne illness.



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Scott Breault
Assistant VP of Marketing

The NEW TLePAD

At The Learning Experience, we believe that teaching technology to young children and all of the amazing things it can do is of high importance. Hence, keeping our centers as high-tech as possible is also a priority. From our security system, to our LEAP Interactive boards that engage children in interactive learning exercises, TLE continues to make advancements in technology at our centers. Continuing with that trend, many of you may have noticed a new edition to our centers that we made just in time for the new school year.

The brand new TLePAD is the next high-tech addition to our centers. This tablet is given to families when they come to our centers with an interest in enrolling their child(ren). It allows them to enter their information electronically rather than on a piece of paper and once entered, a virtual tour video of a typical TLE center is shown with Bubbles the Elephant as the tour guide!

The TLePAD has been a great addition to our centers and we expect many more high-tech additions in the near future that will enhance your family's experience at TLE.





Linda Weissman
Senior VP of Marketing

Watch Out for Food Dyes

Are you aware that many processed foods contain food dyes that change the product's color? If the product label says "artificial," then it may contain dyes. The dyes can be extracts from compounds that originally come from petroleum and coal products. Familiarize yourself with the codes used by the FDA on the foods and medicines you give your children. The FDA uses the code FD&C along with a color and number. There are seven main food colorings that are FDA approved. They are:

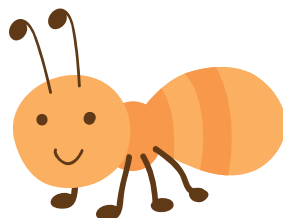
- FD&C Blue No. 1**
- FD&C Blue No. 2**
- FD&C Green No. 2024**
- FD&C Red No. 40**
- FD&C Yellow No. 5**
- FD&C Yellow No. 6**

These toxic additives have recently been reviewed and several health concerns have been raised. For instance, Yellow No. 5 and Yellow No. 6 can cause hypersensitivity reactions and have been found to act like estrogen. There has also been concern that Yellow No. 5 and 6 are linked to hyperactivity in children. Many foods that are designed for and frequently given to children contain these harmful dyes. Read the labels carefully before you purchase cereals, candies, pickles, frosting mixes, chips, soft drinks, macaroni and cheese, yogurt, and other processed foods. Besides awareness, serving your family fresh, organic foods whenever possible is the best way to avoid these toxins.

What's Bugging You?

In the last issue of Bubbles Bugle™, we addressed natural ways to clean our homes. In this issue we will discuss the many natural ways to rid our homes of common household insects.

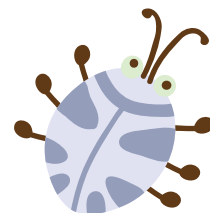
The increase of web shopping means that products are being shipped from distant and sometimes remote places into our homes. The products are packed in corrugated materials. Corrugation offers a variety of different sized living spaces for bugs to nest in. That means that insects and other pests are sometimes being shipped along with those products into our homes. Because products are being shipped from distant places, all kinds of strange pests can make their way into



your home and be introduced into your local environment. Bedbugs do not spread disease, but they are particularly bothersome pests that have been known to travel this way.

According to Dr. Shripat Kamble, the former director of the certification program for the Entomological Society of America and a professor of entomology at the University of Nebraska, bedbugs were never a problem in the United States until approximately 1990. That is when internet shopping became a form of retail. Deliveries from across the globe helped spread insects between countries and across continents.

Dr. Kamble suggests some tips to protect ourselves: The next time you open a package, consider the possibility that living bedbugs, fleas, cockroaches, moths, termites, beetles or any of their eggs might be nesting inside. Always open your packages with caution. It is best to open them in your garage or outside. Discard all boxes and materials used for packing—especially those coming from warm, humid climates. Keep in mind that even local products can cause a pest problem. Bottles that are grouped in six-pack rings and stored on cardboard trays can harbor bugs and their eggs. Do not store these bottles in the trays. The trays should be discarded.



There are other ways that bugs enter our homes, but no matter what way they enter they are always unwanted. They can spread germs to areas where our children sleep, eat and play. Since toxic chemicals are not the ideal way to deal with pests, we have researched "natural" methods for ridding our homes of these unwanted critters. It is amazing how many of the foods we eat are actually wonderful repellants for a variety of pests:

Ants are probably among the most common household pests. If ants are bugging your dwelling, simply invite them for coffee. Coffee grounds are a natural ant repellent. Save your old coffee grounds and spread them around the windows and doors where ants are crawling.

Finding ants in the kitchen is especially nasty. Clean counters, cupboards and drawers with a mixture of 50% vinegar and 50% water. This will take care of them.

Some herbs make a great deterrent for pesky ants. Crushed mint leaves are an ant repellent.

Powdered cinnamon is another natural household product that deters ants. If you place some in their path, they will bring it back to their colony and afterwards remove themselves from your home.

In addition to using cloves of garlic on your holiday ham, use some for ant repellent.

One ounce of salt mixed in a gallon of warm water eliminates spiders. Sweet potatoes boiled in water and mashed with butter are delicious. Next time you have a problem with small insects such as aphids, save the water from boiling the sweet potatoes and spray it on your plants infested with aphids.

Does your dog have a flea problem? Make a natural flea collar using a strip of cloth about one inch larger than your dog's neck. Fold the cloth in half. Sew one end closed. Using a funnel, fill the sack with rosemary and oregano. Sew the rest of the collar closed. Tape a piece of Velcro to seal the open end. Attach the collar to Fido.



Shaping the Lives of our Children Together

As caregivers, teachers, and parents, we are influencing the futures of our children every day. As partners with you the parents or guardians of our TLE® children, we are accountable for inspiring our children to become the best they can be. We want to help them excel. We want to teach them to be kind, understanding, and giving people.

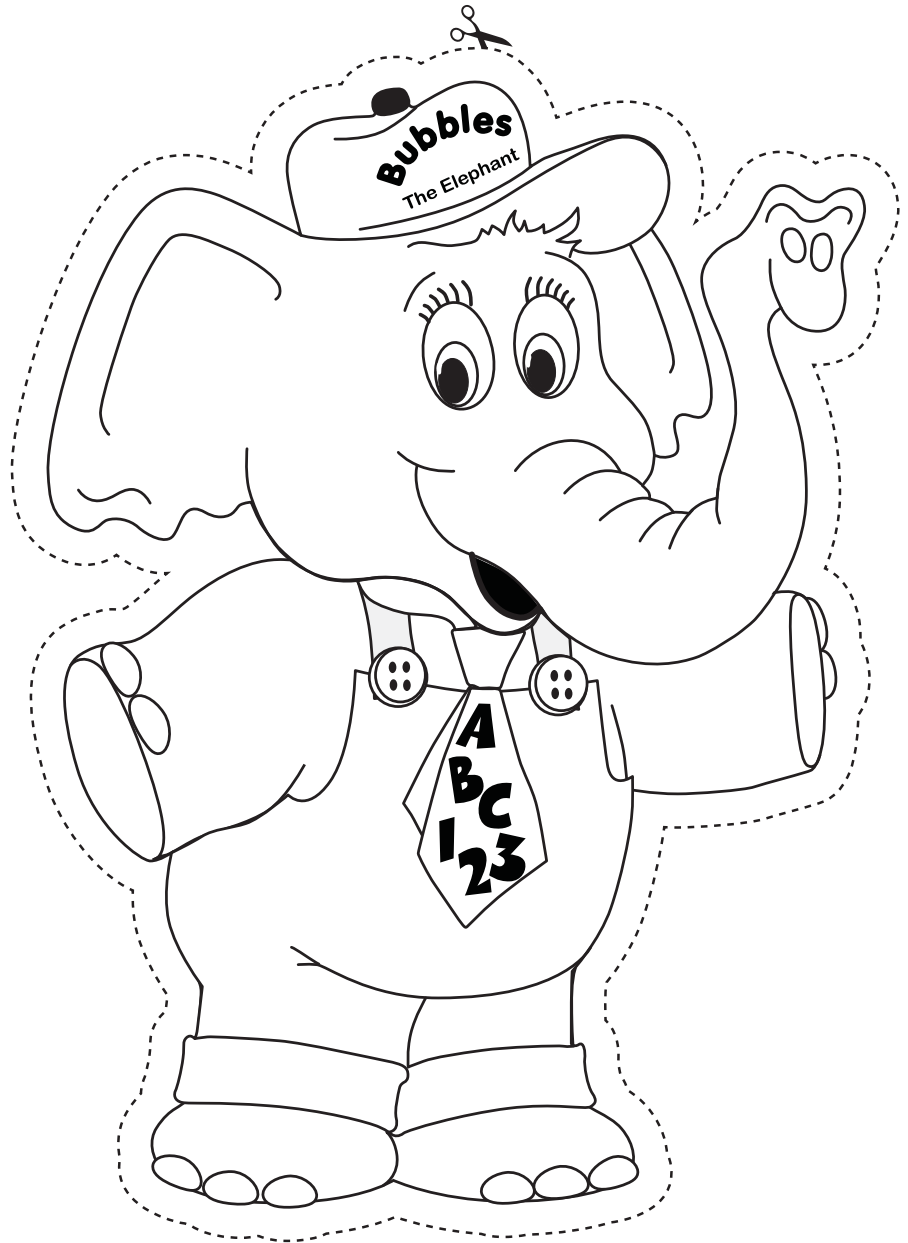
Giving the utmost of our love, time, and energy to our children each day, is a worthy goal. Parents often devote so much time to supporting the family that they feel the time they spend with their children is limited. Remember that it is not the amount of time, but the quality of the time that you spend engaged with your children that matters.

Our passion at TLE® is to promote self-esteem and self-confidence in each child. That is why we engage our children in a well-rounded, comprehensive education that addresses the communities we serve. Our goal with each child is to introduce math concepts, facilitate scientific discovery, introduce foreign languages, build appreciation for literature, promote physical fitness, shape appropriate behavior, and build healthy eating habits. Together we will engage our children in becoming the very best they can be as happy and productive people.

COLOR ME!

Show your creativity!

Color me and cut me out.



Parenting Information & Tips

3 Rules for Good Parenting

If you look at children who grow up confident, happy, healthy and ready to embrace the challenges and opportunities of life versus the ones who don't, you'll notice that different styles of parenting have been used for the two types. The first type was raised in accordance with some parenting rules that the second type were not.

Here are 3 of the most important such rules, which you will want to bear in mind as a parent in the way you raise your child.

1. Put healthy eating above fun eating.

Children will be attracted by all sorts of foods that are not healthy and nutritious for them. They will want candy, snacks, fast food and so on. Because they taste good, smell good and look good. And the opportunities for them to eat such things are numerous.

However, while these types of junk food are fun to eat, they do more harm than good in the long run for the child. So it's important to steer your child away from such types of food and feed him healthy, nutritious meals. He may not like it sometimes, but he will get used to it, and at least you know it's the better option.

2. Help your child see his strengths.

Many children are prone to seeing many of their flaws, but few of their strengths. Many messages they see or hear as they grow up make them prone to this. Unfortunately, such a child will not like himself very much, feel misguide in life and be afraid to take risks or aim high.

Such a child is predisposed to unhappiness and mediocrity in life. And in order to prevent such consequences, it's key to help your kid see his strengths, so he has a realistic and overall understanding of his person. Give him sincere compliments, point out his qualities and help him engage in activities that reflect these qualities. It will do wonders for him.

3. Help your child to love learning.

A person who learns constantly has an edge over the vast majority of people. But in order to do this, one must love learning.

This can be tricky because traditional schooling encourages children frequently to see learning as hard and useless, which makes them hate it instead of love it. It's your duty as a parent to ensure that your child gets educated in a positive way and comes to love learning.

As he does so, he will actively seek learning and want to better himself; which will allow him to do great things with his life as an adult and experience tremendous happiness. What more can a parent ask for their child?

by Eduard Ezeanu

Teaching Your Toddler to Share

If there is one word that is most common to most toddlers it is this: "Mine!" In a toddler's little world, the world is all about them. With this in mind, it becomes pretty clear and easy to understand why sharing with others does not come naturally to them.

As parents, it is important that we mold our children to learn to share with others. If they don't, they are entering a world that will be quite difficult! We certainly don't want to raise selfish adults, so it is imperative that us parents teach our toddlers how to share with others in order for them to be productive and giving members of our society.

When teaching your child to share, it is important to first realize that it is not productive to force your toddler to share. Instead, work to create an environment of sharing in order to encourage sharing. It is important to realize that to toddlers, a toy is so much more than a toy; it is a valued possession that must be protected. While teaching sharing, respect the normal level of possessiveness while encouraging the attitude of sharing with another.

Below are a few examples of tips to utilize when helping your toddler to learn to share. They are just a few of many options that may work for your child.

Teaching Sharing Tip #1: Model Generosity and "Sharing"

It is true what they say that children learn what they see, not from what you say. Model generosity and sharing in your own life and comment to your child on how nice it is.



Teaching Sharing Tip #2:

Stay Involved

Toddlers who feel connected to their parents have an easier time sharing their toys since their security is wrapped up within their parent. A child who feels secure inside is more apt to share their most prized possessions with others since their value is found outside of a material toy.

Teaching Sharing Tip #3:

Make It a Game!

Practice sharing with your young child by setting up situations where they can share. Give them some cookies and ask them to share with everyone in the room or come up with another scenario you can develop that can help your child learn the value of sharing.

Teaching Sharing Tip #4:

Avoid Stepping In Immediately

While it's easy to step in and make sure our toddler shares while playing with another, it is important to consider the necessity of allowing the toddlers to first work out the situation themselves. See if they're able to work it out and if not, step in and explain how to share.

Teaching Sharing Tip #5:

Try a Timer

If your child is having a difficult time learning to share, try using a timer. Set a timer and say, "You can play with the toys for 5 minutes. When 5 minutes is up the timer will ring and then it's Johnny's turn". This helps the child not only learn how to share, but learn valuable lessons such as taking turns and delayed gratification.

by Emily Watson

The Importance of Bedtime Routines for Kids

Bedtime routines are extremely important. Nighttime can be a hectic time for any family but bedtime routines for kids are an essential part of the growing up process. Patterns can make or break a child's sleeping success so it's important that parents put some in place.

To start with, parents should look to their children to get involved with decision-making. This step is often overlooked but vitally important. Children will be more likely to stick to the bedtime routine if they help create it. Maybe your child has a favorite book or television show, encourage them to include that in the bedtime routine so that the activities they value are included along with essentials like washing up. Do your children have any sports or activities that run late? Remember to include them so there are no surprises & no exceptions in your bedtime routine.

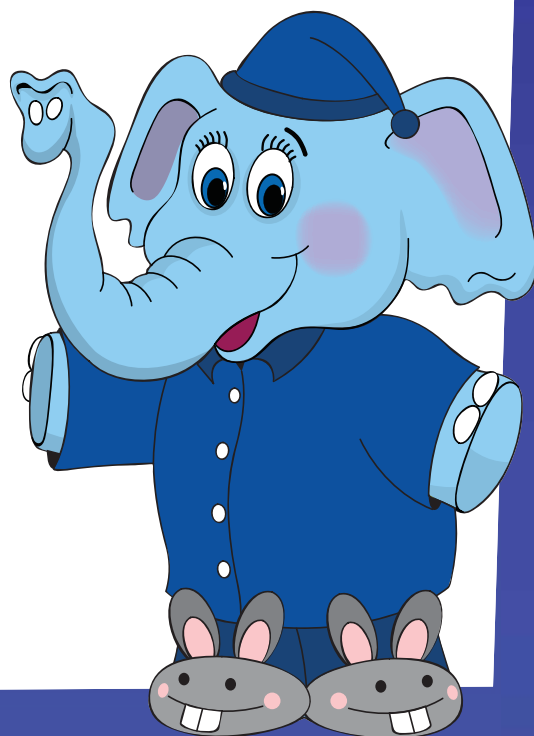
Once you and your children come up with a suitable bedtime routine be sure to document it. It can be as simple as a list written on a piece of notebook paper or a full-scale poster board with elaborate designs. One suggestion is to make a chart. Allow your child to decorate it with different colored markers or glitter. Allow space so that each day or week your child can mark off each bedtime task he or she has finished. This can be a huge incentive for children who are visual learners. For those with more than one child, another suggestion is to turn it into a game, who can come up with the coolest bedtime routine chart? Sit back and watch as your children explore their creativity. Then give them each a small reward just for being creative.

Start by planning an hour ahead. Wind down time is essential in bedtime routines for kids. Give timed warning 1 hour, 30 minutes, and 10 minutes until it's time to start. You don't want to drag this process out, but a little prep time goes a long way especially with more rambunctious children. Be prepared. You don't want to give your children any excuse to skip their bedtime routines.

Be firm but not unreasonable. Your family's first few nights may be hectic but remember that patience is a virtue. Work with your children for however long it takes to get their bedtime routines down.

There is really no right or wrong bedtime routine. Every family & every child is different. So whether it's shower, wash up, bedtime story or wash up, bedtime story, light snack, remember to find the routine that works best for your child and stick with it. Your own sleep & sanity will thank you.

by Mary Garza





When Do Children Know the Meaning of "No"

Children under the age of three do not understand "no" in the way many parents think they do. And, a full understanding of "no" doesn't occur magically when the child turns three. It is a developmental process. "No" is an abstract concept that is in direct opposition to the developmental need of young children to explore their world and to develop their sense of autonomy and initiative.

Oh, your child may "know" you don't want her to do something. She may even know she will get an angry reaction from you if she does it. However, she cannot understand why in the way an adult thinks she can. Why else would a child look at you before doing what she "knows" she shouldn't do, grin, and do it anyway?

Around the age of one, children enter the "me do it" stage. This is when they develop a sense of autonomy vs. doubt and shame. Two through six heralds the development of a sense of initiative vs. guilt. This means it is their developmental job to explore and experiment. Can you imagine how confusing it is to children to be punished for what they are developmentally programmed to do? They are faced with a real dilemma (at a subconscious level). "Do I obey my parent or my biological drive to develop autonomy and initiative by exploring and experimenting in my world?"

These stages of development do not mean children should be allowed to do anything they want. It does explain why all methods to gain cooperation should be kind and firm at the same time instead of controlling and/or punitive. This is a time of life when your child's personality is being formed, and you want your child to make decisions about him or herself that say, "I am competent. I can try and make mistakes and learn. I am loved. I am a good person." If you are tempted to help your child learn by guilt and shame and punishment, you will be creating a discouraging situation that is difficult to reverse in adulthood. Understand that you may need to teach your child many things over and over before he/she is developmentally ready to understand. Be patient. Minimize your words and maximize your actions. Don't take your child's behaviour personally and think your child is mad at you or bad or defiant. Remain the adult in the situation and do what needs to be done without guilt and shame.

Your job at this age is to think of yourself as a coach and help your child succeed and learn how to do things. You're also an observer, working on learning who your child is as a unique human being. Never underestimate the ability of a young child. But on the other hand, watch carefully as you introduce new opportunities and activities and see what your child is

interested in, what your child can do, and what your child needs help learning from you.

Safety is a big issue at this age, and a parent's job is to keep their child safe without letting their fears discourage him/her. For this reason, supervision is an important parenting tool. And when parents understand that young children don't really understand "no" the way they think they should, it makes sense to use distraction and redirection away from inappropriate or unsafe behaviour by showing what he can do in a kind and firm manner.

Understanding age-appropriate behaviour can relieve a lot of pressure for both the parents and children involved. When parents change their expectations about the "perfect child who obeys their every command" they can begin to enjoy their child's experimentation with autonomy and initiative. Remember, as a parent, your attitude determines whether or not you will create a battle ground or a kind and firm atmosphere for your child to explore and develop within appropriate boundaries.

by Najwa





5 Steps to Talking to Children About Lying

Unfortunately, lying is typically a part of every child's life. There is no exact point where our children pick up lying. It can be as young as three years old! But at some point in their life, they all give lying their best shot.

Obviously, no parent wants to have a child that lies but expect it and then consider these helpful steps to stopping it. When it comes to talking to our children about lying, the conversation needs to be formulated for success.

1. You can start by telling your child that you know he or she has been lying and. You can then provide them with specific examples. Very often, just being busted by the parents is enough to stop this bad behavior of the child. Even if your action does not make an immediate change, your child needs to understand that you do pay attention to things they said and that you will pay even closer attention in the future.

2. Then, slowly explain to your child why lying is so bad. Remember that children lie for many reasons. They can be for good and for bad. For instance, some children will actually lie as a means of pleasing a parent and not wanting the parent to feel disappointed if they forgot to do something. These are considered a 'good lie', even though they should not really do it. Therefore, you will need to tell your child why lying is a bad behavior, even when done for good reasons.

3. Always maintain eye contact with your child when you are talking to them. This type of one-on-one communication lets the child know that you are serious. Typically, direct eye contact will make the child feel nervous and uncomfortable. With this, he or she may decide that lying is not worth it if he or she has to go through another conversation like the last one.

4. Talking to your children about lying allows you to show him or her the type of damage done when untruths are told. For the most part, your children never give a second thought to what the lies are doing and will do. This gives you the perfect opportunity to explain how lying hurts and even causes serious damage in numerous ways. Understanding the consequences of the lies might be what your child needs to know.

5. Finally, when talking to children about lying, consider a great method used by Dr. Laura. She had a problem at one time of her son lying. She turned the tables on him, deciding that she too would lie to let him see how it felt. One day, she told her son to go to his room and pack his bags because they were going to Disneyworld the next day. Well, he was thrilled and hurried off to pack. When he started asking specific questions, she said, "Oh, I'm sorry, I was lying." She continued this for one week and you can be sure he never lied to her again.

How many differences can you find in each character?

A

B

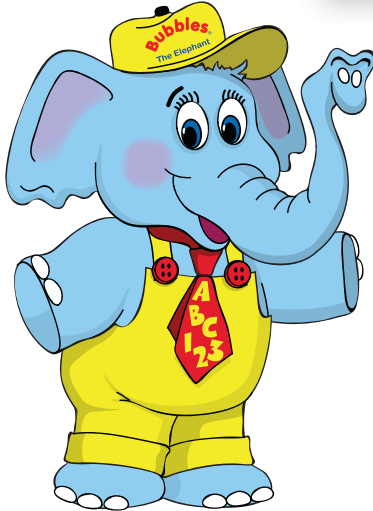
C

Answers:

A: 3, B: 2, C: 5

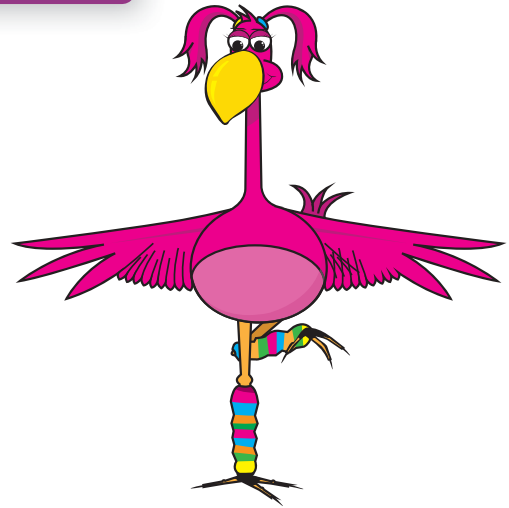
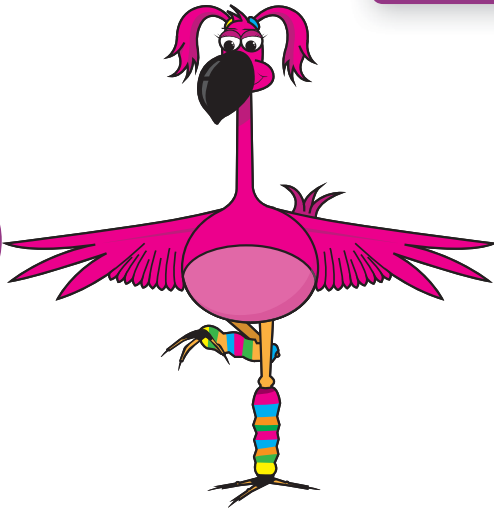
Bubbles The Elephant©

A



Flexi Flamingo

B



Ping the Panda

C



How to Make a Homemade Handprint Wreath

What you will need:



Various colors of construction paper
(fall colors)



Glue



Scissors



Poster Board



Metal Clothes Hanger

What you do:

1. Assist your child in tracing their hand prints onto the different colored sheets of construction paper. You will need a lot.



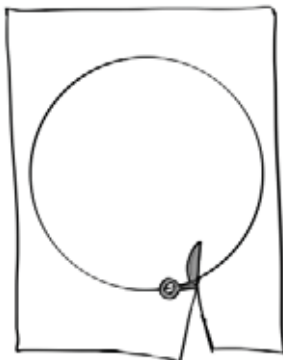
2. Assist your child in cutting out the hand prints.



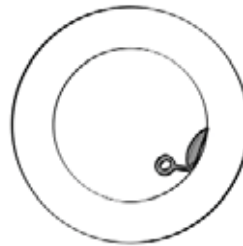
3. While your child is cutting out their hand prints take a metal hanger and bend it into the shape of a circle with the hook part being at the top.



4. Cut the poster board so it is the shape of a circle that is slightly large than the hanger you bent into a circle.



5. Cut a smaller circle inside the large circle you cut leaving you with a ring.



6. Assist your child in gluing the ring onto the hanger.

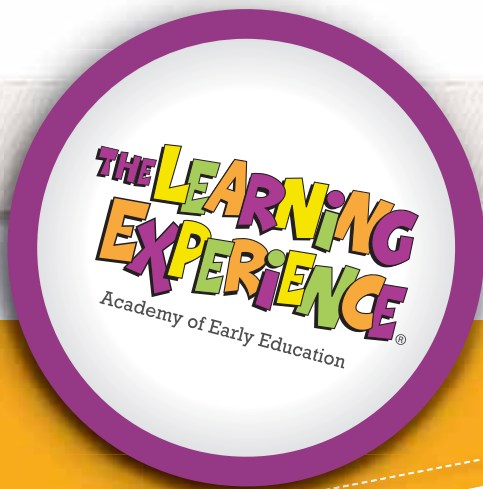


7. Allow your child to glue their construction paper hands onto the ring creating a fall wreath.



8. Hang on your front door for all to see.





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Fall Harvest

Start creating wonderful memories with your children during this autumn season. Spend time enjoying nature walks and collecting colored leaves. You can carve pumpkins with your children or make baked apples or apple pies.

Below are some recipe ideas to prepare with your children.

S'mores Baked Apples

Who says S'mores are only for camp fires?

Ingredients per person:

- 1 Granny Smith or Gala Apple
- ½ cup graham cracker crumbs
- 5-6 chocolate chips
- 1 large marshmallow

Directions:

Preheat oven to 375 degrees

Core and peel 1/3 skin from top of apple

Stuff the apple with the crumbled mixture of graham cracker and chocolate chips leaving room at top to stuff the marshmallow in

Place apples in a small baking dish standing up

Pour ½ inch water into the baking dish

Bake for 45 minutes or until apples are tender but not mushy



Hearty Oatmeal Baked Apples

Ingredients:

- 4 Gala or McIntosh apples
- ½ cup light brown sugar
- ¼ cup quick cooking oats
- 1 tsp. cinnamon
- 1 tbsp. butter cut into pieces
- 1 cup hot water

Directions:

Preheat oven to 350 degrees

Core apples

In a small bowl mix together brown sugar and oatmeal

Drop mixture into the wells of the apples

Top each well with a dot of butter

Make a thin slit in apple skins all the way down sides to prevent bursting

Pour hot water into bottom of baking pan

Cover pan loosely with foil and bake 20 minutes

Remove foil and bake another 20-25 minutes or until apples are soft and the oatmeal and brown sugar have formed a syrup

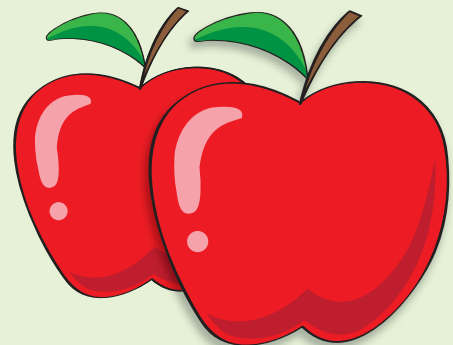
Apple Pancakes

Ingredients:

- 1 Cup diced apples (about ¼ inch)
- 2 tsp. vanilla
- 2 tsp. cinnamon
- 2 tsp. ground ginger
- 1/8 tsp. nutmeg
- Your favorite pancake mix and the ingredients it calls for

Directions:

Prepare the pancake mix and place the other ingredients in the batter. Cook according to directions on the pancake mix package.



EMERGENCY CONTACT CARD

Your cell and your spouse's cell and all numbers where you can be reached:

Cell: _____

Office: _____

EMERGENCY: CALL 911

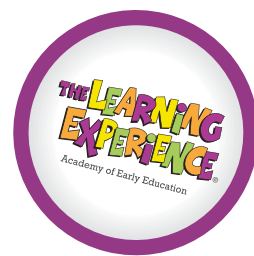
Nearby relative or friend cell: _____ Home: _____

Children's doctor: _____

Police Dept: _____

Fire Dept: _____

Poison: _____

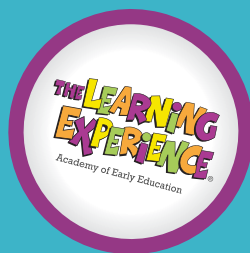


CHECK YOUR HOUSE FOR SAFETY

- Be sure all the medications in the bathroom or on a nightstand are moved to a safe place.
- Check your laundry room, kitchen, garage and basement for any cleaning products, paints and other chemicals that are reachable to your child. Remember children love to climb, so anything with potential danger must be locked away or placed up high.
- If your sitter is giving your child snacks or meals, be sure the food is cut into bite-size portions and that the sitter knows not to feed a small child anything like grapes, watermelon seeds, etc. that could cause a choking hazard.
- Be sure the sitter knows where all your first-aid is kept.
- Talk to the sitter about dangers that lurk in your home. Identify these dangers and trouble spots to make them sensitive and attentive to potential trouble. These may include cord used for raising and lowering window shades. A crawling infant can easily reach up and pull a cord or worse get the cord caught around their neck. Power cord can also be overlooked, so the sitter must be made aware that a toddler or preschooler can pull on the cord causing an appliance such as a toaster or iron to fall on them.
- Check all outlets and cabinet doors for child-proofing.
- Dad's workshop is packed with dangers. This area should be completely sealed off to children.
- Windows and stairs are hazards as well. If you have a home that is in a high-rise or is two or more stories high, be sure windows are kept closed and locked. If this is impossible, be sure the babysitter is told to keep out of those rooms and keep the door closed and locked so your child cannot enter on their own. Stairs can lead to accidents. They should be kept clear of hazards such as toys. Children and babysitters should know that horseplay on the stairs is not acceptable. Children should not be able to chase each other around going up and down stairs. Be sure any gates you have installed are secure and tell

the sitter to close the latch each time a gate has to be opened to pass through.

- Swimming pools should be a NO PLAY ZONE when children are left with sitters. Be sure your child and the sitter are perfectly clear about this.
- High chairs and cribs are potential hazards as well. High chairs can easily tip over and babies not strapped in can slip out in a split second. When babies are old enough to climb, they could possibly climb out of their crib for the very first time while under a sitters care.
- Baby walkers are great when monitored and used properly, but a "Hot Rod" baby scooting around quickly poses potential danger. Walkers can easily tip over or tumble down a flight of stairs.
- Toys of older siblings can cause a choking hazard for the little one. Make sure the sitter is cognizant of any toys that big sister or brother may be playing with.
- Diaper changing procedures should carefully be reviewed. If you have a baby girl, the sitter should know the appropriate way to change a diaper so as not to cause an infection.
- Potential dangers lurk in so many places. We have given just a few to get you started. If your child is a little older, it probably has been a while since you "child-proofed" your home. It is a good idea to do a thorough walk-through of your home, inside and outside. Make a practice of repeating this process of looking for potential hazards on a routine basis.
- Be sure the sitter knows where all exits are in case they need to evacuate quickly.
- Make it perfectly clear that babysitters should always know where your child is and what they are doing at all times. Ask them not to use their cell phones for socializing while they are responsible for your child and not to get distracted for any reason.



Bubbles' Bugle

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