

# Bubbles Bugle

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

Volume 1, Issue 2

## Inside This Issue:

What's New This  
Winter at TLE®!

Parenting  
Information & Tips

Lots of Children's  
Games & Activities

Learn how you  
can receive a  
\$5,000 tuition  
credit from TLE®  
or \$2,500 cash!



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The Learning Experience® Parent Newsletter

# Bubbles' Bugle

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*Happy Holidays  
from our family to yours*

**THE LEARNING  
EXPERIENCE**  
Academy of Early Education



# What's NEW at TLE

## Thank You!

### From TLE's Executive Vice President



**Patrick  
Campolo**

Executive Vice  
President

The holidays are upon us. This is a time set aside to see the “magic of the season” and attempt to slow down a bit to enjoy time with friends and family. As adults, we sometimes lose the ability to see the “magic of the season” because we get so tied up in work life, prior commitments, and other responsibilities. For all of us at The Learning Experience®, we are fortunate that no matter our age or outside responsibilities we always have the opportunity to get a glimpse of the “magic”: This “magic” appears in the classrooms as we hear young children singing songs in Mandarin, a program that when introduced this year was met by apprehension from many teachers who are now amazed at its success; This “magic” appears when despite the financial hardships tied to the holidays, the staff and families of a center find it in their hearts to raise awareness and collect donations to benefit a center director who is battling a debilitating disease; This “magic” appears when we see pictures and videos coming in from our centers of smiling children engaged in our curriculum and of dedicated teachers beaming with pride; And this “magic” appears when we step into a classroom, in the middle of a long day, and are greeted by an influx of hugs and stories about the day’s activities.

As Executive Vice President, I would like to thank our staff for their time, passion, and dedication, because without them we would not be able to truly experience the “magic” of what we do. During this holiday season, I would like to thank each and every family for choosing The Learning Experience®. I recognize all that is taken into account when choosing a center, and my hope is that we are much more than a center: we are an extension of your family and your home... a place where, if you can quiet the outside world for just a bit, you too will be able to witness the magic we do each and every day.

From our family to yours, wishing everyone a safe and joyous holiday season.

Sincerely,

A handwritten signature in black ink that reads "Pat Campolo". The signature is fluid and cursive, with the first and last names being more prominent.

Pat Campolo  
Executive Vice President



# Early Actions Ensure the Best Results



**Linda  
Weissman**

Co- Founder and  
Sr. VP Marketing

It is so important to invest in our children's future. Enrolling your child at a TLE® center is one of the best investments you can make. During our children's earliest years, immersion in a nurturing learning environment is not only integral for grade school preparation, the skill foundations developed at preschool lead to greater success at the high school level as well as in the workforce beyond.

At TLE®, your child is the recipient of wonderful programs that have been designed to ensure success throughout life. Our curriculum is designed to be fun; however, as the children play, they are the recipients of a myriad of learning benefits hidden under the amusements.

Over the next two decades, your child will be learning how to act, think and compete. By investing in our preschoolers now, we will yield the highest returns later on.

Many parents feel guilty about the necessity of having to put such young children in child care. Those guilt-ridden feelings should be set aside. A study by The US National Institute of Health has shown that children who are enrolled in high-quality child care score higher on measures of academic and cognitive achievement later as teenagers. These children are also less likely to act-out.

The comprehensive and diverse programs at TLE® encompass everything from philanthropy to Mandarin Chinese, from physical fitness to technology, and from reading to sports. Our well-rounded curriculum, with over ninety adorable proprietary characters, features songs written especially to enhance learning by making it delightful and fun.

Guilt-ridden TLE® parents can rest assured that their children's rich "learning experience" at The Learning Experience Academy of Early Education® will boost their academic and cognitive abilities. Enrollment at TLE® is an investment in your child's future success.

The empathetic staff at TLE®—from loving infant caregivers, to warm and supportive preschool and kindergarten teachers—understands the importance of interaction and compassion. Rest assured that your child's rich beginning at TLE® shall be filled with fond memories and foster the groundwork for a glowing future.

# The Importance of Giving Back



**Scott  
Breault**

AVP of Marketing

It is important to take pride in where you work. It is also important to take pride in where you send your child for care and early education. One of the things that make me proud of The Learning Experience® is the amount of giving back that we do. From the corporation to the centers, we all spend a lot of time trying to figure out how we can make the world a better place. The winter and holiday season is a time of year where people tend to give back the most. At The Learning Experience® we make a year-round commitment to giving and we try to teach the same thing to our young students.

In 2013, TLE® introduced our ground-breaking philanthropy curriculum that teaches students the value of selflessness and giving at an early age, with the hope that they will take what they learn at TLE® and use it as a foundation to build upon for the rest of their lives. The philanthropy curriculum has been a tremendous success. Now more than ever, our centers have been giving back to their respective communities by holding fundraisers and attending charity events. We have heard countless stories from TLE® parents who are thrilled that their children have grasped the concept of giving.

For our efforts in developing our philanthropy curriculum and for our collective and ongoing fundraising efforts, TLE® was honored to be named the 2013 'Corporation of the Year' by the Make-A-Wish organization.



As we close out 2013 and head into a new year, I think it is important to remember that there are people in need throughout the year, not just during the winter and holiday season. Think about what you can do in 2014 that will help your child understand the value of selflessness and giving and what you can do as a family to make the world a better place. The TLE® family will do so as well.

# ART FROM THE HEART

One of the many things the children in our centers are exposed to is art. We encourage our teachers to incorporate opportunities into the daily curriculum for our students to artistically express the concepts that are introduced to them. The beautiful thing about art is that it is based upon interpretation; there is no right or wrong answer. Adults are always concerned with what is “right” and “wrong.” Children are far less inclined to care—which is why their artwork is so enjoyable. When children are asked to paint a horse, each child will interpret and illustrate it differently; the horse may be purple for one, have five legs for another, and be wearing a top hat for someone else. All heard the same story, saw the same picture, and listened to the same lesson, yet their artistic expressions will all be vastly different. That is what makes child care so unique! We are fortunate to be able to see things as they are seen through the eyes of a child: innocent, magical, and carefree.

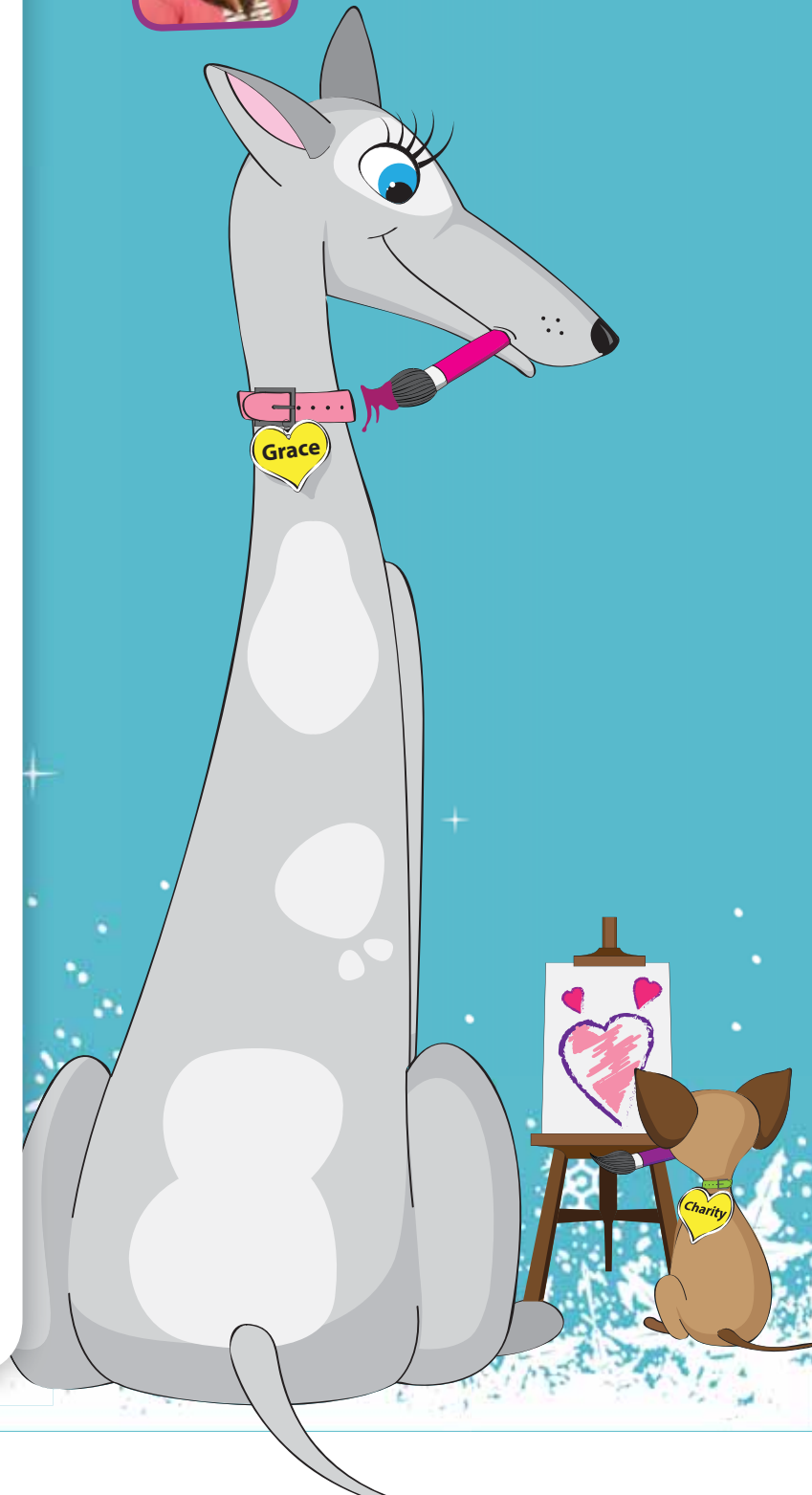
At the beginning of this year, we introduced a new concept to our children, philanthropy. We spent time choosing ways in which we would take this large word geared towards mature audiences and bring it to a child’s level of understanding. We went back to basics; we wrote lessons with stories, created characters, composed music, and made lessons that incorporated art. The feedback gained from this program has been unimaginable. We are hearing stories of not only preschool programs embracing it but entire centers, staff, and families. An important part of philanthropic success is creating awareness of a cause and increasing participation.

In September, we decided to harness the success stories from this program and showcase them through a common language in our industry, art! Centers were asked to partake in a project we called Art From the Heart. The instructions were to choose one word from the Philanthropy program and create an artistic interpretation that staff, children, and families would help create. All entries were submitted and the top 5 were selected to be professionally matted and framed to be auctioned off at the TLE® Convention, with all proceeds benefitting the Make-A-Wish foundation. We were amazed at the creativity expressed in the responses. The success of the Philanthropy program has been astounding! We would like to thank all who entered; regardless of whether or not your center’s masterpiece was selected, the memories made will be everlasting.



**Amanda Beers**

Asst. VP of Training & Quality Assurance





Here are some of the responses that were sent as part of their Masterpieces:

### TLE® Edison, NJ

How did you involve all members of your center (students, staff, and parents)? We asked parents and children to volunteer to help us create the artwork one fun evening. Children danced, parents supported and the 2 co-chairpersons of our charity banner, "TLE Teachers For A Cause", led the efforts. It was nice teamwork.

### TLE® Livingston, NJ

What was your favorite memory created or witnessed during this project? Our favorite memory witnessed during this project was when a Preschooler whose parent is currently in the Middle East said, "Mom, do you know what hope is? "Hope is Daddy coming home for Thanksgiving. Can I write that in a heart?" Those are the moments that bring this project to life.

### TLE® Eastvale, CA

What was your favorite memory created or witnessed during this project? Our favorite moment during this project was when a child referred to our canvas as the "Kissing Hands!"

### TLE® Charlotte, NC

What would the name of your entry be and why? "The Giving Tree" because giving is not seasonal. It is year-round. The tree represents the lives that we touch as we give.

### TLE® Wall, NJ

What was your chosen Philanthropy theme and why? We chose Humanity because New Jersey has gone through so much heartache in the last year, but we made it through because of the kindness of people coming together.

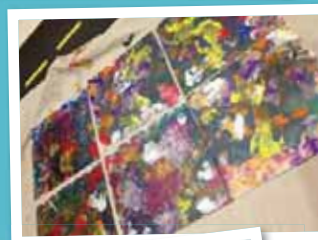
PHILANTHROPY  
KINDNESS CAUSE HUMANITY GIVE DONATE VOLUNTEER SPONSOR  
CHARITY HOPE



TLE® Livingston  
"World of Hearts  
Filled With Hope"



TLE® Boynton Beach  
"The Pieces Who Fill  
Our Heart"



TLE® Edison  
"Dance of Hope"



TLE® Woodstock  
"Infinite Hope"



TLE® Heathrow  
"BeCAUSE We Care"

# Bubbles' Bugle

## Charlie Choo Choo® Enrichment Kits



Nicole  
Fugelo

Enrichment Education  
Coordinator

The enrichment experience does not have to end after the conclusion of the session; the best part of this program is that the kits are theirs to keep, so your child can continue to learn through additional thematic activities along with you at home.

When your child brings home their enrichment kit, be on the lookout for the following key features of the program. To start off, open up the small book that contains a story highlighting the many themes they have learned about over the past 12 weeks. Sit down with your child and their mascot finger puppet as you read the small book together. Encourage your child to move their finger puppet each time they see something they know. Feel free to extend the learning further by using the book to act out or complete an action together; for example, complete a pass using the Super Soccer™ ball from the Super Soccer™ program or work on one of the many poses from the Yippee 4 Yoga® program.

Take enrichment along for a ride in the car; insert the 12 track CD into the car CD player as you and your child take a trip near or far. Listen along as the songs review the key concepts your child has been learning about throughout the program. Invite them to sing along with you to the songs that have each been custom created by The Learning Experience® composer just for the minds of our young children. Tommy and Tammy of Talent Sprouts® love hopping aboard "The Imagination Express" whether it is to travel into outer space, below the waves near the coral reefs, or outside in the bright sunshine. Inspire your child's imagination as they listen along to the songs.

Each Charlie Choo Choo® Enrichment Kit program contains additional contents that feature the unique experiences from that thematic program. Whether it is a magnetic wand, a thermometer for you and your child to use for additional experiments in the Suddenly Science® kit, or musical instruments, these pieces will continue to be part of your child's learning experiences.

Be on the lookout for Charlie Choo Choo's newest enrichment kit programs that will be available in 2014, like the interactive fitness program Movin' N Groovin'®.







Meghan  
Kelly  
Director of Curriculum

# L.E.A.P. into **MANDARIN** Curriculum

“ It is critical that foreign language instruction be available to all students throughout their PK-12 academic experience. Knowing other languages and understanding other cultures is a 21st Century skill set for American students as they prepare to live and work in a global society.”

-Martha G. Abbott,  
Director of Education for the American Council on the Teaching of Foreign Languages

At TLE®, we have acknowledged our responsibility as educators to rise to this need and thus start preschoolers off on the path to obtaining their “global brains.” The second in our series of foreign language programs, Mandarin Chinese, rolled out just this September. Although there were some who raised eyebrows at the idea of teaching this foreign language, we are happy to report the new program’s success within the classroom setting. Some teachers were nervous about making the transition from Spanish to Mandarin; however, it did not take long for teachers to discover that the Preschoolers are highly drawn to this new curriculum. We have been flooded here in the Curriculum Department with stories, pictures, and videos of the children participating and craving more from this program. The first signal that the new program would soon be introduced was when the program’s mascot, Ping the Panda™, showed up on centers’ creative bulletin boards. Ping was closely followed by a video of children from our TLE® Exton, PA center singing and dancing to “Head, Shoulders, Knees and Toes” in Mandarin Chinese. Most recently, reports are flying in from our Michigan centers where teachers have gone above and beyond the written curriculum by having their Preschoolers write the month in Mandarin.

Because the Mandarin language is quickly becoming the most popular choice for students learning a second language, we could not be happier with the inclusion of this program in our TLE® curriculum. Learning a second language engages both sides of the brain; learning Mandarin Chinese will increase our preschoolers’ cultural awareness. The program’s fun reinforcement activities, which are completed alongside Ping the Panda™, shall prepare even our youngest learners to enter a workforce that is becoming increasingly diverse. We look forward to seeing even more evidentiary pieces of learning coming from this curriculum - that includes hearing some of the program’s popular tunes being belted out at TLE® graduations throughout the country. *Jiéshù!*



Monica  
Nolasco

Asst. VP of  
Corporate Operations

# TLE® Curriculum on Pinterest



For those of you who love to pin, you may have already noticed that The Learning Experience® is on Pinterest! The Curriculum Department is constantly pinning examples of what your children are learning in our centers across the country. We are also busy pinning great activity ideas for you and your child to complete at home. Are you wondering what your child is learning about this month? Follow our page and take a look at our "Arts and Crafts" board. You may find a picture of your toddler learning about transportation, your preschooler learning all about the letter C, examples of your toddler's artistic abilities and so much more!

Take a look at the "Our TLE Centers!" board. Here you will find your little learner traveling the world without leaving the comfort of their classroom by use of our L.E.A.P. Interactive™\* starboard technology. Our proprietary L.E.A.P. Interactive™ preschool curriculum brings a story to life through our starboards, therefore, broadening your little learner's cognitive skills. On this Pinterest board you will also find some great pictures of children engaged in our enrichment programs\*. How exciting to be able to see the expression on your child's face as they prepare to participate in Super Soccer™, Yippee 4 Yoga®, Talent Sprouts® and other enrichment programs!

One of my favorite pastimes is cooking with my children. I am always looking for healthy, kid-friendly recipes we can make together. If you love to do the same, we have a recipes board that is perfect for you! Here you will find recipes that are simple and fun to create along with your children. Does your child always talk about Bubbles The Elephahant®, Tito Toro®, Grace the Greyhound™, Lionstein® and many of our other characters? Did you know we have more than 90 characters and that they each have their own unique personality? Meet our characters on Pinterest and show your child how they each are special in their own way –just like they are.

What else is your child learning about today? Follow us on Pinterest and see how your child enjoys learning through our curriculum as well as the value of play through our enrichment programs. Happy pinning!



Follow us on Pintest!  
[pinterest.com/tlechildcare](https://pinterest.com/tlechildcare)

\*at participating centers



# What Matters Most



Jennifer  
Murray

TVP of Center  
Operations


I hate to admit it, but I have been known to go a little over the top with certain things—the holiday season is at the top of this list! A few holiday seasons ago, I realized this as I was scouring the stores trying to find the hottest toy of the season to give to my daughter. It was sold out everywhere and I was starting to panic. With no luck in sight, I decided to give the toy store clerk money and my cell phone number to hold the sold-out toy for me if it came in. I knew then that I had gone too far! That is when I decided that I had to get a grip and realign my priorities. I asked myself, “Was the holiday season a time to be stressed out over finding and obtaining the best gifts for my children?, or was the holiday season a time for making memories, spending quality time with and instilling important values in my children?” I had personally grown up with wonderful memories of the holidays—and, yes, they entailed gifts, but they also entailed parents who weren’t over-the-top stressed out over obtaining them! My parents showed me what mattered most by their actions. In order to realign my priorities, I decided to create a “What Matters Most” list. Ironically, no sold-out toys made the list. Instead, my list was filled with childhood memories such as sleigh riding, baking homemade cookies, and giving back to my friends, family and community. I realized then that, instead of spending my holiday season shopping for toys I may or may not find, I could show my children what matters most by following my parents’ example.

To begin, I sat down with my daughter and created a list of the people we loved. We included on this list people who we did not know but who we thought may need our help. Then we brainstormed ways that we could give back and help. We knew it would probably be my grandmother’s last Christmas with us, so she was on top of our list. Soon my daughter and I were putting our plan into action by singing at her great grandmother’s nursing home. As I am not the most musically inclined of the season’s carolers, we decided to enlist the aid of my daughter’s teachers at The Learning Experience®. Luckily for us, the TLE® Philanthropy curriculum they had been engaged in teaching, along with its mascots, Charity and Grace the Greyhound™, had put the teachers in the spirit of giving. They were eager to join us. My children had a blast picking out the songs and making the invitations. They were thrilled to get up and sing their hearts out, and I was thrilled to watch the residents of the nursing home smile and sing along. I observed my children starting to feel good about making others feel good. It warmed my heart and I was filled with more holiday spirit than I had experienced in a very long time! My family and my friends experienced a good old-fashioned night in which we created memories, bonded, and were truly reminded of what mattered most!

Next on our list of “What Matters Most” was making gifts instead of buying them for the family. This task was to prove an even greater undertaking; on the other hand, it has also turned into our favorite new holiday tradition. I loved the idea that we weren’t purchasing gifts off the store shelf, but were instead working together to create a special heart-felt gift for each loved one. We purchased little olive oil dispensers and decorated them with purple thumbprints and green squiggly lines to create pretty grape vines. We fastened long-stemmed olive oil bottles to the homemade olive oil dispensers. It was a holiday hit! Everyone loved receiving a gift that was tied to a memory that would be frozen in time! For years to come, our friends and family will serve olive oil out of a little dispenser that my children made. Now, rather than scheming about all of the different items she will ask for this year, my daughter is planning the different gifts she will make for her family.

Research shows that giving makes you happy, healthy, and grateful. Giving also promotes cooperation and social skills. There are so many things we can do as parents to remind our children about what matters most. These are only two little things that have made a profound impact on my daughter’s ability to give during the holiday season. It is important for me to remember that giving is a year-round activity and that it is not only the receiver who benefits from giving, it is also the giver. I am grateful to have both of my daughters at The Learning Experience® where they are taught to give back on a daily basis. I want my daughters to be good and kind to people and the Philanthropy program at TLE® helps instill those values on a weekly basis.

From my family to yours, Happy Holidays. In the words of the nineteenth-century dramatist Johann Wolfgang Von Goethe, remember:



“Things that matter  
most should never be  
at the mercy of things  
that matter least.”

-Johann Wolfgang Von Goethe

# TLE®

## Doesn't Believe in Winter Hibernation!



Deb  
O'Byrne  
VP of Operations

In the annual life of a TLE® center, the “January push” is the second busiest registration period. Typically, families enroll in January due to being dissatisfied for one reason or another with their current center, or because their child has outgrown the programming and curriculum of their current center and are looking for new challenges for the second half of the school year. The administration of a center prepares for this time months in advance by completing several tasks in a priority order. All efforts build to the three weeks following the New Year’s holiday when we typically expect several new and excited families, and their understandably somewhat nervous children, to join us.

Throughout the fall, the center management keeps very careful track of where spaces might be available for incoming students. This includes analyzing how many additional children we already expect before and during January versus any known families that will be leaving to go elsewhere. In addition to tracking available space, administration may need to hire additional staff, or re-train staff that move from one room to another. In some cases, we open entire classrooms to accommodate new students. These classrooms require new equipment and furnishings to be ordered, delivered, set-up and sometimes licensed prior to January. Once a new student enrolls, several things happen behind the scenes to prepare for a smooth transition for the child: A portfolio file is started which, over time, will be filled with the child’s artwork and observations in preparation for our parent-teacher conferences; The administration will share pertinent information with the classroom teacher regarding the child’s readiness for their classroom, previous experiences in child care, habits and behavior tendencies; A separate meeting will be held regarding any known physical or allergy issues that the teacher or cook might need to be aware of prior to the child’s first day; Finally, a bin will be prepared for the child, with their name on it, so that on the first day there is no hesitation as to where to put the child’s nap blanket, coat, and other personal belongings. In the case of an infant or toddler, separate food and bottle/sippy cup bins will be prepared to make drop off on the first morning as organized as possible.

During a process that lasts several months, all these activities have one goal: The transition for the child and family into a TLE® center must be as smooth and seamless as possible. The most important things that happen on the first day, because the center and classroom will have been prepared for the child’s arrival in advance, are greeting the family warmly, inviting the child into their new environment, and introducing the child to their new friends. This way new students will be happy to begin their new life at TLE®.





# How to Make a Homemade Snowflake Handprint Wreath Craft

## What you will need:



Light blue paper



Paint brush



White paint



Glitter



Scissors



Glue



Cardboard



Ribbon



Pencil

## What you do:

1. Start by tracing several of your child's handprints onto the light blue paper.



2. Depending on the age of your child, you can either cut out the traced handprints or have your child cut out the handprints. (This is a great skill even for older Toddlers. They make great safety scissors for younger children. If you let them cut paper while you cut out the handprints, they will still feel involved.)



3. Mix the glitter into some of the paint and allow your child to paint their handprints. Older Infants can use special "chubby" paintbrushes. Set aside and let dry.



4. While the handprints are drying, take a piece of cardboard and cut it into a large circular shape.



5. Then cut a smaller circle out of the inside part of the large circle so you are left with an "O" shape.



6. Make sure to scatter the arrangement of handprints so they are not all facing in the same direction.



7. Add a ribbon so you can hang your snowflake handprint wreath up in your house.



# Parenting Information & Tips

## Your Role as a Parent to Prevent Childhood Obesity

Over the last few years, the number of U.S. children who are overweight has grown substantially. Ten percent of which are little ones whose ages are 4 and 5 years old. This percentage has been doubled for the past two decades. For those with ages 6 to 11, 1 out of 5 children is overweight. For the past 20 years, this number has disappointingly elevated by over 50 percent while the number of obese kids has almost doubled. These children are now at a higher risk of getting chronic diseases, such as type 2 diabetes, asthma, disordered sleep patterns, liver disease and others. Because you don't want this to happen to your child, it is time to prevent childhood obesity. These are the strategies to begin:

### 1. Start by encouraging healthy lifestyle in your home.

Let your child grow up with everything healthy in your kitchen. Fill up your fridge with fruits and vegetables. Do not expose him to unhealthy snacks, as well as soda. Offer him healthy meals. You may have a hard time asking him to eat vegetables if he is already in his teenage years so you have to start while he is toddler.

Do not allow him to go to school without having his breakfast. This will give him enough energy and watchful mind for the day. Give him freshly squeezed fruit juices, low-fat milk, oatmeal, whole grain cereals and others. Prepare brown bag lunches for him in school.

### 2. Take him in sports and outdoor activities.

Do not allow him to use computer right after school or during Saturdays and Sundays if not necessary or limit the time he spends for it. The same thing goes in watching TV programs. Acquaint him to other activities - healthy at that - that he can do. Sign him up in swimming lessons, basketball training and others. Know which sport he is most fascinated and give him education for it. During weekends, ask him to join you in an early morning jog, walk or run. You may also plan family activities like camping, hiking and biking. Share with him the advantages of sweating out.

### 3. Bring him to restaurants that provide healthy meals.

It does not mean that because you want to prevent childhood obesity you will not allow him experience dining out. Take him to a nice restaurant once per month, it does not matter. What should matter are your food choices. Do not lead him to fast food chains. There are restaurants that offer delicious yet healthy meals. Bring him to these sorts of dining places.

### 4. Do not ban sweets at home.

The more you stop him from eating sweets, the more he will long for them and he will even tend to overindulge whenever he has the chance. What you should do is to offer him a small amount of candies, cookies and others, and slowly get him to fruit-based desserts and snacks.

A healthy body is your best gift to your child. You do not only keep him away from future health issues. You also allow him to live with a better standard of living. A healthy child grows to be happier and more alert.

Wanda Curry



# Choosing Age Appropriate Toys

**P**laytime is important to your child's development. One thing you can do to enhance that developmental playtime is to provide safe toys for kids. Your child's age plays a large role in determining what toys are safe for him or her to play with. **monomy - free enrichment tools for your site.**

### Infants

Babies love to play with and consider everything they can get their hands on a possible toy. Many toys are not appropriate for infants, though. Choking is a particular risk for babies, because they put everything in their mouths. Be sure that baby toys do not have any small parts, toxic paints, or loose fabric. Stuffed toys are also not recommended for infant- there's a risk of suffocation if they can't turn their face away from the toy.

### Toddlers

Playtime with toddlers is magical- they're interested in exploring everything. Make sure the world they're exploring is safe by checking toy labels for age limits. As with infants, toddler's toys safety includes no small parts which could be swallowed. Look out for toys that are heavy or have sharp edges or points. Toys with wheels can be a tripping hazard and a child pushing a wheeled toy can lose their balance.

### School-aged Children

At a certain age, kids have the skills to play with most toys safely. It's still a good idea to buy toys recommended for their age range, though. While common sense kids safety tips apply to most toys, some are still too advanced. No matter what your child's age, there are certain things you should look for when choosing safe toys for kids.

1. Cloth toys should be flame resistant or flame retardant.
2. Check the contents of stuffed toys- plastic beads can spill out and be swallowed.
3. Make sure a toy isn't too loud- the noise of some electronic toys can damage hearing.
4. Painted and plastic toys should be labeled non-toxic.
5. Art materials should say ASTM D-4236 on the package.
6. Be wary of used toys. They may not meet current safety standards.

Toy manufacturers follow safety guidelines and label most new toys for specific age groups. Guidelines developed by the Consumer Product Safety Commission (CPSC) can also be helpful when making safe toy buying decisions. Still, use your own judgment. Consider your child's development, play habits, and temperament. Ultimately, the most important thing you can do to ensure toys safety is to participate in your child's playtime.

Reha Kapur



# What You Should Know about Baby Monitor Reviews

Getting the best baby monitor is important to ensure that your baby is well taken care of. It can be hard to choose the right monitor if you do not have enough information on the gadgets. However, there is no need to worry since there are baby monitor reviews. These are done by experts who take time to compare all the monitors on the market. After doing so, they compile all the information they have gathered and allow you to read through. This information is useful in helping you make a decision on the best monitor to get for your baby.

Baby monitor reviews help you to know whether there are any problems you should expect. When you know of the potential problems, you can prepare for them in advance. You can also choose a monitor that has the least problems. For example, if you have concrete walls in your home, you might consider getting the best baby monitor that can transmit through concrete. You can also pick one that has the least interference from other gadgets in your house. You can also read on the safety features on each monitor. This is necessary to ensure that other people cannot listen in to your private conversations.

The reviews also give you the advantages of a digital best baby monitor over the rest. There are digital and analogue monitors. These are different and each has both benefits and disadvantages. It is only through the baby monitor reviews that you will find out what the advantages of each are. The reviews also allow you to know the things to check out for in a baby monitor. For example, you need to know whether the monitor is portable. You can also check for features such as reception and how clear it is. You also need to check whether the monitors have alerts and alarms.

The reviews also give you an indication of the area covered by the angelcare monitor. This allows you to check if it will be sufficient to cover the area of your house. This should be enough to cover the distance you are likely to move away from your baby. This ensures that no matter where you are in your house, you can still hear your child. The reviews also cover video monitors. Most people are used to the audio monitors. But there are also video baby monitors which allow you to see the baby as well. These are popular since they offer more information and allow parents to enjoy a view of their angel.

There are different places where you can buy monitors for your baby. It can also be hard to choose an outlet since you need to know which one has the best prices and still stocks quality monitors. The monitor reviews can also offer you advice on the best shop to buy your summer baby monitor. This can be online or through physical shops. You can easily find a shop near you and get a monitor to make caring for your baby an easy and pleasant task.

by Michael Stevens





# Where is Bubbles?



Find where Bubbles is hiding and circle him!

# Role of Parents in Upbringing Children

**B**eing a parent is one of the most challenging but rewarding jobs anyone could ever adopt. It is the longest task and responsibility that an individual will ever perform. Parenting is an active process that demands that individuals use their skills and knowledge plan, give birth, raise, and provide for children. The parenting process includes protecting, nourishing, and guiding the child. It involves a series of interaction between the parent and the child through the life span.

Just as children go through the stages of development, parents also go through the stages of parenthood that require appropriate parenting stage responsibilities. These stages involve changing task and roles of both parents and children.

## 1. Image building (conception to birth of the baby)

The young parents dream and build images of ideal parenting and of what they want to become before the baby is born. Parents are reminded of their past and how they were parented, to prepare for the financial needs care and upbringing.

## 2. Nurturing (Birth - 18 months)

Each child has specific wants and needs that require nurturing. By meeting the needs of the child, a positive relationship can be built, which consistently sends messages of love and support. Expressions of love and affection, listening to the child's ideas, feelings, problems and difficulties, kindness and sympathy, help the child to feel connected to the family and society. Parents build an attachment with the child and identify themselves as a parent, assess and understand what kind of parents they really are. Grand parents, parents in law, friends, and relatives find out how the parents handle this new role. This stage is critical in building trust, bond and close attachment between the parent and the child. Trust emerges as the child's basic needs for warmth, food, dryness of nappy, safety, eye contact, and touch are satisfied. The child's belief and trust of the parent as a dependable source forms the basis and establishes a firm foundation for all future relationships for the rest of the life. Numerous personal adjustments must be made by the mother to meet demands of the baby in terms of resting period, feeding schedule, managing the soiled clothes, maintaining contact, giving personal attention when the baby is at play and shows initiation to become mobile.

## 3. Authority (18 months to age 5years)

The parents become the persons in charge when the baby begins to walk and talk. This is the period when the parents set rules for the child's action and behaviour, decides

When to say yes and when to say no and prepares the child for separation that is to be away for schooling. The parents exercise utmost care to discipline, maintaining consistency, and avoiding ambiguity in giving directions helps the child to conceptualize what is expected of him.

## 4. Interpretation (Age 5 to puberty)

The child's question from "what" turns to "why" and "how". This requires explaining each of the queries; the number of such queries grows as the child's language skills grow and understanding expands. Parents will have to respond satisfactorily with convincing replies. The child experiments with rules and social norms, examines the quality of treatment he/she receives and the relationship maintained within the family. The type of parenting used in such situations plays a significant role in determining the sort of adult the child will become. Acceptance, appreciation and affection expressed by parents equip the child to develop a positive attitude and approach towards life. It is at this stage children make harsh conclusions and judgements about parental intentions and actions as they struggle to understand relationships, meaning or realise that other people also have feelings. This stage necessitates parents to interact with the child in an age – appropriate manner. They may need to frequently revisit and revise their parental roles as the child continues to mature. The child may show special interest in materialistic possessions, and might experiment with unique clothing and accessories of dress, appearance and behaviours. Parents can attempt to alter adverse behaviours that occur by making rules age appropriate, modifying expectations when necessary, and by serving as a role model for the child to follow.

## 5. Preparation for independence (Teen years)

The parents of teenagers face challenges over their authority as parents. A teenager fights with parents in making decisions, and on issues considered as personal matters.

Teenagers begin to show that they are "grown up" and are capable of handling difficult situations themselves, that they are different from their parents in many ways, and that their problems and needs are not well understood by the parents. During such times, teenagers need parental guidance to make decisions and to make tough choices. They need careful and sympathetic listening, brief counselling and independence to prove that they are capable of making certain decisions and able to accept the consequences of such decisions.

Children imitate parents and others adults whom they admire and respect. In recent

Years, particularly in metropolitan areas, parent education classes have been initiated in an effort to extend parenting knowledge and skills to new parents who reside mainly in nuclear families.

The relationships maintained between the spouses, with their respective parents, with the other family members and between the siblings bear a strong influence on the parenting.



In the Indian context, a first – born boy enjoys better parental care than a girl. Last born is more likely to be pampered in a smaller family and neglected in a larger family. Parents who have exposure to baby and child care during their own childhood and adolescence, such as taking care of younger sibling may find parenting easier than those who have had little or no exposure to child care.

The parents of a child, born with certain gifts or disabilities are more likely to face greater parenting stress, strain and effort than parents of a normal child. Typically, educated parent maintain realistic standards, aspirations, and better relationship with their children, so to strengthen parenting skills, parents need to understand and learn about them and also about child development.

Parents with genuine interest in parenting build healthy relationship with school, neighbourhood, and community groups.

## Parenting Styles

The styles of parental responses and interactions with their children can be classified into three types (Baumrind, 1971), the styles followed by parents may not fit into any one -category, as parents combine the styles depending on the situation, age and sex of the child. Further, parenting styles shift as Parents gain knowledge about the parenting process through various sources, relate their own experiences, and receive responses/feedback from the child and from significant other ground client The three parenting styles are permissive, authoritarian and authoritative.

### Permissive Parenting

Permissive parent give too much freedom, set no limits or boundaries, and provide no guidelines for the child to follow socially accepted norms. They employ little or no punishment. Often these parents are uninvolved in parenting and spend little time with their children, giving excuses of stress and work such parents allow their children to face difficult situations in which they have little or no experience or skill to manage on their own and to contend with the consequences. Permissive parenting may result in children who have less self-control, become aggressive and irresponsible, and have low self-esteem,

### Authoritarian Parenting

Authoritarian parents are demanding, strict, give punishment, and do not allow choices or the freedom to express various opinions. They dislike questioning of their authority, set very high standards, and demand that their standards be satisfied. These

parents value submission, obedience and tradition, while discouraging independence and individuality. This parenting style may produce a child who lacks self-confidence,

curiosity and creativity, self-control and who has low self-esteem. Under such parenting style, the child will exhibit difficulty in making one's own decisions and behaving in a socially approved manner under given circumstance.

### Authoritative Parenting

Authoritative parents employ explanations, discussions, reasoning; they balance their parenting style by using punishment and rewards appropriately. Punishment is never harsh or physical. Instead, it is given by way of deprivation of an opportunity or gifts. Moreover, punishment is used only when ample evidence of willful wrongdoing is observed. When children correct their behavior, they are rewarded. Rewards include praise, a pat on the shoulder; a smile or a nod. Generally, the reward is proportionate to the positive behavior that is being reinforced. Such parenting style results in children who have good self-control, high self-esteem, self-confidence, responsibility, independence and control over their emotions.

### Practical Suggestions to Understand and Prevent Misbehavior in Children

Effective parenting is often challenged by misbehavior of children. Understanding why children misbehave is important to respond effectively. Children misbehave when they:

- are sleepy, sick, need fresh air, exercise and food,
- are puzzled or unsure about what is expected of them,
- need attention and love, or need to feel secure,
- want to fulfill their curiosity,
- are not physically and mentally ready or able to follow the rules,
- are bored,
- are angry, disappointed and frustrated, and
- want to assert independence.

### Strategies and techniques to prevent a child's misbehavior are as under:

- Set rules that are age-appropriate, then help the child to understand the rule and why it is important.

## Suggestions for Positive Parenting

Positive parenting is the loving and supportive care provided by both parents. The parenting role has shifting its paradigm from fear-based to love-based. Positive parenting also can be termed 'conscious parenting', or always seeking the betterment of children in the long run. To achieve the goal of treating or rearing children in a way so that today's children can be tomorrow's healthy and successful adults, key issues involved are as follows:

The happiness and harmony between father and mother are important prerequisites for a physically fit and mentally happy child.

Maintaining harmony between parents and children is essential for positive parenting.

Children should be allowed to explore and do things themselves to enhance their self-esteem, so that they might experience a happy, gratifying, and purposeful life.

The parents' own behaviors, attitudes, beliefs, and values affect greatly the child's development. Hence, parents need to recognize their own belief system and how it can impact on the lives of their children. Further, they should attempt to keep in tune with the changing times.

Children need unconditional love and support from their parents for healthy development. Rationalizing, reasoning, giving adequate time, and answering questions are essential on the part of parents. These childrearing practices promote the same future behaviors in their children.

Support children emotionally at times when they need it most, so that they do not feel let down or alone. It seems likely that a child who feels emotionally isolated senses a breach of faith and trust on the part of the parents.

Accept each child as an individual with his or her unique gifts and talents. Each child is different; hence comparison with others is unwarranted.

Positive requests to children, without forcing them to do something, work wonders.

Showing positive feelings and appreciation for even the small work done by the child will encourage the development of confidence and a secure self-concept (i.e., "I feel good about myself and about my abilities").

Listen carefully to your children and provide support and guidance.

The relationship of parents with other members of family, relatives, and neighbors affects the general environment to which children are exposed.

Parent education, in terms of learning and practicing good parenting skills to rear and manage today's children, is essential. Modern-day children are more world-wise, having been exposed to many more situations than their parents, which may lead to a feeling of incompetence and helplessness on the part of the parents to manage their children.

## Conclusion

Parenting is not an easy task. Becoming a parent is the easiest part, whereas, being a conscious and positive parent is a momentous task. Parenting is the most important role one faces in a lifetime. Parents who provide an encouraging environment for their children are rewarded when, as adults, their children realize a successful fit into the culture and society.

Parenting concepts are deeply rooted in Indian families, because of a strong, sustained tradition of educating and training young parents to accept, perform and establish enduring relationships and responsibilities with their children. Generally, the young mother is introduced to the nuances of parenting by way of the 'hands on' method at her parental home, and under the guidance of her mother or an experienced family member. This practice could be the reason why the need for professional parent education usually is not expressed.

Effective parenting enables children to build and develop positive behaviors and good, solid self-concepts that are important to functioning fully as a healthy adult. Parenting, as such, is greatly dependent on intra-familial issues that play a significant role in parental performance. However, parenting skills can be strengthened if parents learn about themselves as a 'parent' and about child development. Learning about the stages of human development helps parents understand about their ever, changing roles in the lives of their children and also what is expected of a parent at each stage. Finally, a father's love and influence is as important as a mother's in the life of a child. Fathers should overcome the internal and external barriers that exist to fulfill the duties of fathering.

The concept of parenting and parenthood varies according to region, and varies within the rural, urban and tribal areas in India.

by Ajith D' Souza





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1 - Red  
 2 - Blue  
 3 - Black  
 4 - Orange  
 5 - Yellow  
 6 - Green

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- Winter 2013



# EMERGENCY CONTACT CARD

Cell: \_\_\_\_\_

Office: \_\_\_\_\_

**EMERGENCY: CALL 9-1-1**

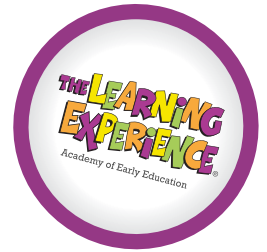
Nearby relative or friend cell: \_\_\_\_\_ Home: \_\_\_\_\_

Child doctor: \_\_\_\_\_

Police Dept: \_\_\_\_\_

Fire Dept: \_\_\_\_\_

Poison: \_\_\_\_\_

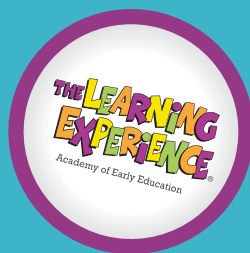


## CHECK YOUR HOUSE FOR SAFETY

- Be sure that 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 within the reach 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. because they are choking hazards.
- 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 changes may include the cords used to raise and lower window shades. A crawling infant can easily reach up, pull a cord, and get the cord caught around their neck. Power cords can also be overlooked. 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 from children.
- Windows and stairs are hazards as well. If you have a home that is in a high-rise or has two or more stories, 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 on 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.

- 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 who are not strapped in to them can slip out in a split second. When babies are old enough to climb, they can climb out of their crib for the very first time while under a sitter's care.
- Baby walkers are great when monitored and used properly, but a baby who is scooting around too quickly poses a 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 aware 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

Volume 1, Issue 2