



EACN NEWS - SEPTEMBER, 2018

Dear Parents,

Each year in September, the teachers and children go through a period of time in which to adjust to their new rooms. We find that after several weeks all of the children feel settled, as do the parents! When dropping off, it is best to tell your child that you love them and will be back for them later. Once you have said good-bye, keep moving towards the door. If your child senses your insecurity, they will have more difficulty. Never hesitate to call or stop in during the day to check in on your child.

Invoices will be placed in your child's mailbox on the first of each month. We have a 10-day grace period. If payment is not received by 6:00 pm on the 10th, a 5% late payment charge will be assessed. If not paid by the 15th, your child will not be allowed to return until payment is made in full. This policy is strictly enforced. Also in regard to finance, the tuition rate changes (when due for a rate change at 18 mo. and 3 yrs) in the month following your child's DOB.

Please use extra precaution in the parking lot. **PLEASE DO NOT LEAVE YOUR CAR RUNNING WHILE YOU COME INTO THE CENTER.** It is also important to avoid leaving any aged child in the car while you drop off your child.

In addition, children **MUST** be supervised on the playground by an EACN employee. Another words, children may play on the EACN playground only during class play time when under direct teacher supervision. Please do not allow your children to play when coming into the center or when leaving at the end of the day. Lastly, please know that my door

is always open. If I am not immediately available, feel free to speak with Mary Jo, Director of Business Operations or to leave a message with Carol Marszalek, the Receptionist, and I will get back to you. We look forward to another great year!

Sincerely,
Karie Kelchlin
Executive Director



MARK YOUR CALENDARS!

October 31st - Halloween Parade 10 am

November 22nd & 23rd -

EACN closed for Thanksgiving

December 5, 6, 7th -

Parent/Teacher Conferences

December 24, 25, 26th -

EACN closed for Christmas

TEACHING KIDS SELF-CONTROL

There are some strategies that you can use to help your child learn self-control, but modeling self-control also goes a long way!

- 1) Talk it out - give your child the words to use when he/she is upset. For example, if you can't find your glasses, you might say "I feel so frustrated!". Kids eventually will be able to talk through their problems and be less likely to cry or whine.

- 2) Think ahead - Prepare your child ahead of time. You could say, "We're going to your cousin's house. Let's think about what you can do if she's playing with a toy you want." He may ask to join her, or he could ask to play with another toy until she's finished. Having a plan can help him avoid grabbing the toy or yelling at his cousin.
- 3) Calm down - Help your child calm down. For example, take 5 deep breaths or count to five or tell your child to draw a picture of how he is feeling. The distraction may be enough to settle him down.

The more practice, the better!

THINK TREE NUT SAFE!

EACN is a tree nut free facility. Due to the number of life threatening allergies, we ask that you refrain from bringing in any items that have a warning. **Also, please refrain from letting your child bring into the school any food items that they might be eating in the car.** Ask them to finish before they come in. Thank you!

