



**Computer-Based  
Child-Care Training**

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**MB&A's Child-Care Chatter**

News and Information for Child-Care Providers

NEWS ♦ CRAFTS ♦ GAMES ♦ TIPS ♦ ADVICE ♦ HUMOR ♦ RECIPES ♦ EVENTS ♦ ACTIVITIES

**Battling**



**Burnout**

Teaching and caring for small children are challenging jobs that require all of the tools and techniques at our disposal. The most powerful tool in your classroom, however, is YOU, so you need to take care of your physical and emotional health. When you feel that you are in need of an emotional "tune up," try some or all of the following:

- Ease your expectations of yourself. This doesn't mean you will lower your standards, but it means you will learn to be realistic and know you cannot be perfect, or perfectly successful, in every situation. Stop beating up on yourself when you've done a

good job but haven't succeeded.

- Learn to say no. When your workload reaches the point that you cannot handle it anymore, simply say so. Remember that everyone has limits, and there is nothing wrong with saying that you have reached yours.
- Consider your priorities. Take a good look at the way you are spending your time and energy. Make sure you are concentrating on the things that are of most value to you. If not, change your priorities.
- Accept the fact that you do not need to have everyone's approval to prove that you have done a

good job. Do the best you can with your assignments and realize that no one can please everyone. Chronic people pleasers often fail to please the most important person of all—themselves.

- Avoid conflict whenever possible but realize that you will fail at times. In those cases, focus on what you want the outcome to be and work toward that goal. Avoid terms like winners and losers and be prepared to accept the outcome gracefully.

In an upcoming newsletter we will look at some specific conflict resolution techniques.

**MB&A's**



**Child-Care Chatter**

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**WHAT TO DO WITH THE SCHOOL-AGE CREW?**

Do you ever cringe when you see that big, yellow school bus pull up to your center door or when the last bell of the school year rings? Well, you're not alone. School-age children may be our most profitable students, but it can also be a real challenge to keep them entertained, involved and active. We recently found a resource that may help you accomplish just that—**VERB™ It's what you do.**

**VERB™** is a national campaign coordinated by the Centers for Disease Control and Prevention (CDC). Its purpose is to encourage young people ages 9-13 to

be physically active. While it focuses on these "tween" years, the program's activities are easily adapted to the younger, 6-8 set. Simply go to their web site at <http://www.verbnow.com> and use the *Game Generator* to create active games like Yard Frisbee® Bag. Throw bean bags on the ground in random places. Then try to hit those spots with the Frisbee®. Whoever hits the most bags wins and then gets to throw the bags for the next game. Let the kids pick the combinations and see what they come up with—Yard Hula-minton (hula hoops and badminton), Playground Socc-Hop

(hopping soccer on the playground), or Rec Room Basketball Tag. You get the picture.

You will also want to check out the free materials available to you—brochures, posters, stickers. There are even free kits for setting up and managing activity days and a downloadable Weekly Reader full of activity ideas. To get you started, we have posted three of the **VERB™** games on our website at <http://www.mba-edu.com>, but don't stop there. There is a wealth of information and activities on the **VERB™** that you don't want to miss.



Volume 2, Issue 1

**The Lighter Side**

- ☺ The real secret at Victoria's Secret is that nobody older than 30 can fit into their stuff.
- ☺ The best way to forget all your troubles is to wear tight shoes.
- ☺ One of life's mysteries is how a two-pound box of candy can make a woman gain five pounds.
- ☺ I gave up jogging for my health when my thighs kept rubbing together and setting my pantyhose on fire.

**MB&A IS ON THE GROW**

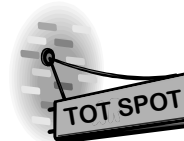
We are very excited to report that MB&A's CD-based courses are now available in states other than Georgia. Child-care providers, pre-school teachers, foster parents and other child-care

professionals in states like Texas, Florida, Alabama, Virginia, Oklahoma, Arkansas and others are taking advantage of our convenient, easy-to-use, computer-based training. We send

special thanks to those of you who have helped us mature and grow. We promise to provide as many new, exciting and informative courses as possible as we expand into other states.

**WHAT'S IN A NAME?**

We have encountered many clever and humorous school names as we mail out newsletters and courses, and we want to share a few with you. Some of our favorites include:



- Luv 'Em & Leave 'Em
- Gimme-A-Break
- Park A Tot Day Care
- Animal Quackers
- Knee-Hi Village
- Itty Bitty City
- Teeter Toddler
- Koala-Ty Tyme

If your center has a unique or clever name or if you have heard of others, let us know and we will share them in upcoming issues.

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## Better Behavior in the Classroom

In the last newsletter, we discussed some of the reasons children misbehave. This issue looks at some general guidelines for positive classroom management.

- **BE SPECIFIC.** Classroom rules and the consequences for breaking the rules must be stated in clear, positive, and understandable terms.
- **PRAISE, PRAISE AND PRAISE AGAIN.** Research strongly suggests using at least four praise statements for appropriate behavior for each corrective statement for inappropriate behavior.
- **VIEW MISBEHAVIOR AS AN OPPORTUNITY** to teach desired

behaviors. Remain calm, refer to the class rules, and review the skill steps needed to carry out the rule.

- **PRE-TEACH SOCIAL SKILLS.** Then provide children with opportunities to use these skills successfully. In other words, set them up for success and PRAISE, PRAISE, PRAISE, their successes.
- **CONSIDER THE CONSEQUENCES.** Use your consequences wisely and justly, and keep the following in mind:  
Start by using the least severe consequence and move to more severe consequences if that fails.

Avoid sending children "to the office" whenever possible. Think about what this says to a child - "I cannot handle you by myself, so I need someone else to do it." That is not the message you want the child to receive.

Never use humiliation or threats. Keep in mind that a warning is not the same as a threat. For example, you might warn Amy by saying, "Amy, you have two frowny faces today, so, please remember what happens if you get another one." However, you would be threatening her if you said, "Amy, if you kick those blocks again you are OUT of here!"

## The Terrific Twos

Looking for something fun and educational to do with your two-year-olds?



Try singing these lyrics to the tune of *Jimmy Crack Corn* and having your toddlers do the actions with you. This activity strengthens their listening skills and coordination.

*Shake your arm and I don't care,  
Shake your arm and I don't care,  
Shake your arm and I don't care,  
Shake it every day.*

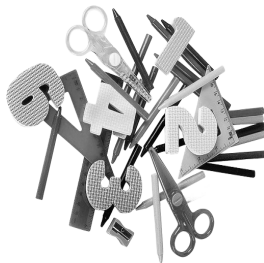
*Shake your leg and I don't care,  
Shake your leg and I don't care,  
Shake your leg and I don't care,  
Shake it every day.*

Here are other ideas...

*Wave your arm...  
Jump up and down...  
Bump your hips...  
Swing your arms...  
March, march, march...*

[Source: *Games to Play with Two-Year-Olds*, Jackie Silberg, Gryphon House, 2000.]

## Carole's Corner



Wow! This school year has flown by, and I hope it has been a terrific year for all of you. It is always so much fun to watch our kids grow and learn. Each of us who works with them day to day impact their lives in tremendous ways. As the school year ends and we are a bit tired (admit it!), we need to remind ourselves that we are shaping the lives of young children.

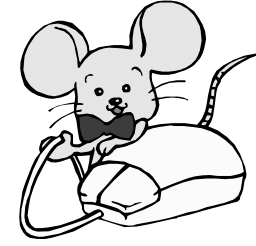
I want to "re-introduce" myself to those of you who do not know about the changes in my life since the last newsletter. I married Bruce Smith in February, so my new name is Carole Smith. When school is out in June, I will move to Columbus, GA to live with my husband, which gives me not only a new name, but a new address and telephone number. Until we send you new business cards, you can get in touch with me through our web site (<http://www.mba-edu.com>) or our toll-free telephone number (1-877-655-7139). And no, the company's name will not change.

I've enjoyed visiting with many of you, and it has been a lot of fun watching you learn to use the CD's for your training—especially those of you who were convinced you couldn't do it. We are putting more and more classes on CD, and we are delighted that so many of you are finding this method of training effective and convenient. If you still haven't tried them, you don't know what you're missing.

I appreciate the friendship and support of each of you, and wish you all a super summer!

## Jimmie's Journal

In keeping with our lead story about school-age activities, I have done some web searching and located some sites that you may find helpful when working with older children. For instance...



- <http://www.bam.gov/teachers/index.htm> takes you to Teacher's Corner for BAM! Body and Mind. And don't forget to check out the Kids Website at this address. Your older kids will love it!
- Another government sponsored site from "Down Under" is located

at [http://www.health.qld.gov.au/ActiveAte/teachers/fact\\_sheets.asp](http://www.health.qld.gov.au/ActiveAte/teachers/fact_sheets.asp). It is filled with information about nutrition and physical activity.

- Take 10 is a commercial site located at <http://www.take10.net/whatistake10.asp?page=new>. Check out the various pages for "free stuff," or you can order their activity kit.
- PELINKS4U is located at <http://www.pelinks4u.org>. The section on elementary physical education provides "free stuff" and activities related to a variety of topics.

If you know of other resources, let us know and we will share them in future issues. Happy clicking!

**RELEASE 3.0 AVAILABLE NOW!** If you have not received your copy of Release 3.0, which adds...

- *Nutrition: Planning and Preparing Nutritious Meals for Children*
- *Food Safety in the Child Care environment*
- *Working with Parents*, or if you would like to have additional free copies, please contact us toll free at 1-877-655-7139.

We also hope to have our course on AD/HD ready for pre-release any day now. If your name is not on the pre-release list and you would like to have an advanced copy, please let us know. Contact information is on the other side of this page.

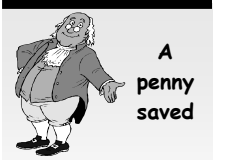
## \$ and Sense

You've heard the old adage "A penny saved is a penny earned." Well, here are a few ways you can save more than a few pennies.

- Each month the U. S. Postal Service sends out posters advertising a new line of stamps. If you see a poster you like, ask the postmaster if you can have it when the office is through with it.

- Don't throw out those cookies with the burned bottoms. Use a coarse grater to scrape off the part that's burned and serve the rest. No one will ever know.
- Tear your dryer sheets in half. You'll still get soft, static-free laundry at half the cost.
- Recycle those broken crayons.

Remove the paper covers and place the pieces in the cups of a muffin tin. Melt them in a warm oven; let cool; and have fun with the multi-color "scribble cookies."



A penny saved is a penny earned.

## Toddler Truisms

We often refer to them as the terrible twos and the trying threes. Whatever we call them, there is one thing for sure about toddlers—they have their own view of the world! Theirs is a world in which...

- **Monsters in the closet ARE real.** Next time a toddler uses the "I'm scared..." argument on you, try to imagine what their world looks like to them. In a darkened room, shadows on the wall, creaking doors, and ticking clocks become real monsters in their minds.
- **Ketchup is a food group.** It is the rare toddler that doesn't demand ketchup on everything edible. Just be patient and this de-

pendency will disappear. In the meantime he or she will be eating other, more nutritious foods with their ketchup.

- **Imaginary friends eat cookies.** Toddlers develop social skills through a variety of interactions, including mimicking social situations. Setting an extra plate of cookies for these "friends" helps your toddler develop social skills.
- **Bathrooms are like playgrounds.** To a toddler, a bathroom is full of great playthings like rolls and rolls of paper and a child-sized "swimming pool" that's perfect for floating boats and bathing dolls.
- **I really don't know.** Have you ever made the mistake of asking a

toddler "WHY did you do that?" and gotten the predictable answer "I don't know"? The truth is toddlers act impulsively and have no explanation for WHY they put their peanut butter sandwich in the VCR.

- **You didn't tell me not to.** Toddlers require exact words and explanations. Telling a toddler not to draw on the walls can be interpreted as giving them permission to draw on the furniture or windows. Take the time to explain in age-appropriate terms what the boundaries are.

[Based on "10 things toddlers know and adults don't," by Gina Roberts-Grey, *Atlanta Parent*, September 2004, p. 20.]