



# Little Noles

February 2017



**Get Healthy in February**  
 \*\*\*\*\*  
**More than Nursery Rhymes**  
 \*\*\*\*\*  
**Positive Parenting**

## Semester Calendar

\* The program follows the University calendar and is closed when the university is closed.

Semester	Semester Dates	Closures
Spring 2017	1/9-5/5	3/13-3/17
Summer 2017	5/15-8/4	5/6-5/14 5/29 7/4

- 4 From the Associate Director
- 5 Announcements & Reminders
- 6 The Book Shelf
- 7 Book Review
- 8 From the Classroom
- 11 Feature: Teacher Spotlight
- 13 Feature:
- 14 Feature:
- 15 Feature:
- 18 Calendar



naeyc®

for families

The NAEYC for Families website at <https://families.naeyc.org/> offers a wealth of information and resources for parents of young children. *Families Today* features articles from Dr. T. Berry Brazelton and Dr. Joshua Sparrow. Dr. Brazelton, renowned pediatrician and behaviorist and child development expert, and Dr. Sparrow, child psychiatrist, offer parents reassuring information and tips on the developing child.

**Hours of Operation**

Monday-Friday  
7:30 AM- 5:30PM

**Main Office**

157-01 Herlong Drive  
Tallahassee, FL 32310-4174  
850-644-7970

Associate Director, Tiffany Karnisky  
Program Associate, Brenda Thompkins  
Grants Analyst, Bill Stacey

**Infant and Toddler Center**

DCF License #C02LE0260  
330 Pennell Circle #1  
Tallahassee, FL 32310  
850-644-0003

Center Director, Dana O'Connor

**Children's Center**

DCF License #C02LE0519  
169 Herlong Drive  
Tallahassee, FL 32310  
850-645-9576

Center Director, Beth Roberts

**Menus:** <http://childcare.fsu.edu/For-Parents>

**Online Comments/Suggestions Box**

[https://fsu.qualtrics.com/jfe/form/SV\\_8A44fzs9taRgnnn](https://fsu.qualtrics.com/jfe/form/SV_8A44fzs9taRgnnn)

The Little Noles is a monthly publication of The FSU Child Development Programs, 157-01 Herlong Drive, University Housing, Florida State University, Tallahassee, FL 32310-4174, (850) 644-7970.

The information contained herein is considered adequate notification of activities, tuition notification and policies and procedures. The Little Noles is also available in alternative formats upon request. Material submitted for publication must be type-written and submitted by the 15th of each month. The Little Noles is distributed to the parents of The FSU Child Development Programs, selected university administrators, staff, and support personnel.

Program fees	
Annual Registration Fee <i>Charged at Enrollment &amp; every September</i>	\$20
Late Tuition Fee <i>Tuition paid after the 10<sup>th</sup> of the month</i>	\$10
Returned Check Fee/Insufficient Funds	\$25
Late Pick-up Fee <i>Any portion of first 5 minutes after 5:30 PM /Per minute after 5:35 PM</i>	\$5.00 \$1.00
<b>Effective September 1, 2016 Tuition rates will be charged for 12 months instead of 11 months</b>	
Tuition Rates	

Infant and Toddler Center	
Alumni/Community	\$764
Faculty & Staff	\$700
FSU Student	\$626
Military Connected student family	\$564
Pell recipient/eligible student	\$501
Children's Center	
Alumni/Community	\$811
Faculty & Staff	\$602
FSU Student	\$505
<b>VPK No longer offered</b>	



**LIFECUBBY**

Documenting Early Education since 2011

## Celebrating the Human Family

I will be honest, writing this article has taking me an entire month of writing, deleting, writing, deleting. Choosing the right words to convey the importance of diversity and my experience has been more difficult to keep within the space of this one page. So in honor of Black History month and our wonderfully diverse program and community, I will let the expert speak, as she always does, from the heart and with such depth that any words I could have chosen would have failed in comparison.

**To all of our families, I will say “Sawubona.” “I see you.”**

Tiffany Karnisky, Associate Director

### Human Family

By Maya Angelou

*I note the obvious differences  
in the human family.  
Some of us are serious,  
some thrive on comedy.*

*Some declare their lives are  
lived  
as true profundity,  
and others claim they really  
live  
the real reality.*

*The variety of our skin tones  
can confuse, bemuse, delight,  
brown and pink and beige and  
purple,  
tan and blue and white.*

*I've sailed upon the seven seas  
and stopped in every land,  
I've seen the wonders of the  
world  
not yet one common man.*

*I know ten thousand women  
called Jane and Mary Jane,  
but I've not seen any two  
who really were the same.*

*Mirror twins are different  
although their features jibe,  
and lovers think quite different thoughts  
while lying side by side.  
We love and lose in China,  
we weep on England's moors,  
and laugh and moan in Guinea,  
and thrive on Spanish shores.*

*We seek success in Finland,  
are born and die in Maine.*



*In minor ways we differ,  
in major we're the same.*

*I note the obvious differences  
between each sort and type,  
but we are more alike, my friends,  
than we are unlike.*

*We are more alike, my friends,  
than we are unlike.*

*We are more alike, my friends,  
than we are unlike.*

## announcements & reminders

### REMINDERS

#### Parent Column

Contact directors if you wish to submit a column for the newsletter. Submissions due a month in advance on the 15th.

#### Requests for posting tuition early

If you have a special circumstance that requires your tuition to be posted prior to the 1st of each month please email your request including when you need the tuition posted and the reason for early posting.

#### Tuition Rates.

Tuition rates are assessed according to parent status. Non-refundable registration fee \$20 upon enrollment and each Sept. 1, thereafter. Tuition is calculated on 44 weeks of care divided over 12 months. Tuition is due on the first day of the month; late by the 10th day.

#### School Readiness Subsidies.

Parents will be responsible for paying the full amount of tuition at the stated rate above before

**\*\*\*Make sure your child has an appropriate change of clothes in his/her cubby for the cooler weather. Thank you.**

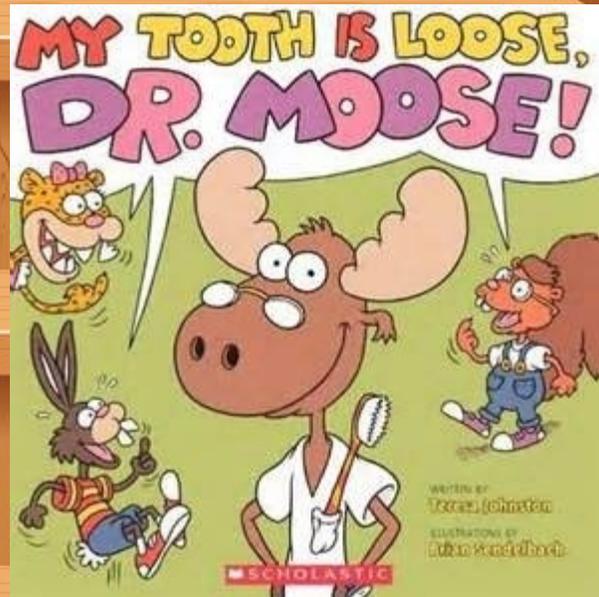
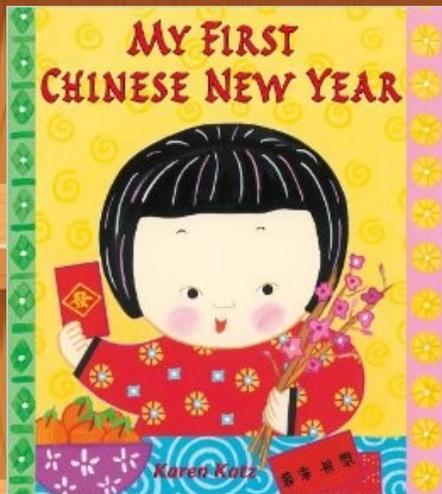
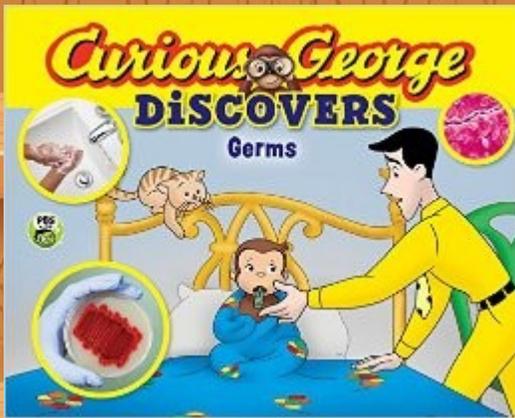
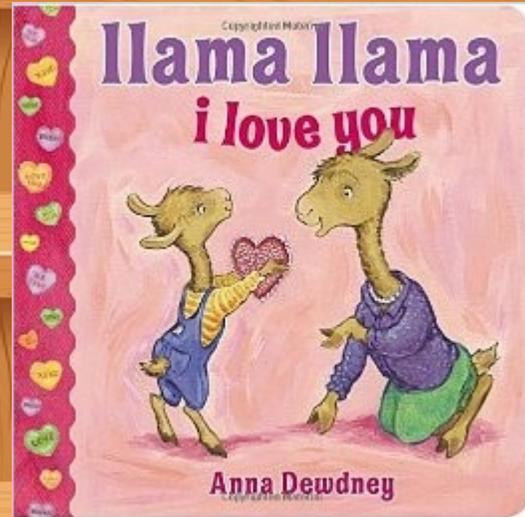
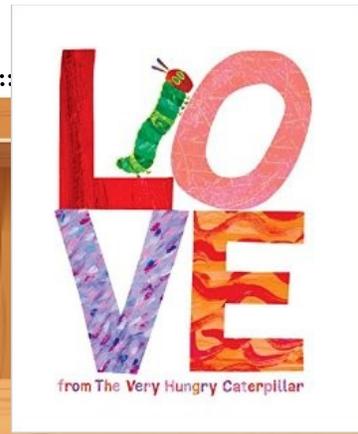
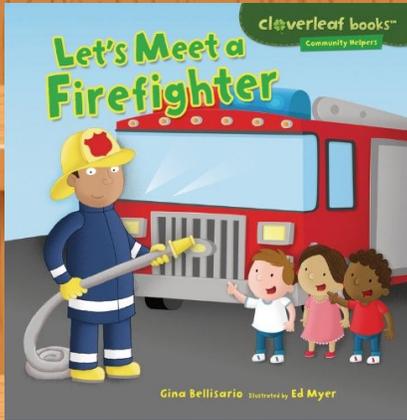
the 10<sup>th</sup> of each month. Any subsidies from the School Readiness Program will be applied as a credit to your account for the upcoming month when it is received from the agency. School Readiness Program provides *tuition assistance to eligible families who are working and/or attending school for a minimum of 20 hours per week.*



# ***STAND BACK! I'M GOING TO TRY SCIENCE!***



# the bookshelf



# February 2017

## Family Friendly Screenings

### at the SLC

For dates and times, visit [movies.fsu.edu](http://movies.fsu.edu).



### THE ARISTOCATS

"Everybody wants to be a cat!" Follow the adventures of O'Malley, Duchess, and the kittens as they move their way through Paris to try and stop the butler's plan to steal away their inheritance. Free cupcakes for first 50 people at the early showing!

### MOANA

A young Polynesian princess recruits the help of a demigod (Dwayne Johnson) to save her homeland from a horrible curse.



### FANTASTIC BEASTS AND WHERE TO FIND THEM

Young wizard Newt Scamander (Eddie Redmayne) has to navigate the treacherous wizarding world in America while protecting a case full of magical creatures.

Movies are free with current FSU ID  
\$3 for TFS/FSU faculty & staff | \$5 for non-students  
850-644-4455 | Available in alternative format  
All titles, dates, & times are subject to change



FLORIDA STATE UNIVERSITY  
OGLESBY  
UNION



## book review

### Kids' Fun and Healthy Cookbook

This cookbook is a lively collection of more than 100 step-by-step recipes for kids that puts the fun back into healthy eating, and encourages kids to consider what they eat and how it affects their bodies.

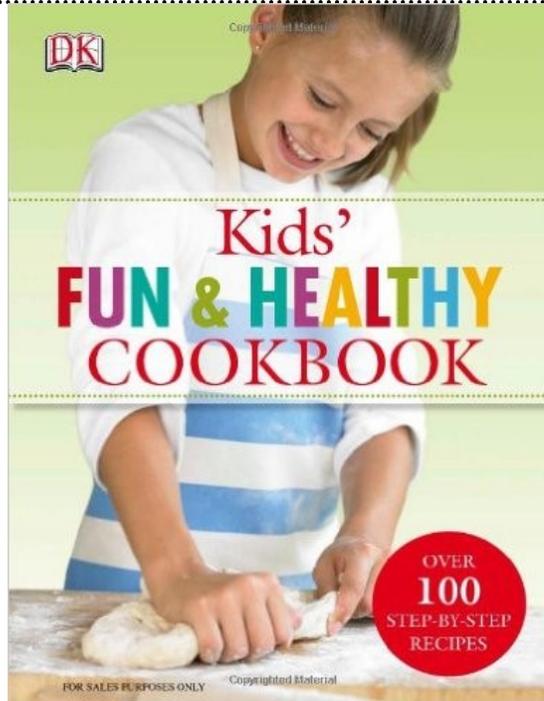
Featuring everything from pizzas and burgers to tofu kebabs and seafood salads, each dish in Kids' Fun and Healthy Cookbook has been developed by an award-winning food writer to both nourish the body and tempt the taste buds. Step-by-step photographs help junior chefs through each recipe, and food fact sections highlight specific ingredients and detail what makes them beneficial.

Think healthy food can't be fun? Think again! With Kids' Fun and Healthy Cookbook, food can be tasty and nutritious.

[www.amazon.com](http://www.amazon.com)

### 303 Preschooler-Approved Exercises and Active Games (SmartFun Activity Books)

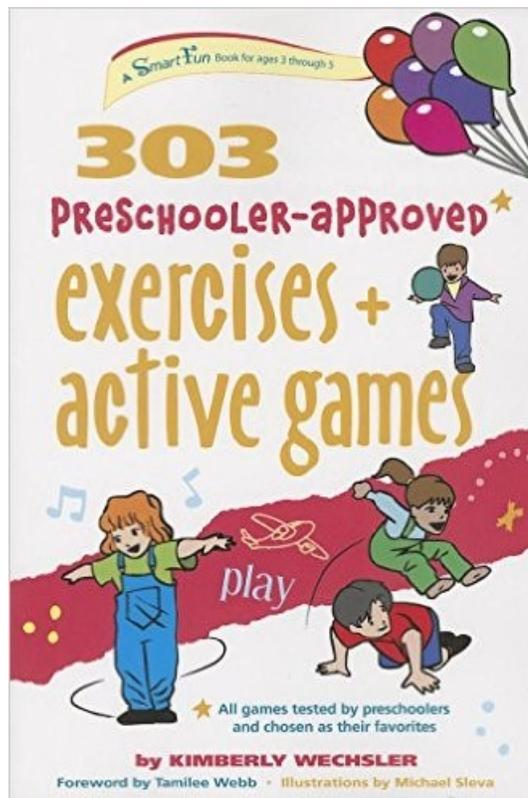
303 Preschooler-Approved Exercises and Active Games is written specifically for children ages 2-5 years old. In the Building Blocks of Fitness section, each fitness and sport skill is taught in different stages. This allows teachers, counselors, or parents to teach their preschooler a skill that sets the foundation of a more difficult skill; the next level adds a new and more complex element. By doing this, the preschool child will be safe and will feel confident about themselves.



Children will learn:

- Sportsmanship
- Socialization skills
- Self-control
- How to focus and follow rules
- How to share
- Reasoning and thinking skills

[www.amazon.com](http://www.amazon.com)



## Get Healthy in February

February is National Heart Month. Learn about your heart and why eating well and exercising is good for you as well as your family. Eating healthy gives you control over your food. Making your own meals at home gives you a chance to introduce new foods to your child. For some family centered suggestions please see the following articles.

### 9 Scientifically Proven Reasons to Eat Dinner as a Family

*Families who eat together, stay together.*

The dinner table is a sacred place for a family to come together. Courtesy of almost every family sitcom made in the last 60 years, the family dinner as we know it is an occasion for meatloaf, mashed potatoes, at least one fight over the salt shaker, and a few failed attempts at finding out how school was. Though cliché, this familiar scene highlights an important part of being a family, a meaningful gathering, a sacred time - dinner. With family dinners on the decline and 59% of Americans reporting that their family today has [fewer family dinners](#) than when they were growing up, perhaps it's time to turn the tables. These nine science-based reasons are proof that, meatloaf or not, family dinners are important.

### FAMILY DINNERS MEAN BETTER FAMILY RELATIONSHIPS

Eating meals together has the potential to strengthen family bonds as it provides a daily time for the whole family to be together. For

Continued on page 19

## from the classroom

### Ms. Emily's Classroom

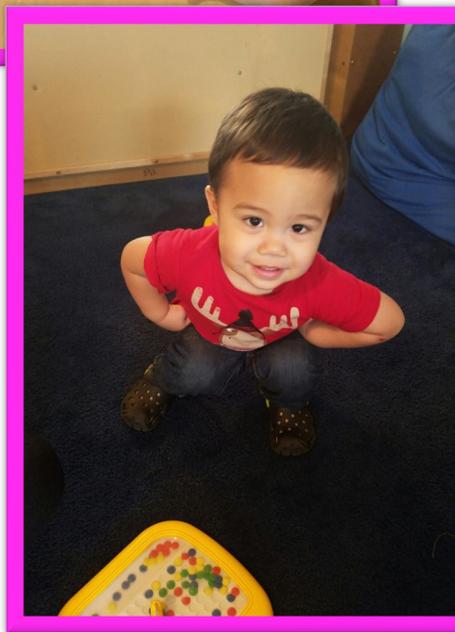
January was a fun-filled month in the infant classroom! We had a lot of fun with winter animals, weather, and sports. The children enjoyed the sensory play activity with edible snow!! They made artwork with their handprint and footprints which included: a moose, polar bear, penguin, and a snowflake. They also finger-painted ice skates. We had a fun time reading about the Chinese New Year. The older children enjoyed finger painting goldfish which are a traditional Chinese symbol of luck and good fortune.

In February, our theme includes: Dental Health, Black History Month, Community Helpers, Valentine's Day, and the color "pink". We will make several pieces of art to go along with these themes. Some book suggestions you can read at home are: Brush Your Teeth Please by Leslie McGuire, Love from the Very Hungry Caterpillar by Eric Carle, and Llama Llama I Love You by Anna Dewdney.

### Ms. Taylor's Classroom

We hope our parents are enjoying the transition to using Life Cubby! If you have any questions, please feel free to ask!

During the month of January, our themes were winter weather, winter animals, winter activities, and the Chinese New Year. Our favorite art projects included handprint polar bears, snowmen, water color ice skates, and igloos. Throughout the month, the children worked on practicing their fine motor skills during meal time, art time, and while playing. Some of the



once a week. The children enjoyed watching him play his guitar and sing songs! The books we read this month were Snappy Little Snowtime by Dugald Steer, The Itsy Bitsy Snowman by Jeffrey Burton, and My First Chinese New Year by Karen Katz.

In the month of February, our themes will be dental health, community helpers,

and Valentine's day. Some of our art projects will include hand print roses, foot print fire trucks, and a mouth full of teeth! The books we plan on reading this month are Brush, Brush, Brush by Alicia Padron, Let's Meet A Firefighter by Gina Bellisario, and Llama Llama I Love You by Anna Dewdney.

Throughout the month, our class will talk about why dental hygiene is important and we will also have some fun activities planned to correlate! In addition, our class will continue to work on fine motor skills and also incorporate practicing some gross motor skills. If parents have any questions or concerns about the skills/tasks do not hesitate to ask a teacher.

### Ms. Sue's Classroom

January has been an exciting month, we welcomed new friends and teachers and learned all about winter weather, winter animals and the color white. We made penguins, snowmen, winter trees and a moose. We

talked about where snow animals live and how they keep warm even though they live in the arctic cli-

mates. We read, The First Day of Winter by Denise Fleming Bedtime for Little Bears by David Bedford and Mouse's First Snow by Lauren Thompson. In our sensory table we played with cotton balls and pretended they were snow balls. We also sang songs that coincided with our winter theme: 10 Little Snowflakes, The Moose song and Jingle Bells. We also celebrated the Chinese New Year and made a rooster for our Chinese friends.

The month of February is going to be very exciting. We will be learning about dental health and we will teach the children how to brush their teeth after we eat. We will also be celebrating Black History Month as well as community helpers. We have special visitors come out and see the children. The firetruck will come one day as well as a police man. The children will get to hear, see and talk to real life hero's. We will have a Valentine's Day party on February 14<sup>th</sup> and I will put up a sign up sheet for our classroom if you would like to bring in a sweet treat for our class.

Some of the art we will make this month are heart collages, Firetrucks, police hats and handprints for Martin Luther Kings, I have a dream. We will read, Llama Llama I Love You by Anna Dewdney, Maisy's Valentine by Lucy Cousins and Career Day by Anne Rockwell.

I hope everyone has a good semester so far, please let me know if you ever have any questions or concerns.

### **Ms. Jenniffer's Classroom**

Another month has come and gone but NO cold weather coincided with all of our art projects we did in the month of January. Even with this small weather set back we enjoyed creating some cool winter art.



In January we also celebrated an important holiday for many of our friends at school and it's called Chinese New Year and this year is the year of the rooster. Fast forward to February and WOW!!

This month is a very busy month with Black History, Dental Hygiene, Community helpers and the oh so special Valentine's Day. To start off we will hopefully see the Firetruck at the center for our yearly visit (which we love). We are going to learn how to floss our teeth and it's going to be so much fun! We will simulate a mouth full of teeth with a large Lego block, put playdough around the Lego's and then floss with string. We will learn all about brushing and flossing because it is very important to keep your teeth healthy and the funny thing about this week is that we will end it with Valentine's goodies!!! Candy, sweet treats and more candy awesome. After all of that we definitely will need to practice our brushing and flossing skills for sure. We are going to have a won-

derful fun filled February. See everyone in March.

### **Ms. Stephanie's Classroom**

The month of January not only brought a new semester, but new friends to the Peach Room as well! We have had so much learning about our new friends as well as learning about weather, the four seasons, hibernation, construction and transportation, and Chinese New Year. Some of the artwork we made this month included a window representing the four seasons, umbrellas made from paper plates,

bear prints, and sparkly fireworks for Chinese New Year. During our week about hibernation, we measured the wingspans of paper bats and matched our counting bears with numbered caves. We made bear caves on the carpet with brown blocks, too! We also made charts of our favorite season and whether or not we like rain during our weeks about the four seasons and weather. In Science, we made rain bags to show us the different stages of the rain cycle and we also weighed different hibernating animals. Cooking was fun this month because we made yummy rainbow bagels and snowman kabobs made from bananas and grapes!

Although February is the shortest month of the year, it isn't going to slow us down from learning about hygiene and friendships. Our books for this month will include Curious George Discovers Germs by H.A. Rey, Pete the Cat and Valentine's Day Is Cool by Kimberly and James Dean, and Chicka Chicka Boom Boom by Bill

Martin Jr. and Jim Archambault. We will be selling flowers to give to friends and loved ones in Dramatic Play as well as visiting the dentist! Have you ever tried painting with toothpaste? We are going to try it in Art to explain the importance of brushing our teeth. We will also make Love Bugs for Valentine's Day. Since we are learning about hygiene and how important it is to wash our hands, we are going to make rainbow soap in Science to use it home! We will also make mouths out of apples and marshmallows in Cooking. In Math, we will be counting with candy Conversation Hearts and practicing brushing teeth with oversized toothbrushes and teeth.

The Peach Room will be celebrating Valentine's Day on Tuesday February 14<sup>th</sup> with a card exchange and fun, themed centers! If you would like your child to participate, please have your child bring in 17 cards (one for each child) to exchange. There is no need to label each card with each child's name simply put, "To: A Friend From: Your Child's Name." If you have any questions regarding the card exchange or anything happening in the Peach Room, please do not hesitate to ask!

## **Ms. Deby's Classroom**

### In January

This month we learned about: Different types of weather, safety about weather, what to wear, and things we can do in different types of weather.

We learned about transportation, we explained the different types and show the different ways people moved from one place to another long time ago

We read: This is the way we go to school

We sang: The wheels of the us go

around and around

In art we made an air hot balloon We learned about animals that Hibernated, migrate, and adapt. How they survive winter.

We read: "We're going on a bear hunt" and "Bear feels scare".

We reviewed number, colors by counting bears and sorting by colors.



### In February

February is here! Along with the new month, there come great themes, such as our favorite holidays: Valentine's Day, Groundhog Day, President's Day and National Children's dental health Day. We will explore the topics related to these wonderful holidays. In addition, we will discuss how to express love to our families, friends, teachers and pets. These holidays give us the chance to talk about the importance of sharing, giving, loving and friendship.

We will also discuss the im-

portance of nutrition to dental health.

The children will learn about two of the most influential presidents of the United States of America: Abraham Lincoln and George Washington.

We will read the story of Groundhog day, discuss what makes the shadow appear, and if all shadows have the same sizes and shapes.

The children will make: Groundhog crafts, valentine's cards, penny medallions, etc. Some of the books we are going to read are: "Tooth is lose Dr. Moose" By Teresa Johnson, "Henry in love" By Peter McCarty, and "Who will see their shadows this year" by Jerry Palota.

We will continue learning the alphabet with letter bucket. Letter bucket promotes key components of literacy including vocabulary, phonemic awareness, comprehension, and fluency. Every 1-2 weeks we will be working on a new letter. The letter

bucket will send home with a different friend. The letter can be found inside the bucket. Working together with your child, look around your home to find 1-3 items that begin with the letter and return the bucket to school.

The children thoroughly enjoy bringing home the letter bucket, working with you to find appropriate items, and sharing these items with the class. Look for the letter bucket hanging on your child's hook soon!

# More than nursery rhymes!

By Fred Ra, BMT

Traditional or popular nursery rhymes, such as Twinkle Twinkle, O'Macdonald, Row Row Row Your Boat, or ABC's, can be used to write new songs! The melody in nursery rhymes are simple and easy to 'piggyback'. Piggybacking is when one takes a melody of a song and compose new lyrics along the original melody. For instance, ABC's and Twinkle Twinkle share the same melody but have different lyrics. Also, the songs Five Little Monkeys and Five Speckled Frogs share similar melodies.

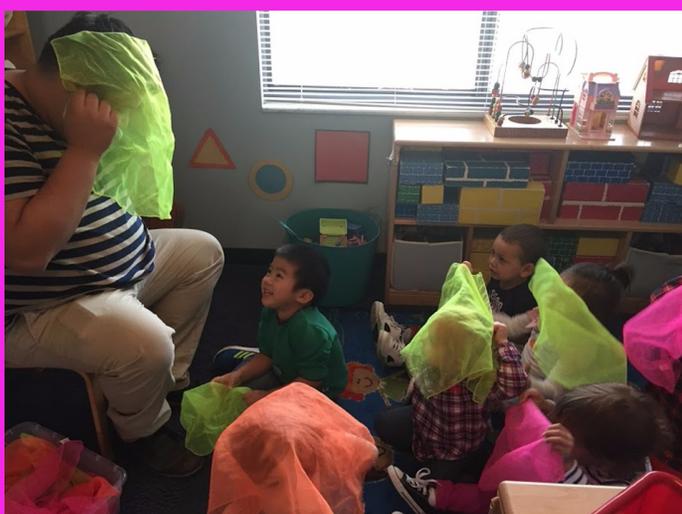
While nursery rhymes may be effective because of the familiarity, rewriting the lyrics into everyday activities can also be effective. The melody in nursery rhymes can be rewritten to be a "carrier of information". Everyday activities, such as brushing your teeth, can be written into a melody of Row Row Row Your Boat. Sing the following lyrics to the melody of Row Row Row Your Boat:

*Brush brush brush your teeth  
Brush it all a-round  
Brush brush brush your teeth  
Brush it all a-round.*

*Brush brush brush your teeth  
Brush it up and down  
Brush brush brush your teeth  
Brush it up and down*

*Brush brush brush your teeth  
Brush it side to side  
Brush brush brush your teeth  
Brush it side to side*

The familiar melody prompts the child to brush his/her teeth in different ways: all around, up and down, and side to side.



# Children's Spring

The background features a white diagonal banner with a green border. On the banner, there are black musical notes on a staff, a butterfly, and a rose. The text is in a bold, black, sans-serif font with a white outline.

# Music Event

**April 29, 2017**

**11:00 AM**

**Recreation Hall**

**behind Children's Center (169 Herlong Dr.)**



# Teaching Young Children to Resolve Conflict Peacefully

Submitted by Beth Rob-

Conflict is inevitable, but it can be helpful in teaching young children to managing their emotions, listen to, and respect others. Whether your child is at home or childcare, all children will occasionally become entangled in conflict, power struggles and/or a battle of wills with peers or adults. Encountering these struggles in childhood gives children opportunities to discover and practice peaceful and respectful ways of resolving differences.

As children journey through developmental stages, they gradually acquire and expand their abilities to manage their needs and the needs of others. This gradual process enables children to develop the positive social and emotional skills needed to resolve conflict peacefully and safely.

Here are a few steps you can take to help your child develop these critical conflict resolution skills:

1. **Assist children in identifying their feelings or emotions** by using a rich vocabulary of feeling words with them. As you use different names for different feelings, their feeling vocabulary grows. They will need help to understand that frustration and anger are not the same. Sometimes we cry because we are happy, sometimes we cry because we are sad. "I see that you are frustrated, you seem angry or your face looks sad are you sad". The ability to label their feelings is the beginning step towards learning how to express and manage their feel-



2. **Set the standard and enforce boundaries** regarding respectful and safe expressions of feelings. Confirm everyone's right to be safe and express feelings but lay down the ground rules for expressing emotions. "It's unacceptable to hit or throw things when we are angry. "Use your words and tell me what is wrong or what happened". "It is unacceptable to hurt others when you are angry or afraid". Acknowledge the feelings and then address the behavior.

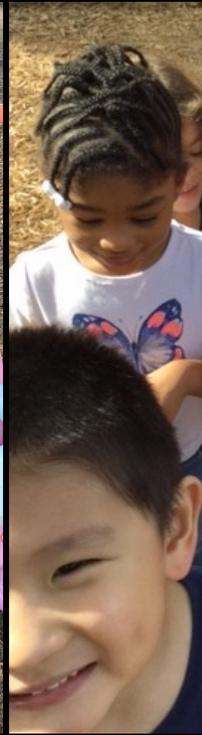
3. **Be a good role model** for respectfully expressing emotions. Consistently demonstrate the behavior you expect. If you do not want children yelling, name-calling, belittling or bullying others, show them how to listen and regard others feelings and needs as important. Show them

how to resolve differences without using aggression, loud voices, sarcasm or criticism. Children learn so much more, by what we show them, then by what we tell them.

The ability to resolve conflicts or differences in a positive and courteous manner is a life skill, children learn very early in their lives. Let's work together to guide them in peaceful resolutions to life's inevitable conflicts.

Image: <https://www-tc.pbs.org/parents/parenting/files/2013/07/92170226.jpg>





## holiday history

### Black History Month

Dr. Carter G. Woodson and four others created the Association for the Study of Negro Life and History (ASNLH) on September 9, 1915. The following year, the ASNLH began publication of the *Journal of Negro History*. Woodson realized that most textbooks at the time ignored the history and achievements of blacks. Thus, in addition to the journal, he wanted to find a way to encourage interest and study of black history. In 1926, Woodson promoted the idea of a "Negro History Week," which was to be held during the second week of February. The idea caught on quickly and Negro History Week was soon celebrated around the United States. With a high demand for study materials, the ASNLH began to produce pictures, posters, and lesson plans to help teachers bring Negro History Week into schools.

In 1937, the ASNLH also began producing the *Negro History Bulletin*, which focused on an annual theme for Negro History Week. In 1976, the 50th anniversary of the beginning of Negro History Week and the bicentennial of the United States' independence, lack History Week was expanded to Black History Month. Ever since then, Black History Month has been celebrated in February around the country.

### Valentine's Day

The idea of Valentine's Day seems to have originated during the Middle Ages, somewhere around the 14th or 15th century. The holiday is named after a Saint Valentine who was martyred. Chaucer, a famous poet, wrote about "Seynt

Valentyne's day" in his famous Parliament of Fowles. Other historians attribute the holiday as a celebration of the life of Saint Valentine who lived in Constantinople 150 years after Constantine turned the city in a Christian one. There was a pagan celebration on February 15th where lots of unmarried men chose a bride and were married on this day. Married men didn't want to go to war, so Roman Emperor Claudius II forbade young men to marry. Valentine ignored the decree



and was executed on February 14, in the year A.D. 270

### President's Day

President's Day, or Washington's Birthday as it is still legally known, was originally designed as a celebration of George Washington's birthdate. In 1880, Congress voted to make this the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill, to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George

Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.

### Carnival

Carnival is celebrated throughout the world, with its closest North American celebration being Mardi Gras. Although tied to Catholicism, in some countries the celebration precedes the introduction of Catholicism. Carnival, in general, celebrates the arrival of spring and

has been translated as "farewell to meat" or Carne Vale. In the days before the Lenten season, it is customary to indulge in consuming mass quantities of food and drink in preparation of fasting.

Early celebrations included revelers taking to the streets and throwing water and mud on each other. Later the festivities included parades with attendees wearing masks and

costumes.

### Chinese New Year

The origin of the Chinese New Year is centuries old. The message of the Chinese New Year is of peace and happiness for family members and friends. The celebration begins much like the Western celebration of Christmas, buying presents, decorating, dressing for the occasion and feasting. Doors and windows are typically decorated with couplets expressing themes of happiness, wealth and longevity. The **eve of the New Year** is perhaps the most exciting part of the event, traditions and rituals are very carefully observed in every

*Continued on page 22*

Continued from page 9  
younger children, routine family meals can provide a sense of security and a feeling of belonging in the family. Older children and teenagers, too, prefer eating together as a family. In a recent Columbia University study, 71% of teenagers said they consider talking, catching-up, and spending time with family members as the best part of family dinners



has as much as 60% more calories than a homemade meal. Combine the fact that portions served in restaurants are continuing to expand with that fact that when we're presented with more food, we're more likely to eat more food, and it becomes clear that eating at home is simply healthier.

### **FAMILY DINNERS EQUAL HEALTHY KIDS**

### **FAMILY MEALS LEAD TO HEALTHIER FOOD CHOICES**

Eating family dinners is associated with healthy dietary food patterns. A 2000 survey found that the nine to 14-year-olds who ate dinner with their families most frequently consumed more fruits and vegetables and less soda and fried foods. Their diets also had higher amounts of many key nutrients, like calcium, iron, and fiber. Matthew W. Gillman, MD, the survey's lead researcher, noted that family dinners allow for both "discussions of nutrition [and] provision of healthful foods." Eating dinner as a family promotes healthy foods choices

### **EATING AS A FAMILY LEADS TO BETTER GRADES**

Studies have proven that there's a significant link between family dinners and academic performance. A report by CASA found that teens who have between five and seven family dinners per week were twice as likely to report receiving mostly A's and B's in school, compared to those teens who have fewer than three family dinners per week. In addition, only 9% of teens who ate frequently with their families did poorly in school, according to the report.

### **FAMILY DINNERS ARE A CHANCE TO EXPLORE NEW**

### **FOODS**

Family meals have proven to be perfect opportunities for parents to expose children to different foods and expand their tastes. In a 2003 study in the European Journal of Clinical Nutrition, children were offered sweet red pepper and asked to rate how much they liked it. Then, each day for the next eight days, they were invited to eat as much of the pepper as they wanted. By the end of the experiment, the children rated the pepper more highly and were eating more of it.

### **FAMILY DINNERS LEAD TO GREATER HAPPINESS**

Research examining 5,000 teenagers has shown that when children eat with their parents regularly, they are more likely to be emotionally strong and have better mental health. Teens who ate regular family meals were also more likely to be adjusted, have good manners and communication skills. This effect is not restricted to the children - mothers who ate with their families often were also found to be happier and less stressed as compared to mothers who did not. Eating and preparing homemade meals strengthens the family bond

### **HOMEMADE MEALS PRO- MOTE PORTION CONTROL**

The average restaurant meal

When families eat together, young children are less likely to be overweight or obese because these children are eat regular, nutritious, home cooked meals, and also help in making or serving those meals.

### **FAMILY DINNERS RELIEVE STRESS**

If you have a demanding job, finding time to eat with your family may actually leave you feeling less stressed. In 2008, researchers at Brigham Young University conducted a study of IBM employees and found that sitting down to a family meal helped working moms reduce the tension and strain from long hours at the office. Sharing a meal with your family reduces stress, especially after a long work day.

### **EATING AT HOME SAVES MONEY**

In 2007, the average household spent \$3,465 on meals at home, and \$2,668 on meals away from home, according to the national Consumer Expenditure Survey from the Bureau of Labor Statistics. Per meal, that's about \$8 per meal outside of the home, and only about \$4.50 per each meal made in your own kitchen.

Source: <http://www.goodnet.org/articles/9-scientificallly-proven-reasons-to-eat-dinner-as-famil.y>  
Image: (Shutterstock)

# 10 Ways to Exercise as a Family

## Get Moving

Babies and toddlers spend an awful lot of time strapped into car seats or plopped in front of the TV. Not only does this prevent them from practicing their emerging motor skills and strengthening their heart, lungs, and muscles, but it can also set them up for a sedentary lifestyle, and even obesity, as adults. A good habit of physical activity, on the other hand, will last a lifetime, says Adelphi University professor Stephen Virgilio, author of *Active Start for Healthy Kids* (Human Kinetics Publishers). "And it's never too early to start," he says.

How, you may wonder, can you help your child get the recommended one-plus hours of daily physical activity when you can't even make it to the gym? The answer, says Virgilio, is to rethink your idea of exercise. "A workout doesn't have to mean running laps or lifting weights, which requires you to set aside blocks of time," he says. "Think of exercise as leading an active lifestyle, which you can do with your kids, and you'll be able to fit in more than you think." As a bonus, exercise with family does double duty as quality time -- no small consideration given our jam-packed schedules. Let these creative ideas help you turn every day into an opportunity to get fit -- and have fun -- together.

### 1. Go for pre- or post-dinner walks

Whether you head into town or just cruise the neighborhood, building a walk into your daily schedule ensures that it won't get put off. Brookline, Massachusetts, master Pilates instructor Lisa Johnson and her husband take evening walks with 3-year-old Alex, who alternates time in and out of the stroller. To make walking more en-

tering, Johnson makes a sport of it. "At one house we look for a cat sitting in the window, at another we run up and down a short flight of stairs," she says.

### 2. Crank up the music and boogie down.

Betsy Murphy of Coral Gables, Florida, holds disco nights with her four kids and several neighbors. She moves the furniture aside, fills the CD player with dance tunes, and lets the kids take turns using a flashlight as a strobe light. "They dance for three hours straight," Murphy says. "The older ones know all the words to the songs and really dance; it's hilarious to see the younger ones try to mimic them. Their favorite song is 'Brick House!'"

### 3. Make a game out of household chores.

Pretend that dust creatures are invading earth and it's up to Captain [insert child's name] to save the day by capturing them with his broom, suggests registered dietitian Juliet Zuercher of Wickenburg, Arizona. "Make believe he's one of the Rescue Heroes, and have him save his teddy bears from the slimy pit of the floor by putting them safely in his toy chest," she says. Jodi Arlen of Bethesda, Maryland, turns folding laundry into a guessing game. "It started when my daughter would ask, 'Is that mine?' and it grew into 'Guess whose this is!'" she says. After her daughters, 3 years old and 20 months old, cor-



rectly identify the clothing, they help fold them.

### 4. Sneak workouts into other activities.

Have your toddler walk instead of riding in the cart at the supermarket, and take the stairs or walk up the escalator whenever possible. Nancy Twigg of Knoxville, Tennessee, drives partway to her daughter Lydia's preschool, parks the car, and walks the rest of the way.

### 5. Turn TV commercials into fitness breaks.

Invent silly names for simple exercises like squats, push-ups, and sit-ups, and then do them together till the show comes back on. "Call them princess sit-ups or Bob the Builder muscle builders," says physical therapist Peter Kofitsas, of New York City, who does the moves with his 4-year-old and 20-month-old daughters. You can also play "coach," in which you take turns "ordering" each other to "drop and give me five," or "follow the leader," in which one person leads the others in fun, simple moves like clapping, wiggling, and marching.

Continued on page 22

# INTERNATIONAL BAZAAR

Saturday, February 18, 2017  
2-5 p.m. | FSU Union Ballrooms

MUSIC & DANCE

CULTURAL DISPLAYS

INTERACTIVE DEMOS

GLOBAL CUISINE

KIDS' CORNER

**Free Admission &  
Open to the Public**  
Global hors d'oeuvres  
available for purchase.



FLORIDA STATE UNIVERSITY  
CENTER FOR GLOBAL ENGAGEMENT



For more info  
[cge.fsu.edu](http://cge.fsu.edu)

---

Continued from page 20

### 6. Have a weekly sports night.

Every Wednesday, for example, get everyone up and moving. One game to play is the fit-deck shuffle. Create a series of playing cards featuring family-friendly exercises, such as bear-crawling or ape-walking. Each family member picks a card and performs the exercise pictured until all the cards have been dealt. You can also buy a ready-made set of exercise cards from FitDeck (fitdeck.com).

### 7. Walk or run for charity.

Model the value of exercise -- and of giving back to society -- by teaming up with your children for a fund-raising race. When her husband and father-in-law participated in the Father's Day Race for Prostate Cancer, Jodi Zielinski, of Upper Montclair, New Jersey, took her 3-year-old daughter, Noa, to watch them run. When the race was over, she entered Noa in the kids' race that followed. "She didn't win but she had a great time," says Ziel-

inski, who hopes to make it an annual family tradition.

### 8. Put kids to work in the yard.

If autumn brings down leaves in your area, make a game out of catching them on a windy day -- see who can catch the most yellow, orange, or red ones, suggests Zuercher. Then rake them into piles -- give the kids child-sized rakes so they can help -- and have fun jumping in them, or take turns completely covering one another in leaves. After a snowfall, let kids help clear the porch or walkway, then see who can make the most snow angels. Older kids can help build a snowman -- and even toss a few snowballs.

### 9. Team up for gardening.

Kids are great at digging up dirt, so let them turn over the soil and help you plant new bulbs. Research shows that gardening is as good as weight training when it comes to preventing osteoporosis, and if you're planting vegetables, it can make them more appetizing to kids. Dawn Schwartz, of Livingston, New Jersey, has her 3-year-

old daughter, Samantha, help water the plants. "She loves to mush her hands in the soil," she says. In the summer, set up a sprinkler to water the lawn and challenge kids to duck the droplets.

### 10. Walk the dog.

New research from North American Association on the Study of Obesity shows that dog-owners had more fun losing weight and were able to keep it off longer than non-pup-owners. Don't have a pooch? Go look for some. Somers, New York, mom Mary Rose Almasi gets her two kids, ages 5 and 3, to go for a walk after dinner by suggesting they go "looking for dogs." "Luckily, there are a few at the end of my long street. That's the carrot I dangle," she says. "It works like a charm."

*Aviva Patz is a mother of two daughters in Montclair, New Jersey.*

*Source: <http://www.parents.com/fun/sports/exercise/10-ways-to-exercise-as-a-family/>  
Image: <http://www.motherpedia.com.au/article/active-parents-raise-active-kids>*

---

*Holiday, continued from page 18*

thing from food to clothing.

It's usual to wear something red as this color is meant to ward off evil spirits. Families gather for dinner and a night full of activities. At **midnight**, fireworks light up the sky. **On the day itself**, an ancient custom called Hong Bao, meaning Red Packet, takes place. This involves married couples giving children and unmarried adults money in red envelopes. Then the family begins to say

greetings from door to door, first to their relatives and then their neighbors. Like the Western saying, "Let bygones be bygones," at Chinese New Year, grudges are very easily cast aside. The **Festival of Lanterns**, which is a celebration with singing, dancing, marks the end of the New Year and lantern shows.

Sources: <http://www.wincalendar.com/February-Calendar/February-2016-Calendar.html>  
<http://history1900s.about.com/od/1920s/p/blackhistorymonth.htm>;  
<https://en.wikipedia.org/wiki/Carnival#Ecuador>  
Images: <http://familyonbikes.org/coppermine/albums/userpics/>

Suzanne Cloud, Sue, is the Lead Teacher in the one and 1/2 -year old classroom at the Infant and Toddler Center. Sue has been working with children for 16 years and teaching for 15. She received her degree in Family and Child Sciences.

When asked why she chose this field, Sue states, "I have always loved children, even as a child I always wanted to help with my smaller cousins and I wanted to babysit at a young age. While I attended Leon High School, I enrolled in the DCT program. The program allowed students to work part time and go to school part time. I started working at a preschool and fell in love with the children and staff."

Her goals in working with children are to "are to make them feel safe, comfortable and loved while they are away from their families. I know it must be hard on parents to trust other people with their child, so for me it is my job to basically take on the parent's roles while they are away. So for me, loving the child and making them feel safe while in my care is my main goal."

---

# Positive Parenting

## *Many Ways for a Parent to Say, "Very Good"*

- 👉 You've got it made.
- 👉 That's Right!
- 👉 You're on the right track now!
- 👉 That's GOOD!
- 👉 You are very good at that.
- 👉 When I'm with you I feel like singing
- 👉 That's very much better!
- 👉 GOOD WORK!
- 👉 I'm happy to see you working like that
- 👉 I'm proud of the way you worked today
- 👉 You're doing a good job
- 👉 You're really working hard today
- 👉 That's the best you have ever done
- 👉 You've just about got it
- 👉 I knew you could do it.
- 👉 That's it!!
- 👉 Now you've figured it out
- 👉 Congratulations!
- 👉 GREAT!
- 👉 That's quite an improvement
- 👉 Keep working on it, you're getting better
- 👉 You are doing that much better today
- 👉 You make it look easy
- 👉 I sure am happy you are my child
- 👉 You're a great help!
- 👉 You are learning fast
- 👉 You're getting better everyday
- 👉 Good for you!
- 👉 You're really growing up!
- 👉 Couldn't have done it better myself
- 👉 Nice going.
- 👉 You really make being a parent fun
- 👉 SENSATIONAL!
- 👉 One more time and you'll have it
- 👉 That's the way to do it
- 👉 You did it that time!



- 👉 That's a kind thing you did
- 👉 That's the way!
- 👉 That's my boy (girl)!
- 👉 Now you've figured it out
- 👉 PERFECT
- 👉 You haven't missed a thing.
- 👉 You're a real prince (princess)
- 👉 Keep up the good work!
- 👉 TERRIFIC!
- 👉 Nothing can stop you now!
- 👉 You're really going to town
- 👉 EXCELLENT!
- 👉 You've just about mastered that
- 👉 That's the best ever
- 👉 OUTSTANDING!
- 👉 FINE!
- 👉 You did that very well
- 👉 You've got your brain in gear today
- 👉 FANTASTIC!
- 👉 WONDERFUL!
- 👉 You're really improving
- 👉 That's a masterpiece!
- 👉 SUPERB!
- 👉 Nice going.
- 👉 Keep it up!
- 👉 Now that's what I call a fine job!
- 👉 You've got that down pat!
- 👉 You must have been practicing!
- 👉 TREMENDOUS!
- 👉 You're doing beautifully.
- 👉 Good thinking!
- 👉 Right on!
- 👉 Keep on trying!
- 👉 Good remembering!
- 👉 I've never seen anyone do it better.
- 👉 You did a lot of work today!
- 👉 I like that.
- 👉 You certainly did well today.
- 👉 I'm very proud of you.
- 👉 You're doing fine.
- 👉 I think you've got it now.
- 👉 You are really learning a lot.
- 👉 You figured that our fast.
- 👉 You out did yourself today!
- 👉 That's really nice
- 👉 Good for you!
- 👉 Good going!
- 👉 MARVELOUS!
- 👉 You're doing the best you can
- 👉 Good job, (name child).

Image: <http://www.prestigepreschoolacademy.com/wp-content/uploads/2016/03/praise2.jpg>



# THE EVOLUTION OF ROYALTY

## Black History Month

**2/1 WED: BHM OPENING CEREMONIES**  
FLORIDA BALL ROOMS  
**DOORS OPEN @ 6:30**

**2/2 THU: COBOL INVOLVEMENT FAIR**  
UNION GREEN  
**4PM - 6PM**

**REFLECTION: BLACK ART SHOW**  
2214 BELLVUE WAY  
**7PM - 9PM**

**2/3 FRI: BLACK HISTORY MONTH PLAY**  
MOORE AUDITORIUM  
**DOORS OPEN @ 7:30PM**

**2/4 SAT: BSU OLYMPICS**  
SALLY COURTS  
**12PM**

**2/5 SUN: CHURCH @ FWPC**  
FAMILY WORSHIP & PRIASE CENTER  
1609 BRANCH ST.  
**11AM**

**2/6 MON: BSU ZUMBA**  
UNION DANCE ROOM 302  
**5PM**

**2/9 THU: LINK: NETWORKING MIXER**  
FLORIDA BALLROOMS  
**9AM - 12PM**

**2/10 FRI: AFRO FUNK FEST**  
UNION GREEN  
**6PM**

**2/11 SAT: JEOPARDY - GREEK EDITION**  
MOORE AUDITORIUM  
**3PM - 5PM**

**2/13 MON: SELMA SCREENING**  
ASLC MOVIE THEATRE  
**7PM**

**2/15 WED: THE VOICE - LIP SYNC**  
CLUB DOWN UNDER  
**DOORS OPEN @ 6:30PM**

**2/16 THU: 106 & PARK GBM**  
FSU BALLROOMS  
**DOORS OPEN @ 7PM**

**2/18 SAT: BLACK BUSINESS EXPO**  
ASLC ROOMS 101 A-D  
**7PM**

**2/20 MON: TOWN HALL MEETING**  
BSU HOUSE  
**7PM - 9PM**

**2/21 TUE: PARALLELS IN US HISTORY**  
*The struggle for civil rights in minority communities*  
UNION BALLROOMS  
**7PM**

**2/22 WED: BHM DINNER & FUNDRAISER**  
BJ'S RESTAURANT  
1749 APPALACHEE PKWY  
**6:30PM**

**2/23 THU: BLACK PANTHER MEETING**  
UNION ROOM 312-313  
**5PM - 7PM**

**2/23 THU - 2/26 SUN: BSU SERVICE TRIP**

**2/28 TUE: BHM CLOSING CEREMONIES  
& MAGAZINE REVEAL**  
UNION BALLROOMS  
**7:30PM**



# February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 <i>Tuition due</i>	2 <i>Groundhog Day</i>	3	4
5	6	7	8	9	10 <i>Late fee \$10</i> <i>Ms. Ry, Ms. Megan</i> 	11 <i>Chinese New Year (China)</i>
12	13	14 <i>Valentine's Day</i> <i>Breakfast To Go bags</i>	15	16	17	18
19	20 <i>President's Day</i>	21	22	23	24	25
26	27 <i>Eastern Orthodox Lent begins</i>	28 <i>Carnival (Ecuador)</i>				