



## December 2022 Newsletter for Families

### Riverhouse Budget - By the Numbers

Average amount of \$ RH raises through tuition	\$67,000/month
Average amount of \$ RH payroll every month (average)	\$70,000/month
Average annual income of a full-time RH teacher (12 full-time teachers)	\$2,600/month
Salary for “living wage” earner in Durango - 2022	\$3,250/month
Amount Riverhouse needs to raise beyond tuition	\$100,000 /yr
Most common amount donated for Colorado GIVES	\$102
Amount Riverhouse would like to raise in Dec 2022 through Colorado Gives	\$22,000.
Amount raised so far, through individual and community donations + Holiday Bazaar	\$9,000

### **PLEASE GIVE through COLORADO GIVES** *(up until FRIDAY, DECEMBER 16th)*

It takes 3 minutes! (Really - we tried it ourselves).

How to participate: Google “ColoradoGives.org” or - electronically - just click onto this link: <https://www.coloradogives.org/giving-events/givesday22>

Click “Find a Cause”, then - where it says “Search”, type in: “Riverhouse.”

It’s easy and so very helpful to Riverhouse! In 2022 30% of families received tuition assistance & 100% of staff received a pay increase of at least \$2/hour - things that wouldn’t be possible without support from the community.

#### **DATES FOR YOUR CALENDAR:**

- \* Family Holiday Bazaar -----December 4th (Sunday)
- \* Colorado Gives Day ----- December 6th (Tuesday)
- \* December Board Mtng.....December 15th (Thurs.)
- \* Christmas LUNCH ----- December 16th (Friday)
- \* Christmas Break ----- December 19th - 30th  
(Children return Tuesday Jan. 3rd due to New Year’s holiday)

#### **Table of Contents**

- Holiday Bazaar -- page 2
- + thank yous.....page 2
- Christmas Lunch - page 2
- TRANSITIONS - page 3
- Classroom news -- page 4
- Staff Wish Lists -- page 5
- Parent Resources - page 6



## HOLIDAY BAZAAR a SUCCESS!

THANK YOU to everyone who helped with the Holiday Bazaar!

Healthier Gryzb - our coordinator!  
Ashley Smith - Riverhouse Wreath maker!  
(the biggest hit after Santa 😊)

And parents....

- Amanda Goad & Amanda Byers
- Barrie King
- Kelly & Nate Tregillus

Thanks to the staff who made it all possible!

- Taylor Hall (the best elf!)
- Angelique Cather (arts & crafts!)
- Kym Perino (our clothing store!)
- Lexi McMinn & Chloe Weybright
- Rie Howley & Dan Howley
- Mic Anderson & Callie Moss
- Acelyn Samora & Brooke McMinn

We had the best Santa ever! Kids loved him!

### Another Christmas Thank You....

To Michael McKloskey (parent of an Eagle) for generously donating Hillcrest Golf Course Club as a venue for the Riverhouse Staff Christmas Party. We are sooo excited about this wonderful space.

Chloe, Mic & Taylor (as an elf!) pose with Santa....



## Riverhouse Christmas Meal!



Just like Thanksgiving, only Christmasier....& we promise the table traffic will flow more smoothly!

All parents are invited! Our kitchen staff (Margaret & Bailey, with the help of Darcy) will prepare turkey, gravy & bread - parents please bring a side dish, salad, or a dessert.

- When: Friday the 16th at 11:30 am
- Don't know what to bring? Sign up in your classroom (form on the door!)
- Can't make it? Grandparents, aunts, or uncles are free to fill in for a parent!

PLEASE REMEMBER - to wash your hands & your child's hands upon entering Riverhouse! It's cold outside, but the hot season for viruses. Covid19, SRV, and the flu are all circulating around town. We have been doing great at keeping sickness in check - and thank you for your part in that success!

## Regular Parent's Night Outs

Once a month we offer "Parent's Night Out" - two staff members sign-up to watch your child(ren) if you sign-up to go out, and pay \$25 for one child (\$40 for two) to the staff. Next PNO is Friday, Jan 20th. Sign-up sheet in the upstairs lobby entrance. It is capped at 10 children, so sign-up early.

## **The Truth about TRANSITIONS - Children “Moving Up” at Riverhouse**

**#1) Transitions are driven by state regulations regarding what age children can be in what rooms. For example, children older than 18 months are not allowed to remain in the Hummingbird Room. We can request a waiver from the state, allowing us to keep one - and sometimes two - children in a room past the deadline, but we still must set a new deadline (e.g., “can Jane Doe stay in Hummingbirds until March 1st?”**

**YES - every year we have to move children mid-year. And from now on we will be sure to let parents know that if we will have to move their child when they reach a certain age. All childcare centers that take infants have to deal with this regulation.**

**#2 ) We do work hard to make transitions as easy as possible. Teachers schedule “transition days” so children have a chance to visit their new classrooms several times before making the big switch, and parents will have a chance to get to know new teachers too. We also schedule children’s moves with classmates so no one child is doing it alone. We start out with the assumption that the oldest children are the most ready, although we realize that is not always the case & we may need to prioritize a younger child before an older one.**

**#3) If we are fully enrolled, there’s an undesirable domino effect - if we move up three children in the Chickadees (baby) room, we need to move up three in Hummingbirds (older infants up to 18 months old), then three in the Sparrows (toddlers), and so on. The alternative to not moving everyone is leaving empty spaces, which is very costly to the center. We are doing that at this time, to put kids’ needs first. In the future (summer & fall of 2023) we will be sure to notify parents, up front, if we think their child may need to move up mid-year, based on his or her birthdate.**

**#4) We will see new faces in the Falcons, Blue Jays, & Sparrows’ rooms in January. If your child is scheduled to be moved, you would have been notified by Board Member and planners extraordinaire Elizabeth Devlin or Chloe Weybright.**

**You will be hearing from your child’s Lead Teacher about how transition days are going, as the teachers work together to support your child in making the transition to a new room with the minimal amount of stress.**



**The children - here in the Falcons’ class - love yoga with Miss Erin (Williamson)!**



### The Easiest Way to Give \$ to RH...

Did you know that you can have a portion of your Amazon and City Market purchases donated to Riverhouse? All you have to do is sign up and go shopping! When you sign up for City Market Cares (linked to your value card) and Amazon Smiles, a portion of your purchases will be donated to Riverhouse, at no extra cost to you. You can find instructions on signing up at this link: <https://www.riverhousecci.org/city-market-cares-amazon-smiles>

And please pass on this info to anyone in your family who shops at these places!

### Riverhouse Risk Management....

We will be reaching out to parents who signed up to volunteer for the facility and asking them to help with creating our new Risk Management Plan. Meetings will be held from 3:30 to 4:25 pm two times a month until it's completed. Next meeting: Wed. Jan 4th from 3:30 to 4:30 pm. The committee will consist of parents, Dan Howley (RH caretaker), Chloe, & Becky. We have some great templates & draft plans to help guide us.

### Classroom News - our Older kids!

Eagles with Ms. Rebecca - (+ Mikhaela & Ameena.....)

The children have made life size tracings of their bodies into gingerbread people! They are also so good at working independently in centers (reading, art, science and more) you wouldn't know that they're in pre-K instead of kindergarten!

Falcons with Ms. Mic (+ Callie, Ace, & Mikhaela)

The Falcons are learning a bit about time - "when the big hand is on three and the little hand on 12, it's lunch time!" They're also learning to cut and glue - they've made name trees and igloos (with marshmallows!) They are also planning to make a gingerbread house and reindeer, and will be celebrating a number of Falcon birthdays!

Blue Jays with Ms Rie, Makayla, & Autumn.

The Blue Jays have been working on the topic of "winter" making penguins and reindeers and learning about the letter W and the number 5. They also decorated a Christmas tree and added their own ornaments.

### Classroom News - the Youngest!

Sparrows with Brooke (+ Jess, Callie D. & Acelyn)

Several Sparrows will be transitioning to Blue Jays soon, so there will be several transition days for both the kids who are leaving, and those who will be entering. Please keep an eye out for Brightwheel messages announcing a hot chocolate and cookie day for next week! The kids have also been making Christmas ornaments for their parents.

Hummingbirds (12-18 months)

This group continues to work on handwashing, putting their dishes away, and throwing garbage away. They are a friendly group, saying hi and bye to everyone, and blowing kisses too! When Miles goes down for naps he's like a king waving to his subjects. And everyone loves to dance and do art!

Chickadees -our baby room continues to be a

happy and peaceful place (except when one little guy is getting his diaper changed!) We've added two new babies, Llewyn and Willa, so our age range is now about 3 months (our youngest baby) to 9 months.

### NAP TIME CHANGE...

Starting in January, nap time hours for our older classrooms will be from 12:45 to 2:45.

This will make an easier transition for our kids: from lunch, and lunch clean-up, straight to naps. Most kids are ready for sleep or quiet time at 12:45... and waking at 2:45 instead of 3 will allow more outdoor time, and have kids more ready if parents want to pick them up early.



**YES - we're expanding hours!**

As of Monday January 16th we are able to open 15 minutes earlier and stay open 15 minutes later (Jan.16th because that's when FLC is back in session).



**New Hours: 7:30 am drop-off to 4:45 pick-up.**

We know that the shortened hours have been a hardship for a number of families and we are happy that we can expand the hours sooner rather than later. Thank you for your patience!

That being said, we are also going to start following through with charging people for early drop-offs and late pick-ups. We're sorry, but there's a cost to the center in terms of both money and morale when children are dropped off early or picked up 10 minutes late. These charges will be added to your bill, and you'll be sent an email letting you know it happened. \$5 per minute.

**Staff Update** - in January some staff hours will be changing as we work with staff who will have new college schedules

<b><u>Eagles Lead:</u></b> Rebecca Peckumn Aides: Mikhaela Johnson & Ameena Hobbs	<b><u>Falcons Lead:</u></b> Mic Anderson Aides: Callie Moss / Mikhaela Johnson & Acelyn Samora
<b><u>Blue Jays</u></b> Teacher Lead-in Training: Donna Marie (Rie) Howley Aides: Kathy Clark & Autumn Ford Aides: Makayla Tahe	<b><u>Sparrows Lead:</u></b> Brooke McMinn Aide: Jess Alvarez Aide: Callie Decker - M,W,F Aide: Acelyn Samora - T/Th
<b><u>Hummingbirds:</u></b> Teacher Lead-in-Training: Angelique Cather Aide: Lupita Gonzalez & Heather Walters Pt Aides: Lauren Pharrell & Taylor Hall	<b><u>Chickadees Lead:</u></b> Jeana Cooper Aide: Darcy Diaz Aide: Kathy Clark Pt Aide: Jayda Arguelles & Jemma Chapel

**Kitchen Staff:** Margaret Brown & Bailey Fogel - & sometimes Darsi Olson

**Facility Caretaker:** Dan Howley

**Teacher Floater:** Primrose Bloom

**Substitute Heroes:** Kim Rabick, Kym Parino, Kate Blakely, Marty Shanks, Hillary Adler



Rie helping a Blue Jay!



Kathy Clark & 5 boys!



Everyone loves Kym Perino!

Christmas is coming.... Please, if you can, help make our staff's wishes for their classrooms come true!



If you want to give more personal gifts, everyone loves food, coffee shop, and gas gift cards.

### Staff Classroom Wish Lists:

#### Chickadees (babies) Wishlist:

- *Baby Bouncer Seat with Music*
- *Wooden cozy play gym*
- *Baby Alpine Bouncer*

#### Hummingbirds Wishlist

- *Outdoor Clock*
- *Sensory toys for toddlers - if you google this you will see many wonderful choices!*
- *Etch - a - Sketch*
- *Playmat rug*

#### Sparrows Wishlist

- *Silky washable crayons*
- *Animal toys*
- *Sensory toys for toddlers - if you google this you will see many wonderful choices!*
- *Any art supplies*
- *Small construction truck toys*

#### Bluejays Wishlist

- *Extra hats and mittens*
- *Cozy cube*
- *Social emotional cuddle toys, books, charts, flash cards*
- *bean bag chairs (child size)*

#### Falcons Wishlist

- *Puzzles (ages 3 to 5 years)*
- *Counting sorting dinosaurs*
- *Locks with numbers/matching game (called: Lakeshore Unlock It! Number Match)*
- *Boho calming corner posters*
- *Wicki stix*
- *Fishing ABC game*

#### Eagles Wishlist

- *2 colorful lamps (with multiple heads that go in different directions)*
- *2 bean bags*
- *Large or medium paper tablets*
- *Rug for library*
- *Roll of butcher paper*
- *Wicki stix*
- *Markers*
- *Social emotional toys*

---

#### Facility News:

We have acquired a new contractor to provide snow removal from the parking lot. We could use volunteers to help shovel snow in the mornings after it snows. Just show up & grab a shovel leaning against the building.. Anyone have an extra snow blower?

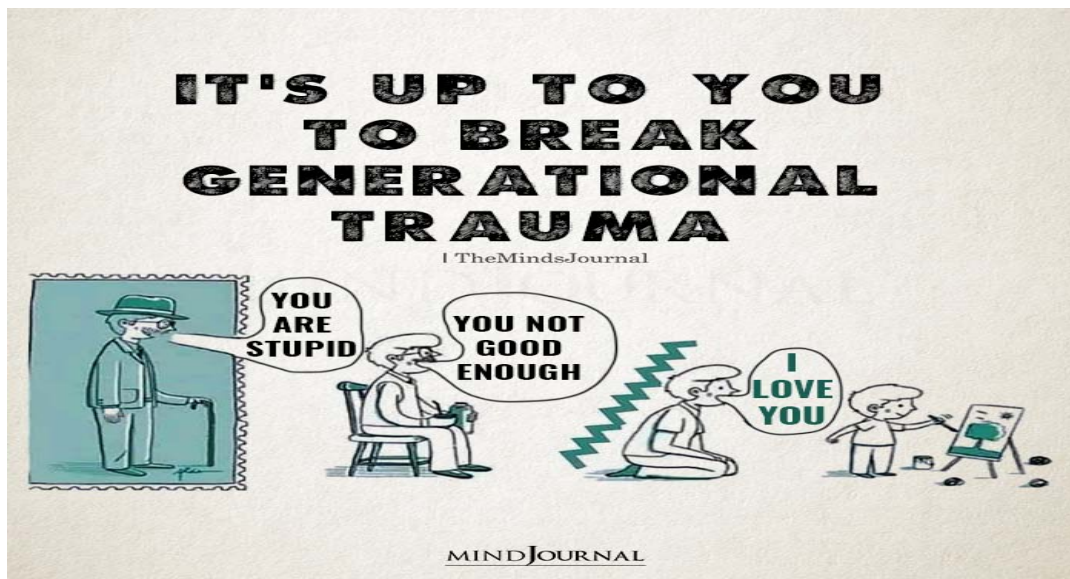


## Parent Resources

The Early Childhood Council of LaPlata has a great link called “Road Map for Parents” with many, many resources for parents. Here’s the link: <http://roadmapforparents.org/>

Each month we’ll be listing some of those resources. This month: **Resources for Social and Emotional Support.**

- 1. Early Childhood Mental Health Consultation** provided by our Early Childhood Mental Health Specialist, Amy Aweida. She provides child care site consultations (training and feedback to teachers, directors and staff on topics such as: how to talk to parents about difficult behaviors, typical and frustrating behaviors of toddlers, and self-care); as well as specific child consultation (child is observed in school and/or home setting and specialist will work with parents and staff to recommend the best next steps). Contact information: **Early Childhood Council of La Plata 970-247-0760; 970-903-8590, or [ECMH@ecclaplata.org](mailto:ECMH@ecclaplata.org)**
- 2. Colorado Center for Social Emotional Competence and Inclusion (The Pyramid Plus Center) –** Evidence based practices for promoting social emotional competence and addressing challenging behavior. [http://www.pyramidplus.org/resources/tech\\_assist](http://www.pyramidplus.org/resources/tech_assist)
- 3. Center on the Social Emotional Foundations for Early Learning (CSEFEL) –** Promoting the social emotional development and school readiness of young children birth to age five. <http://csefel.vanderbilt.edu>
- 4. Technical Assistance Center on Social Emotional Intervention for Young Children (TACSEI) –** Resources that have been compiled specifically with the needs of families in mind for addressing challenging behaviors. <http://challengingbehavior.fmhi.usf.edu/communities/families.htm>
- 5. Head Start Center for Inclusion –** Provides tips for addressing challenging behavior that most parents deal with from time to time with their children such as: making transitions, following directions, and more. <http://depts.washington.edu/hscenter/challenging>
- 6. Zero to Three –** National non-profit Center for Infants, Toddlers, and Families resources to help parents and professionals better understand and respond to some of the most common and typical challenges that crop up in children’s early years. <http://www.zerotothree.org/child-development/challenging-behavior/>
- 7. Incredible Years –** An early childhood emotional and social health program designed to increase a child’s success at school and at home by promoting positive parent, teacher, and child relationships. Contact local program consultant Jen Gosney at 970-759-6461 for local parenting classes and DINO school implementation sites. <http://www.incredibleyears.com>
- 8. Mountain Mental Health Clinic – <http://mountainmentalhealthclinic.com/>**
- 9. La Plata Family Therapy – <https://laplatafamily.com/>**





## **Teaching Your Child to Cooperate With Requests (an excerpt for 3 to 5 year olds)**

vanderbilt.edu/csefe (This is the type of stuff that you can find in the resources on the previous page)

|

**Are you interested in your child becoming more independent and helpful? If you want your child to be able to do a skill or activity, you have to teach him or her what to do. It's really less complicated than it sounds. To teach your child, follow these steps:**

- 1. State clearly what you want your child to do. For example, if you want your child to throw his napkin in the trash, you would say, "Andrew, go put your napkin in the trash can." Sometimes parents do not state their expectations very clearly. For example, a parent might ask, "Where does that go?" or say, "Don't put your trash in the sink." These directions do not tell the child exactly what is wanted and may not produce the expected behavior.**
- 2. If your child seems unsure of what is expected or does not understand the direction, follow your direction with, "Let me show you how to do it" (said in a gentle tone of voice) and provide your child with the minimal amount of help that he needs to do the activity.**
- 3. When your child attempts to do the activity or carries out the request, immediately praise his effort. You might say, "Look at you! You are a big boy. You can throw the trash in the trash can." The key is to praise with enthusiasm and be specific about what your child did.**
- 4. Be prepared for the possibility that the very first time your child attempts a new activity (e.g., puts silverware on the table, toys on the shelf), her efforts may not meet your expectations (e.g., silverware is mixed up or toys are not put away neatly). When your child is first learning an activity, it is important to encourage her attempts. If you discourage or reprimand your child because she did not do it quite right, she will be less eager to try again. Young children need time to practice even simple activities.**

### **If your child resists doing a chore that he is capable of completing independently, try the following:**

- 1. Move closer, get down on his level, and restate your request, stating exactly what you expect in a calm and firm tone of voice. (e.g., "Parker, pick up your books and place them on the shelf.")**
- 2. If your child resists or refuses, take a deep breath (so you can remain calm) and think about why the child might be refusing. After examining the situation, you might tell the child one of the following:**
  - "I see you want to keep playing. You can play for 3 more minutes. I'll time you. Then you must clean up."**
  - "You are telling me you are angry, and you don't want to clean up. The books need to be picked up. Once you are calm, you will need to pick them up." Then wait until your child is calm before restating your direction.**
  - Tell a child who is slow to begin, "I will help you get started. I will pick up one, then you pick up one."**
- 3. As soon as your child begins cooperating with the request, provide praise or feedback. When you praise your child, describe exactly what he or she is doing. For example, "That's great. You are picking up the books. I like how you are cleaning up."**
  - Tell a child who may not be aware of the fun activity that will come next, "When the books are on the shelf, you can take your bath with the new bubble bath that we bought today."**
  - Tell a child who is seeking to have control, "You have a choice. You can put the cups or the silverware on the table. You must help set the table."**
  - Tell a child who is not enthusiastic about the task, "Let's play beat the clock! I will time you and see how fast you can finish it."**

---

**GOOD LUCK! Remember - Stay calm. Breathe. Allow a child to tantrum while giving them minimal attention, then restate your expectation. Do not give up! You hold all the goodies and, deep down, a child WANTS to know that you're the capable parent who is in control.**