



(801) 585-7393

Dates to Remember:

February 8 – Parent Night
Out at ASUU 6:30pm-10pm

February 10 – Tuition
payment due this week

February 17 – President's
Day: Center closed

February 18 – Advisory
Board Meeting 3pm-4pm in
AEB 220

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Activities for Days of Poor Air Quality

We all know that children not only enjoy using their large muscles, but they need to as an essential part of their development. As [Gill Connell](#) says, "A moving child is a learning child."

It seems lately that the air quality here in Salt Lake keeps fluctuating from Yellow to Orange to Red in a matter of minutes.

Though it has been tricky to get the children outside for gross motor development, the teachers have been

doing their best to give the children similar opportunities indoors. The following is a list of activities we do during these "no outside" days, and you can do these at home too!

- Dancing to the kids' favorite music
- Yoga and/or other exercises
- Bean bag toss
- Balance beam

- Cotton ball on a spoon race
- Jumping onto pillows
- Bowling
- Hide and Seek
- Musical Chairs
- London Bridge

Get moving and have fun!

Need More Than 20 Hours a Week?

Every semester after the class add/drop period, we look at our enrollment to see if we have extra hours available. This semester we do have some afternoon/evening hours that are not being used that we would like to offer to those who need them.

Families who may need more hours of care may extend their weekly hours up to 30 hours per week for the remainder of this semester. These extra hours vary in each classroom, and they will be available on a first come, first served basis.

We started this a year ago, and we have been

pleased with the response from families.

For those families interested, please submit a Schedule Change form with your current schedule on the left of the form, and the schedule you would like on the right of the form. You will not be charged for this change. The form is located in the hallway or online.

We hope this may be of help for those families who may need more care, extra study time, some time for yourselves, etc. Please let me know if you have any other questions.



*“PLAY is the
highest form of
RESEARCH.”*

-Albert Einstein

Parent Night Out

Our next Parent Night Out will be on **Saturday, February 8, 2014 from 6:30 pm – 10:00 pm**, and it is held here at ASUU Student Child Care. You can take in a movie, go out to dinner, or just relax at home while the teachers provide quality care for your child.

All campus families are welcome to participate, but we hope many of our ASUU families will take advantage of this

opportunity.

This program is free of charge to students, and children up to 7 years old are welcome. Staff families can sign up (pending availability) for small fee of \$5.00.

Pre-registration is required, so please contact the Child Care Coordinating Office at 801/587-7730 or e-mail sbennett@sa.utah.edu to register. Please make sure

to read the information that is sent to you when you sign up to ensure your child has everything they need for the evening.

We hope to see you there!

The next two Parent Night Out dates for the Spring Semester are listed below so you can plan ahead:

March 1 (ECEC)
April 12 (ASUU)



End of the Year Tax Information

If you are claiming child care expenses on your 2013 taxes, you will need the federal ID number:

87-6000525

For additional tax information please contact Kate at:

801-585-7393, option 3

Or
asuuchildcare@sa.utah.edu



Positive Body Image in Young Children by Sarah L. H. Brown

Body image is the mental picture an individual has of her body. It is how she thinks she looks in the mirror and how she thinks she looks compared to others. Body image is formed from experiences with your body and interactions with other people. The development of body image begins early in life. For infants, toddlers, and preschoolers, mastering bodily functions and gaining control of motor skills plays a significant role in developing a positive body image. Also critical is the way adults interact with and talk to children about their bodies.

When children hear adults express in words and facial expressions their delight in children's physical appearance, movements, and explorations, they come to understand that their body is valued and good. If children have difficulty developing a positive body image their development can be impacted in a number of areas, including self-esteem, academic achievement, and social competence.

How to Promote Positive Body Image in Young Children

Provide the infant and young child with plenty of experiences of touch and comfort. Much of an infant's ability to control her own body and to build a positive body image is gained by her explorations of her body and the world. However, interactions and experiences with others can also help significantly.

Science has proven that touch is fundamental to healthy growth and development. Touch contributes to attachment and establishes relationships. Daily caregiving routines, as well as touch to soothe or calm, is necessary. Toddlers and preschoolers continue to need to be touched and held, especially when tired or upset.

Encourage toddlers and preschoolers to get to know their bodies. Teaching children the names of body parts facilitates the development of body knowledge. Most children are very interested in learning about their bodies. It is also important that children learn proper names for their genitals. These names can be introduced as children learn about other body parts. Talking openly about genitals indicates our comfort level with this subject and helps children to appreciate their bodies better.

Provide activities that allow for the integration of a number of senses. The major sensory systems are functional at birth, but significant development continues throughout the early years. Integrating information from these systems is key to feeling comfortable with yourself.

Express delight in the child's body and her control of it.

Many adults believe that we can encourage positive body image by telling children how beautiful they are. This actually only reinforces the idea that physical attractiveness is their most important attribute. Instead, it is more critical that adults comment on children's hard work, perseverance, curiosity, and other personality traits that allow them to be successful, whatever their abilities. Encouraging comments include: "I have seen how you've been practicing. Now look how high you can jump!" and "It took a lot of patience to learn how to write your name. I'm glad you stuck with it!"

Respond to body language and validate the experience being expressed. Nonverbal gestures and facial expressions can tell us a great deal about children, their needs, and their feelings. Body language also informs us about how a child is experiencing and perceiving his environment. Often a child can best be comforted by physical responses – hugging, holding, rocking, or smiling.

Foster a healthy relationship with food. Much of an adult's body image focuses on size/weight, and research suggests that children are aware of society's perceptions at a very early age. Adults should shift focus from weight to health and concentrate on teaching about nutrition and exercise. Children don't need to "work out"; they need to be active with family and friends. Children don't need to diet; they need to make smart food choices. Allowing children to listen to their bodies is essential. Children naturally stop eating when they are full; forcing a child to continue eating beyond those signals overrides their natural response. It is normal for children to eat very little at one meal and then compensate for it at another meal.

Try not to use food as a reward when encouraging children to eat. Promising dessert to a child for eating vegetable, for example, sends the message that vegetables are less valuable than dessert. Kids learn to dislike food they think are less desirable.

In conclusion, body image is how we think and feel about our bodies. Children can develop either a positive or negative view of their bodies. The development of body image begins quite early, so adult role models play a pivotal role in promoting a positive body image for children. Children with a positive image of themselves feel more comfortable and confident in their ability to succeed.

When a child has a positive body image, she is more likely to feel good about herself and take good care of her body. On the other hand, kids with a negative body image feel more self-conscious, anxious, and isolated. Promoting a positive body image supports the overall health of all children.

ASUU Student Child Care Program

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**We're on the Web!**

See us at:
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*Information from CHS Family Education Program

Family Time: Keeping Family a Priority

With so many activities going on each day, it may be difficult for your family to find time to spend together. Although it may be a challenge, the benefits of having time together are worth the effort. There are many opportunities for you to enjoy time with your children. "Family time" is an important way to build and strengthen relationships within the family.

It is easier than you may think to create ways to spend quality time with your children. Doing chores together, cooking as a family, and playing together are all opportunities to talk and spend time with one

another. Regular time with your children gives them a sense of security, love, and belonging and emphasizes that family is a priority.

Spending quality time with your children, whether a little or a lot, is important for healthy family relationships.

There are many ways to spend time at home together while also completing tasks that need to be done. Dusting, putting away laundry or groceries, or preparing meals are things that need to be done anyway – why not do them together?

Special activities can be planned as expected events

each week or month. This way, your family can plan around these days and look forward to the activities.

Scheduled, regular gatherings to talk about the family can also be a helpful way to strengthen the family unit and keep communication open.

As a dedicated parent, all of your efforts at work, school, and other settings help make your family successful. In addition, the special moments of enjoying one another keeps your family healthy. It is important to balance all these important things to ensure all your family's needs are met.

Revamping Evening Care

Brooke Slade, our Director Designee and Evening Coordinator (pictured top right), along with her assistant Mairin Buckley (pictured bottom right) have been working this semester to revamp our programming for all evening care hours.

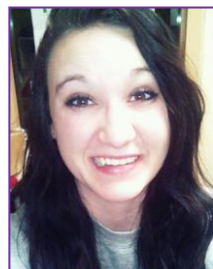
As many of you may know, we work with Campus Recreation to offer free child care on Tuesday and Thursday evenings while parents work out (Team Tots). Because of this, we have always ensured that the evening care programming Monday through Thursday supports and reinforces healthy habits in the children who are present 6pm-9pm.

Brooke and Mairin have decided to take this a few

steps further. Because Team Tots is offered 5pm-9pm, they have changed the evening care schedule to include that first hour.

They also updated the evening care curriculum to include separate programming for our toddlers (Yellow and Green rooms) and preschool children (Blue and Red rooms). Each weekly study topic will still focus on healthy habits, but the activities planned will be more developmentally appropriate for the separate age groups.

In addition, Brooke and Mairin will be emailing the curriculum and an article or book excerpt on the week's study topic to all evening



care/Team Tots parents. These will also be posted in the hallway on the west wall by the door to Kate's office. We hope you enjoy and acknowledge the hard work Brooke and Mairin have put in to ensure quality care and education in our later hours.

