

# ★ Bunnell House News ★

UAF Community and Technical College Early Childhood Lab School

~ We nurture children and support families in a university lab setting.

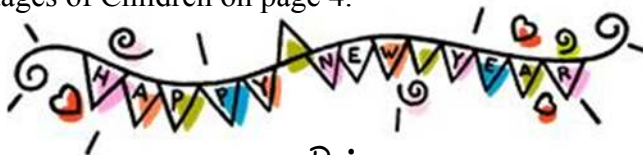
## From Paige

January has proven to be a month of welcoming—welcoming everyone back from Winter Break, welcoming new children and their families to the program, welcoming new practicum students, and welcoming increasing daylight!

February will be a busy month with focuses on Valentine's Day and Children's Dental Health Month. We hope you all feel the love and also give those choppers an extra flossing.

You are always welcome to share your ideas, questions, concerns, constructive criticisms and compliments. Visit me in the attic (my office), email me at [pmvonderhaar@alaska.edu](mailto:pmvonderhaar@alaska.edu) or call me at 474-6393.

I urge you to peruse the newsletter for useful information and helpful reminders. Especially, check out The Five Love Languages of Children on page 4.



~Paige

## Checking Out and Changing Your Mind

Ideally, when you pick up your child, you check out and take them. Please be sure you do not leave your child at Bunnell House once you've checked out. If plans change and your child will be remaining, please check your child back in. You will need to check your child out when you actually do pick up. The Procure system will allow this and it's necessary to keep our records accurate and allow the office to see the current ratios. ♥

## Tax Time

**Our EIN (Tax ID Number):**  
**92-6000-147**

2016 end-of-year statements were emailed on January 8.

## Air Quality

We pay close attention to air quality and adjust (reduce or eliminate) outdoor time accordingly. ♥

## Calling In Absent Children

We greatly appreciate your messages when children will be absent for any reason. **The best way to get a message to your child's classroom teacher is by phone. A voice message may be left at any time and the teacher will receive it.** Paige often has meetings or errands for the lab school and does not check email until late morning. ♥

## Lab School Dates to Remember

February 14	Sweetheart Teas
March 12-16	Spring Break Closure
April 9-12	Parent Teacher Conferences
April 27	Spring Concert
May TBA	Ice Cream Social
May 28	Memorial Day Closure

## Playground Use

One of my favorite areas of Bunnell House is our outdoor play space. Even in winter it provides opportunity for fun and discovery. I love to watch the children enjoying it—learning and not even realizing it. I hope that long after they leave here they will have amazing memories of the time spent playing there with friends.

You've seen the signs on the fence that say No Trespassing to deter snowboarders from building ramps and using our railings and equipment to do tricks. You've seen the signs on the gates that say children must be supervised by lab school staff to deter residents from using it as a playground on evenings and weekends.

Part of the reason for the signage is that equipment has been damaged and ruined in the past. The other part, and of greater concern, is that children playing here could be injured. That is never good and it is a liability for the university. Parents have varying ideas on what is appropriate supervision so, the verbiage on the sign was specifically chosen, with the guidance of the university general counsel office, to state that lab school staff must supervise play.

Our outside play space is an extension of our classrooms, so if your child's class is not outside, please do not take him or her out to play on the equipment and grounds at pick up. Children should only be playing on the playground when their class is out and/or lab school staff are present.

Thank you! ♥



Happy Valentine's Day!



## Quote to Note

Hugs can do great amounts of good, especially for children.

~Princess Diana

## Welcome to Our Practicum Students

**Logan Felli** will complete Practicum I in the upstairs classroom. **Alecia Finley** will complete Practicum I in the downstairs classroom.

Please join us in welcoming these aspiring professionals! ♥

## February is National Children's Dental Health Month.

Children three-years-old and older should see a dentist.



## Questions or Concerns

About your child or the classroom: *Teacher*

About the program, billing, withdrawing, or vacation:

*Director*

Thank you! ♥

## Baby, It's Cold Outside: Advice from a Seasoned Parent (or bundling up takes longer, but it's better than frostbite)

### Modern Living

Most of us have heated garages and, even more convenient, the heated garages are attached to our heated homes. This means we can easily avoid the biting cold of 40 below...at least until we reach our destination where we dart quickly from our warm vehicle into a warm store/office/preschool.

A major part of our parenting role is to protect and guide our children. Many of us fall short of this when we don't dress our small children appropriately for the climate. We become lax because we're "just running to the store" or "it's too cold to play outside anyway" or because it's just plain time consuming.

Over the years of parenting young children, the following happened to this seasoned parent and the children's warm gear was essential:

- ⊗ broken alternator belt in the middle of an intersection
- ⊗ stuck in a snowy ditch
- ⊗ locked the keys in the car
- ⊗ car heater stopped working in a relatively new vehicle
- ⊗ ran out of gas...oh wait—that was in a torrential downpour...

I know, I know. You're thinking "yeah, well I'm not like you—I check my belts and pay attention to where my keys are and drive carefully and that heater thing was a lemon." Okay, well think that, but life happens. I am typically very organized and have also been accused of being a little extreme with checking and rechecking and oh dear, gotta check again! These events can happen even to the careful and prepared.

### Injury Risk

Young children are at high risk for both hypothermia (because their bodies are less able to generate heat) and frostbite. The mildest form of frostbite, frostnip, doesn't cause permanent damage, but it's uncomfortable and *avoidable*. Just as you protect your children from household cleaners or the harmful effects of the sun, you must protect them from the cold.

### Riding Gear

When riding in a vehicle during periods of extreme cold, children should wear at least a warm coat, boots, hat and mittens. To venture outside for any length of time, they need a neck warmer (safer than a scarf that can unwind and catch in something) to pull up to protect their faces and lungs. It's important to protect tender fingers, toes, cheeks, nose and lungs! Layers of clothing are ideal to make a jacket/snowsuit warmer or to remove a layer to regulate temperature.

### No Choice

We know it's important to offer choices to young children. Good parenting is also knowing when *not* to offer a choice. It should never be a young child's choice to wear or not wear protective cold weather gear. If your child feels a little too warm in the car, turn down the heater. If you feel a little chilly, add a layer to your own attire.

Having the gear with you in the car won't help if you are trapped or incapacitated and can't reach it. I urge you to bundle up your little ones on frigid days and avoid the dangers of extreme cold weather. ♥



## *The Five Love Languages of Children—Gary Chapman and Ross Campbell*

*Reprinted with permission of the author of this review—Janet Boyer (www.janetboyer.com).*

Gary Chapman, with co-writer Ross Campbell, M.D., have written the *Five Love Languages of Children*, which applies the love language theory to children. How can you tell your child's main love language?

Chapman offers these suggestions:

- ♥ Observe how your child expresses love to you.

*Chapman and Campbell: Watch your child; he may well be speaking his own language. This is particularly true of a young child, who is very likely to express love to you in the language he desires most to receive.*

I've seen this with my son...Noah will come up to me or my husband, and try to engage us in a wrestling match. Or he'll pet our arms, give us a hug, etc. He has shown us that his main love language is that of Physical Touch!

- ♥ Observe how your child expresses love to others.

*If you notice your child making crafts for a relative, or wanting to take presents to classmates or teacher, this may indicate that her primary love language is Gifts.*

- ♥ Listen to what your child requests most often.

*If your child often asks you questions like "how do I look, Mommy?" "What do you think of my drawing?" or "Did you think I did well at practice today?", this pattern may indicate that his love language is Words of Affirmation.*

- ♥ Notice what your child most frequently complains about.

*Frequent complaints such as "You never have time for me!", "Why don't you play games with me?", or "We never do things together." would be indicative of the need for Quality Time.*

- ♥ Give your child a choice between two options.

*Chapman and Campbell suggest to lead your child to make choices between two love languages. For example, a Dad might say to his son, "I have some free time Saturday. Would you like me to fix your bike, or would you rather go to the park together and shoot some hoops?" The choice is between Acts of Service and Quality Time. A mother may say, "I have some time tonight. Would you like to go shopping and I'll help you pick out a new outfit, or would you rather stay home and we'll do a puzzle together?" You've given her the choice between Gifts and Quality Time.*

Chapman and Campbell explain: "As you give options for several weeks, keep a record of your child's choices. If most of them tend to cluster around one of the five love languages, you have likely discovered which one makes your child feel most loved. At times, your child will not want either option, and will suggest something else. You should keep a record of those requests also, since they may give you clues."

Of course, the choices you offer your child will depend on age and interest.

I highly recommend [The Five Love Languages of Children](#) for understanding your child's own unique love languages and how you can better fill his or her "love tank!"





## Monthly Fees

MTWRF	\$985
MWF	\$615
TR	\$410
Late Pick up	—\$5/minute

Fees are due by the 10th of each month. A late fee of 10% of account balance will be added after the 10th. ♦

## Late Pick Up Fees

Late pick up fees are \$5 per minute. Fees will be added to your account based on the time recorded when you check out your child.



## It was an exciting day at Lab School...

- ♥ We frolicked in fresh snow!
- ♥ We returned to school!
- ♥ We watched snow removal from our parking lot!
- ♥ We painted with snow paint!
- ★ We ate chicken noodle soup!



Is there a special adult—teacher, neighbor, grandparent—that brightened your childhood and gave you memories you carried into the now? ♥



## Lab School Staff

- ♥ Director
- ♥ Upstairs Lead Teacher
- ♥ Upstairs Assistant Teacher
- ♥ Downstairs Lead Teacher
- ♥ Downstairs Assistant Teacher
- ♥ Substitute Assistant Teacher
- ♥ Office

Paige Vonderhaar  
Chasity Evanow  
Jenny Taylor  
Pammy Fowler  
Shannon Harvey  
Connie Slater  
474-6393