The Child Care Center will be closed from Wednesday, 12/24/2014 through Thursday, 1/1/2014. We will reopen again on Friday, 1/2/2015 for the New Year. Happy holidays to one and all!

WINTER REMINDER: Please protect your child with a supply of warm clothing: HAT, SCARF, MITTENS (or gloves), SNOWPANTS (or snowsuit), JACKET, and BOOTS. Also, it is a good idea to always have another set of spare clothing (underwear, socks, pants and shirt) in case your child’s clothes become wet or soiled.

SPCCC is offering an Optional Pajama Day on Tuesday, Dec. 23rd

Relax and Recharge:
Hit the pause button during a busy day.
(from Parents Magazine – November 2014)
“Think of meditation as another way of paying attention and that can be done almost anywhere, anytime.”
Karen Maezen Miller, author of Momma Zen

• When walking your baby - Mantra: “I am grounded”, “I am breathing”, “I am happy”
• While feeding your baby - Mantra: “I am present”; practice deep breathing
• During a toddler’s meltdown, persistent crying or sibling arguments - Mantra: “I am patient” as you exhale think of releasing tension
• When you get some time alone - Mantra: “I am restored”; sit, close your eyes. As you inhale, say “and”, then as you exhale, say “one”. Repeat to the count of four and begin again
• When your child is sleeping and you are wide-awake - Mantra: “I am relaxed.” Quiet your mind by visualizing mental clutter being thrown away.

Did you know?
Toddlers who get too little sleep tend to eat more and are at increased risk for obesity, a new study indicates. It included children in over 1,300 British families who had their sleep measured when they were 16 months old and their diet checked when they were 21 months old. Those who slept less than 10 hours a day consumed about 10% more calories than those who slept more than 13 hours. (Baby Talk, No. 42)

Attention Family and Friends:
COME JOIN US...
at the ANNUAL PRESCHOOL SING-ALONG
Monday, December 8th at 10:00 a.m.
in the Merritt Hall Gym.

- ALSO -
Tuesday, December 9th at 10:00 a.m.
in the Raymond Hall Lobby
for SUNY Potsdam faculty, staff, and students.