

## You spoke, we listened

Thank you to all who responded to our family survey! We were happy to hear that the majority of you are pleased with what we do, and we got some excellent feedback. In short, here's what we heard:

**Many of you would like to be more involved.** This newsletter is the first in many attempts to keep parents involved in what's going on in the center, including policies and future plans.

**Some parents would like to know more about resource, including age specific information.** We are developing some future parent trainings, bulletins and other resources for parents. Look for a calendar of events soon!

**Some would like more information about our policies, including how we keep your child's information private.**

We follow stringent Licensing, HIPAA, Public Health and NAEYC guidelines. You can find out more

by looking in our policy book, located by the computers. This also includes our parent handbook, licensing reviews, and disaster plans. You can also view our privacy policy on our website at [www.nwcenter.org](http://www.nwcenter.org)

**Many would like to be invited to participate in the program more.** That's music to our ears! We will post opportunities as they arise! Today, you can help in the following ways:

- Burn your child's favorite music on a CD to share with the class
- Bring a recipe to share with class.
- Volunteer in a classroom
- Join us for a field trip. We need 1-2 helpers for most trips.
- Share a talent with the class!
- Donate new or gently used items from the giving tree, located across from the office.

**We will continue to focus on building quality programs that support and nurture our families.** As we work together towards NAEYC accreditation, we are confident that our program will only improve more! Please continue to share your thoughts and ideas with us.

*Our mission is to provide an inclusive environment where all families receive individualized programs of education, advocacy, therapy and family support the nurtures the development of children both with and without disabilities.*



## New Faces

**We are happy to introduce some new staff members!**

With a background in non-profit administration and arts administration, **Greg Dole** joined Northwest Center in September of 2007 as our Early Intervention Department office manager. Greg moved back to Seattle last year after living in New Orleans, Louisiana, since 2000.

**Diana Rende** is an occupational therapist who comes to us with experience working with children of all ages in private practice. She completed her Master's degree in occupational therapy from the University of Washington. During the completion of her studies she spent a quarter working for the early intervention team at NWC-CDP as an intern.

Hi all! My name is **Helena Wodrich**. I have been practicing as an Occupational Therapist since 1995. I originally trained in the UK and spent the first 2 years working with adults. I came to the states in 1997 to work and travel for a year but ended up staying for a whole lot longer! I have had the pleasure in working with children for the past few years as an OT. My family and I moved to Seattle in 2007. I began working at Northwest Center's CDP in December 2007 on the early intervention team.

**Katelyn Bollenbacher, Laura Dean and Michael Check** are our newest on-call substitutes. You'll see them in all classes. Each has a passion for children that is inspiring.

## We are Expanding!

With all of our classrooms full and 1-2 year wait lists in all classrooms, we've realized it's time to grow. Northwest Center has set it's sights on opening a second center, and we are making strides. We have made an offer to purchase a building in Shoreline, and are currently in a feasibility study to see if we can make this building work as a new school. If you see less of Jane around lately, it's because she is working hard to bring this building to life. We've hired an architect (NWC parent, Laura Hafermann!) and are planning focus groups soon, where we'd love to hear from you what a dream program would look like. That information will also help us to improve this center. We'd love to hear what you think!



## 'Tis the Season...

### ...For colds, runny noses and flu!

We've been hit hard this season so we are working to keep the center healthy by following health guidelines for washing and sanitizing toys, mats and tables. We are cleaning carpets, keeping toilets and changing tables sanitized, and keeping infant's toys separated from others so germs don't spread from mouthing.

### We need your help in the following ways:

- \*Adults and children should wash their hands when enter and leave the center
- \*Update contact information so that we can contact you if your child is ill.

### Keep your child home if he/she has the following symptoms:

- Fever AND sore throat, rash, vomiting, diarrhea, earache, irritability or confusion
- Diarrhea: 3 or more watery stools in 24 hour period
- Vomiting: 2 or more times in a 24 hour period.
- Rash: body rash, especially with fever or itching
- Sore throat: with fever or swollen glands
- Eye discharge: thick mucus or pus draining from eye, or pink eye.
- Not feeling good: Unusually tired, pale, lack of appetite, confused or irritable.

Hand washing is your best defense against the germs that cause most childhood illnesses.



## 5 tips for talking to your child about their day

**Messy play means they explored.** Have patience with dirty clothes and ask about the experience.

**Encourage instead of praising.** Notice that she tried something new or used 6 colors in a drawing, rather than simply saying "good job" Encouragement teaches children to try new things without pressure to please.

**Process is important.** If you know there was a class trip or project, ask about how they got there or who else worked with them. This helps give kids context to relay the experience

**Tell your child about your day-** you might have something in common

**Talk to your infant too!** Children who are not verbal can comprehend much more than they can say. Read teacher comments about what they did today and wonder aloud about what other new things he might have tried.

*"Encouragement teaches children to try new things without pressure to please"*

### Cool toy!

#### Soap Crayons:

1 3/4 c Ivory soap powder

1/4 c water

Food coloring

Ice cube tray

Mix water and soap flakes together. Add coloring to get the desired shade. Pour into ice cube tray and allow to harden. Break or cut into pieces.

These are a lot of fun during bath time! Enjoy!

## Upcoming Program Events Upcoming Community Events

### •3/11 Parent Support Group

•3/17 Irish Dance performance from *Our Lady of Fatima's 1st and 2nd graders. 10:00-11:00 in the school age room.*

### •3/18 5pm Closure Staff Meeting

### •4/8 Parent Support Group

### •4/16 5pm Closure Staff meeting

### •5/9 CLOSED for IEEC conference

### •5/13 Parent Support Group

### •5/26th CLOSED for Memorial Day

### •6/10 Parent Support Group

• **LEAP, PONCE, GROWL: AFRICAN ANIMALS IN MASKS, TEXTILES & STORY:** Feb. 9-June 9, The Children's Museum. An interactive exhibit with dance, music, storytelling and performance art introducing small children to African art, presented in partnership with Seattle Art Museum's "Long Steps Never Broke a Back." Hours: Monday-Friday 10 a.m.-5 p.m.; Saturday-Sunday 10 a.m.-6 p.m. Information: 206-441-1768.

• **Pajama Story time at Queen Anne Library,** Friday, March 7th 6:30-7:30 features stories, songs and a simple craft.

• **Seattle Whirligig! 3/28-4/13/08** at the Seattle Center House. Kids and toddlers can jump and play! Bouncy houses, face painting, and performers! Rides are FREE on Thursdays. Ages 2-11