



We're dedicated to helping you be happy, healthy and successful in your journey of being a parent!

Monthly Quote

“Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.”

—Theodore Rubin

Events

July 4th Independence Day
Center Closed

Themes

July 7th Cooking Week!
July 13th Under the Sea
July 20th Slumber Party
July 27th Western Days

July Birthdays Happy Birthday!

July 14th Keira B.
July 17th Isabelle C.
July 18th Carson S.
July 18th Kyler H.
July 24th Omokaro O.
July 24th Morrigan O.
July 25th Kaiden H.
July 26th Abigail J.
July 29th Karter H.

A Good Night's Sleep for Your Child

Does your child suffer from sleep problems? If so, according to University of Cologne (Germany) research (originally published in the journal SLEEP), he or she is more likely to have trouble falling asleep than staying asleep.

Here are some tips from the American Academy of Sleep Medicine to help your child sleep better:

- Follow a consistent bedtime routine. Set aside 10 to 30 minutes to get your child ready to go to sleep.
- Establish a relaxing setting at bedtime.
- Interact with your child at bedtime. Don't let the television, computer or video games take your place.
- Keep your children from TV programs, movies and video games which are not appropriate for their age.
- Do not let your child fall asleep while being held, rocked or fed.
- At bedtime, do not allow your child to have foods or drinks which contain caffeine. Try not to give him or her any medicine containing a stimulant at bedtime.



Important Information:

As a reminder, the center will be closed on Friday, July 4th. We hope that everyone has a safe and happy holiday. We will reopen with regular hours.

Our bye-bye buggy is located in our front entryway or outside by our front window. Please help us to keep all children off this. The buggy has a weight limit and children should not be sitting or jumping on there at anytime. Having the buggy exceed its weight limit or by jumping on it can cause the damage to the wheels or bearings. This is also for the safety of all children. Even though the buggy is in the locked position when it is parked there is always that chance that it could move. Teachers are the only ones that should be putting children on or off the buggy. We appreciate your help in this matter.

Just a friendly reminder... children MUST be within an arms length of the adult that is picking up or dropping off. This is for their safety.

Please keep in mind when paying tuition with cash; you must have the exact change. Brandi's Place does not keep money on the premises and cannot make change. Any overage can be credited to your account for the following week if you do not have the exact change.

Our family picnic is scheduled for August 1st. We will be having a cookout and petting zoo along with pony rides. This is a fun event that we like to do for our families here at the center. This event is during the morning hours and is usually done by 1:00pm. You may invite grandmas, grandpas, aunts and uncles as well. Watch for more information as the time gets closer. We will have count cards coming home soon so we know how much food to prepare for. We hope that you and your family can come out and join us for some fun!

Monthly Celebrations and Causes

Black Family Month. A month dedicated to the enrichment of African-American families through education, health, and self-improvement. Some people hold or attend family reunions, while others pledge to add an activity such as reading to children, taking a class, or making that yearly visit to the doctor for a checkup—anything that helps to make a person strong and healthy for his or her family.

Independent Retailer Month. Promote your own independent business, pledge to shop at independent retailers, or rally your community to support local business to celebrate Independent Retailer Month.

National Ice Cream Month. Established in 1984 by President (and ice cream lover) Ronald Reagan to celebrate the popularity of the tasty dessert. National Ice Cream Day is celebrated on the third Sunday of July as well.

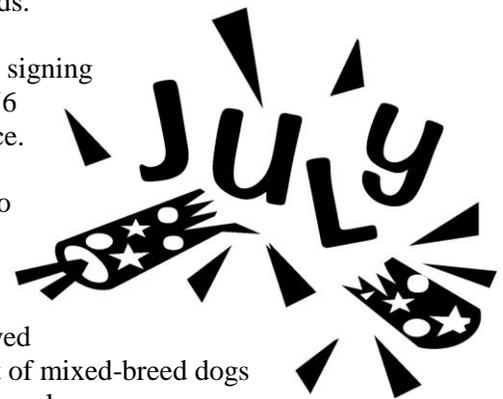
Creative Maladjustment Week, July 6-12. The “creatively maladjusted” are the critical thinkers, architects of change, and believers in humanity who pride themselves on taking on the wide array of problems facing the world. Join the fight this week and throughout the year at <http://cmweek.org>.

National Parenting Gifted Children Week, July 20-26. The purpose of National Parenting Gifted Children Week is to celebrate the joys and challenges of raising, guiding, and supporting bright young minds.

Independence Day, July 4. Celebrate the signing of the Declaration of Independence in 1776 with hot dogs, fireworks, and remembrance.

Global Forgiveness Day, July 7. A day to seek peace and ease conflict by forgiving those who have offended or harmed us.

National Mutt Day, July 31. Also observed on Dec. 2 to raise awareness for the plight of mixed-breed dogs in shelters around the nation, waiting for new homes.



Do you receive texting alerts?

Place can communicate with parents via text messaging. This will provide an instant communication for events coming up, reminders and emergencies. This is a free service provided to you by Celly; however standard text rates apply for your phone usage. Many schools and local organizations use this same service. You may already receive text messages from Celly from other companies.

To receive text messages from Brandi's Place simply follow these directions:

Text to: 23559

Type: @brandisplacesc

Then Send

You will then receive a text asking to create a user name. Create your user name and send it

You will then be prompted to give a “short bio”

Please put in a short description of who you are such as “Emily's mom” or your name.

A text message will then be sent back to you stating that we are a private group and your request will be approved shortly.

Directors will be alerted that you were added and will approve your request.

Due to security measures this forum is locked. Only Brandi's Place families will be allowed to receive communications.

This service is for outgoing messages from Brandi's Place. We cannot receive messages using this service.

Allergic to Your Pet? Breathe Easy with These Tips

Pets offer us love and companionship. Unfortunately, they also offer allergies to about 10 percent of the population. If getting rid of your cat, dog, or guinea pig isn't an option, try these tactics for keeping allergic reactions under control:

- First, get tested. If you're experiencing allergy symptoms—sneezing, runny nose, itchy eyes, nasal congestion, etc.—visit the doctor first to confirm their origin. Often, the doctor will advise getting rid of your pet, but he or she can also offer suggestions on controlling your reaction.
- Create a pet-free zone. Keep one bedroom completely free of your dog or cat so you (or whoever suffers the allergy) can get regular sleep. Install high-efficiency filters in your air ducts to limit the spread of allergens throughout your home.
- Bathe pets frequently. Have your spouse, a friend, or your children wash and brush your pets at least once a week—outside your home, if possible.
- Clean house often. You may have to vacuum your carpets and fabrics daily, and dust furniture and blinds once a week. If possible, replace carpeting with tile, wood, or linoleum as much as possible to avoid trapping allergens under your feet.
- Wash hands. Whenever you pick up, cuddle, or otherwise handle your pet, wash your hands immediately and ask family and visitors to do the same.
- Keep pets off furniture. Provide a comfortable pet bed and train pets to stay off couches. Wash your pet's bed often.



Parent Restroom

Our parent restroom is located in the hallway. This is the first door on your left side. This restroom is for our parents to use. Please do not let your children use this bathroom unattended. The classrooms have restrooms in them for children to use. If a child has to use the restroom on your way out, please accompany them in the restroom if they are using the parent restroom.

Splash Days

Splash Days are every Friday during the summer months. These days are weather permitting and will not be made up if cancelled. ALL children that are participating MUST have a bathing suit, towel, swim shoes (or a pair of shoes that they can get wet – along with a different pair of shoes that they can wear inside) and a bag to put them in. All items must be labelled with their name clearly marked on them. Children that do not have these items will not be able to participate in water activities. Children may not wear their extra clothing in their bins or use their shoes that they came in with that morning.

Friday Drawings

Don't forget to sign up for our Friday Drawings. The information is on the table in the front lobby. This also lists the give a ways for the weeks. We have some fun prizes that we give away!

Power Outage

We would like to thank everyone for being so understanding on July 1st. Due to the storms the night before we had no power and were given a restoration time of 4pm on July 2nd. Thankfully we did get power back on later that day. We apologize for any inconvenience this may have caused and thank you again for your understanding.

Celebrating 10 Years

Brandi's Place is celebrating 10 years this July! We would like to thank all of our families, staff and the community for their loyalty, support and dedication that they have given over the past 10 years. We believe that we are all one family here at Brandi's Place and we want to thank you for sharing your little ones with us and allowing us to be a part of your family. We love watching each child grow into their own person and watching them learn new things. As they grow and head into the elementary years we are sad that they don't get to spend all day with us but it is such a big reward to watch them get on the big yellow bus and head off to the "big school!" We know when they leave here they are ready for the "big school." We love to hear all the stories when they get off the bus that first week of school.

Our first group of children are now headed to the middle school this coming school year and we love that many of them still come and visit the teachers here or simply run and give us hugs when they see us out in the community. We are proud of each and every child here at Brandi's Place and will continue to provide the best quality care and education for your children for many years to come.

Thank you again for a wonderful 10 years and here is too many more to come!!!

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Baby Safety Gates Danger

Baby gates are meant to keep your toddler safe from injury, but a new study suggests that the gates may be causing as many injuries as they prevent. The journal *Academic Pediatrics* says that around 2000 kids get a visit to the emergency room every year because of safety gate related injuries. The majority were minor bumps and bruises rather than anything overly serious, but the injuries came about because the children tried to climb or push on them. The main culprits appear to be gates that are pressure-mounted which might stop crawling babies from falling down the stairs but make for a hazardous perch in the case of wobbly toddlers who attempt to use them to assist them to stand, resulting in the gate toppling over. Experts recommend the use of bolted baby safety gates wherever possible, especially around stairs.



From the front desk...

Hi Parents,

*We hope you enjoy this issue of *The Happy Parent*™. It is our goal here at Brandi's Place Early Learning & Child Care Center to help you be happy, healthy and successful in your journey of being a parent.*

It is our pleasure to bring you this monthly publication filled with a little bit of humor as well as communication and parenting tips. Enjoy!

Welcome back Miss. Mandy!

Miss. Mandy will be returning on July 14th. We would like to thank Miss. Stephanie for all her hard work at the front desk while Miss. Mandy was on maternity leave. Miss. Stephanie will continue to be at the front desk for a few weeks while Miss. Mandy transitions back to her schedule.

Train Kids to Stop Whining

Nothing seems more annoying than a whining child, even when it's your own child. Here are some methods to cut down on the turmoil—and maybe end the whining for good:

Teach them appropriate behavior. When children whine, tell them to ask for what they want without tears or hysterics. Then teach them how to accept your answer without whining.

Don't give in. Children shouldn't get what they want when they whine. If it's something they legitimately need, have them wait five minutes before asking you for it again.

Keep a united front. If you decide to ignore a whining child, then make sure your partner and relatives do the same.

Reward improvement. Keep track of your child's ability to ask for what he or she wants without whining. Keep the chart in his or her room so both of you can focus on your child's improvements.

