

# *MIPP Centerline Newsletter*

## *November, 2009*



### CALENDAR OF EVENTS

<b>Monday, Nov. 2</b>	Kathryn Beich Fundraiser orders and cash payment due
<b>Monday, Nov. 23</b>	Parent Meeting – The Power of Play <b>10:00 a.m. – 11:30 a.m. or 1:00 p.m. – 2:30 p.m.</b>
<b>Wednesday, Nov. 25</b>	<b>Thanksgiving Break no classes after 11:30 am</b>
<b>Thursday, Nov. 26</b>	<b>Thanksgiving Day – no school</b>
<b>Monday, Nov. 30</b>	Return to school after Thanksgiving Break
<b>Friday, Dec. 4</b>	Kathryn Beich Fundraiser orders delivered to MIPP Rockwell – parents pick up orders in p.m.

### KATHRYN BEICH SALE

Thank you for your participation in the Kathryn Beich Cookie Sale. Order forms and payment are due the week of **Monday, November 2, 2009**. Kathryn Beich Cookie Orders will be **delivered on Friday, December 4, 2009**. Cookie dough is refrigerated when delivered, so please be prompt in picking up your order. Cash or money orders payable to MIPP only.

### SPECIAL REQUESTS

The most important thing is for you to bring your child each week. For those of you who would like to bring something this month, we could use:

Instant Butterscotch Pudding  
Tubs of Cool Whip  
Red or Green Jello  
Fruit Snacks  
Goldfish crackers  
Canned Pumpkin  
Medium to Large Sized Pine Cones  
Pretzels  
Raisins  
Vanilla and Chocolate Pudding Cups

### WORDS FROM THE SOCIAL WORKER:

The month of November kicks off the holiday season. The related activities might be fun for adults, but young children can find them overwhelming! Young children are easily overstimulated by the non-stop sounds, sights and hugs that often come with the season. Here are a few things to try, to make activities more enjoyable to both parent and child:

1. Remember, for kids this age, less is more. They can only attend to a few “new” things before becoming overwhelmed. Prepare yourself in advance that some activities, such as visiting Santa Claus, may not be enjoyable for your toddler.
2. Routine, routine, routine. As much as possible, maintain your child’s routine with sleep, eating and daily activity . . . even at a relative’s house.
3. Many children are sensitive to sound. Provide a quiet area where you and your child can go to as a retreat from activity. Parents and children will also benefit from quiet time at home between holiday activities.
4. Try to limit the amount of holiday sweets your child consumes. Fill them up on healthy snacks and full meals in between holiday treats.
5. Remember to take deep breaths when things get stressful, try to find a balance between activities, and remind yourself, the holidays are meant to enjoy, not endure!



### A NOTE FROM YOUR PHYSICAL THERAPISTS

You may have wondered why physical therapy is part of a school program. Children, especially infants and toddlers, learn by doing. If they cannot move around, they have a difficult time learning how the world works. Some children receive physical therapy and can walk or creep but still have balance or motor problems that prevent them from exploring as much as they should. Our goal is to make them as functional as possible so they can learn and participate in school activities and play with their friends.