



Vol. 6 Issue 9 March 2013

# Child Development Center Newsletter



MARCH 2013



## HOME-SCHOOL-CONNECTION

### CONTACT INFO:

#### FAMILY SERVICES

24300 Las Brisas Rd.  
Murrieta, CA 92562  
(951) 304-1623

#### Child Development Center

(951) 304-1623

Room 4: ext. 2112

Room 5: ext. 2113

Room 6: ext. 2114

Room 7: ext. 2177

Room 8: ext. 2115

Room 10: ext. 2176

Room 11: ext. 2168

Room 12: ext. 2167

### UPCOMING EVENTS

March 17

St. Patrick's Day



March 29

Holiday No School

### Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) under Family Services Department

### Helping Children Learn Self Control

See misbehaviors as a chance to teach self control; they are an opportunity to help a child learn to identify and manage his / her feelings of anger, sadness, and disappointment; and to teach him/her behavior that is, and is not acceptable. They are a chance to teach the child about your expectations and values. Try these strategies:

- Set and enforce clear, consistent limits
- Stop misbehavior using words and actions; i.e., take the child's hand when she is hitting a friend, firmly hold it and say in a low, authoritative voice, "No hitting! It hurts."
- When a child misbehaves, acknowledge his feelings, but let him know that his behavior, what he did with his feelings, was unacceptable, i.e. "I know you are really angry, but you cannot throw the toy."
- Use logical consequences: When a child throws the blocks, put them away until the child is feeling more in control.
- Model appropriate ways to express feelings, i.e. tell a child that you are upset that you spilled the juice, and you are going to take a deep breath to calm down.

Think of helping a child to develop self control as one step in that child's path to developing a conscience, and essential characteristic for being a full member of her family and community.

Resources:  
*California Childcare Health Program*  
*Zero to three, self-control:*  
[www.zerotothree.org](http://www.zerotothree.org)



## PARENTS

If your child coming to school  
after 9:00 am.....

PLEASE CALL YOUR  
CHILD'S CLASSROOM TO  
REQUEST A LUNCH.

### NOTICE

The Child Development  
Center located at Avaxat will  
be open during Spring Break  
**March 25 to April 5.**

Please tell your child's  
teacher if he/she will not  
be attending and remember  
to sign your child's  
attendance sheet.



Ms. Charlene

My name is Charlene Jung. I was born and grew up in Louisiana in a big family. I have been married to an amazing man for almost twenty-nine years and we have four wonderful children; three daughters and one son, ages twenty-four to fourteen. I have worked for the Murrieta Valley Unified School District for three years. I have worked with special education children in the classroom and in adapted physical education classes. I have also worked in regular education classes and recognize that I really enjoyed working with young children. This past summer I was given an opportunity to work at the Child Development Center and realized that working with the younger children is what I really love doing. I'm blessed to be a part of teaching and caring for all the children that come to our center.