



Vol. 7 Issue 1 May 2010

Child Development Center

Newsletter

MAY 2010



HOME—SCHOOL—CONNECTION

CONTACT INFO:

FAMILY SERVICES

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(951) 304-1625

Child Development Center

(951) 696-1600

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

May 31— 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 under Family Services Department



How To Deal With Your Baby's Crying

All babies cry—crying is your baby's way of communicating. Crying always means the baby needs or wants something. From six weeks to 3 months old, the average baby cries about 2-3 hours within a 24 hours period. As soon as crying begins, try to figure out what is wrong. Make every possible effort to provide comfort. If you respond quickly to the crying, your baby learns to trust you. Babies do not cry because they are mean or because they are trying to annoy you. You cannot spoil a baby with love!

Babies cry for different reasons at different times—crying can mean your baby:

- Is hungry
- Has pain from gas bubbles
- Is too hot or cold
- Needs to be held or burped
- Is startled by strangers
- Needs a diaper change
- Needs to suck
- Needs stimulation
- Is overly tired or needs to sleep

Tips on calming a crying baby

- try and stay calm. Babies can sense tension
- Gently walk, dance or rock with the baby
- Hold the baby close to you. Breathe slowly and calmly.
- Check for fever or swollen gums.
- Check the baby's clothing. Make sure it's loose enough and that fingers and toes are not bent.
- If nothing else works, put the baby in the crib and close the door for a few minutes. Go to another room and calm yourself down. Check on the baby every 10-15 minutes.
- Never let an infant cry for more than 15 minutes. Prevent Shaken Baby Syndrome: **NEVER SHAKE THE BABY!**

Hold me, love me,
praise me so, teach me,
hug me, watch me grow



"Kindergarten, Here I Come!"

Ease the transition to Kindergarten for your child. Join us for a fun filled evening of education and entertainment!
Time: 5:30 pm.—7:30 pm.

Monday: May 10, 2010

Antelope Hills Elementary School
36105 Murrieta Oaks (92562)

Tuesday: May 11, 2010

Cole Canyon Elementary School
23750 Via Aliso (92562)

Wednesday: May 12, 2010

Rail Ranch Elementary School
25030 Via Santee (92563)



Ms. Rosemary

Hi my name is Rosemary Meza; I am the Lead Teacher in room 12 (young 3's). I was born in La Jolla, California and raised in Escondido. I attended Saint Mary's School for eight years and graduated from Orange Glen High School. I also attended Palomar College in San Marcos, California. I am continuing my education at Mt. San Jacinto College. I have now been teaching Preschool for 13 years. Ten years in Escondido For Escondido Christian Preschool as the teacher for the older 3's. This is where my youngest attended at the age of 3 and he is now 15 years Old. Wow, time sure goes by fast! I am a mother of three children, A grandmother of four. I have been working for the Murrieta Valley Unified School District since March, 2008 here at the Child Development Center and I am enjoying watching your little one grow and learn.