



Vol. 5 Issue 1 March 2010

# Child Development Center Newsletter



MARCH 2010



## HOME-SCHOOL-CONNECTION

### CONTACT INFO:

#### **FAMILY SERVICES**

24300 Las Brisas Rd. N  
Murrieta, CA 92562  
(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

March 17—St. Patrick's  
Day

March 20—Spring Fling

March 29 to April 9—  
Spring Break

#### Parents Information & Communication

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

### Helping Toddlers 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 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: 12-24 months at  
[www.zerotothree.org/site/PageServer?pagename=terpar1224selfcontrol](http://www.zerotothree.org/site/PageServer?pagename=terpar1224selfcontrol)

### Spring Fling

When: March 20, 2010 from  
10:00 am. to 1:00 pm.

Where: Child Development  
Center

Please come and join us for a  
fun day full of free activities.  
You might want to pack a lunch  
and have a picnic with your  
child/ren up in the field.

### NOTICE

The Child Development  
Center located at Avaxat will  
be open during Spring Break  
March 29 to April 9.  
Please tell your child's  
teacher if he/she will not  
be attending.

**Ms. Kathleen Israelsen**



Hi, my name is Kathleen Israelsen and I am the Lead Teacher in Room 8 (older toddlers). I hold a Child Development Teacher Permit and A.A. Degree in Social & Behavioral Science from MSJC. I am working towards my Master Teacher Permit.

I have worked with children for over 20 years and I truly love it! In the early 1990s I had a licensed in-home-day care and before coming to work for the Murrieta Valley Unified School District; I worked at the Child Development Center at Mount San Jacinto College.

My husband and I moved from Orange County to Murrieta in 1994 and have loved it here ever since. I have three great children ages 19, 16, and 14. My oldest is in her second year at Cal State San Marcos pursuing her teaching career. My middle daughter is a junior at Vista Murrieta High School and my son is a freshman.