



August 2024

A New Mascot?

The cecropian moth must be our new mascot!

"With immense wings measuring up to 7 inches across, the Cecropia moth (Hyalophora cecropia) bests any other species in North America. (T. Gingrich photo)"

KC and Norie saw this caterpillar in the back yard!!! (KC photo!!)

It was apparently larger than a finger thick, about 4+ inches!

It will grow into a moth pictured at left and will be as big as 7"!

—
it is the largest moth in North America!

Certainly unique (unreal!) and very beautiful!

Have you ever seen one? Just wow!

August brings about another change in our group—

The Miller-Back family is moving to Brooklyn.

Evy's last day at WHE will be August 18th.

Evy has been a good friend to many here and will be missed by all.

We thank you all for the upcoming break and hope that you have a great week.

Topics touched upon in our newsletter this month:

- Good Things About Setting Limits
- Distracted Parenting: More Impactful than Screen Time!
- The Protective Factors Framework
- Recommended Screen Time by Age
- Parent Resources and Supports

Calendar

8/5-8/9 Summer Break

8/29 Hours 8:00-3:30

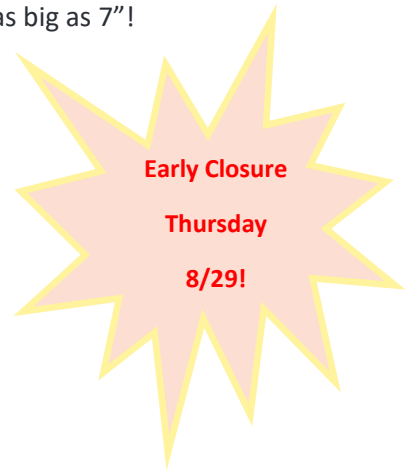
KC & Jude to London!

8/30 & 9/2 Labor Day Holidays

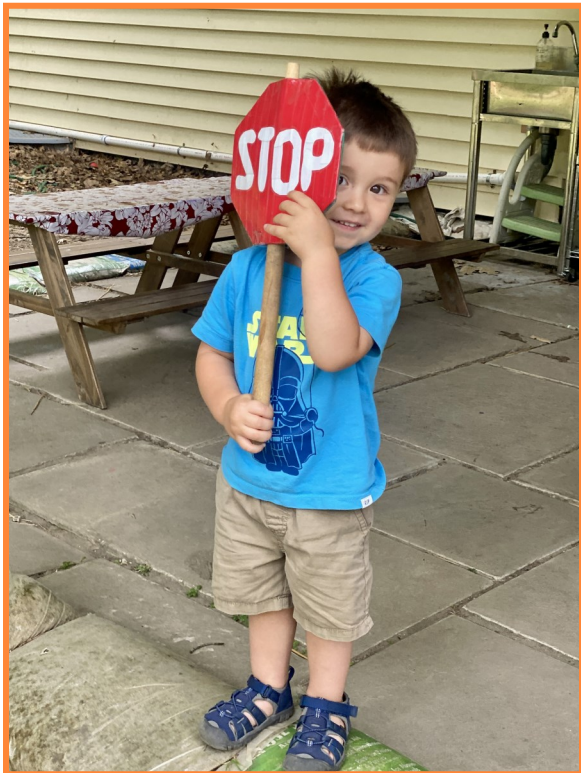
August					
M	T	W	Th	F	S
				1	2
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	



It was really fun whacking and eating the coconut!



Good Things About Setting Limits



One of the harder things we must do as parents is set limits. Sometimes setting a limit means saying no—with compassion, but without apology.

Toddlers in particular seek to understand social expectations and limits to their behavior and they “test the limits.” aka they’re 2. Testing may look like trying the same thing a different day, in different contexts, with different people. Is the limit the same at home/school? Is the response the same? Is the limit the same every day? Ayayay! For as challenging as this is— it feels like they’re not listening or don’t remember, or care. But they’re just checking... and it’s important we’re consistent about limits that are important to us.

Setting limits is calming to children. Limits help children feel safe and secure. Limits provide information about acceptable and unacceptable behaviors and can help children learn to control their impulses and emotions. Important stuff!

You already know about

stating things positively, stating what you want, rather than stops and don’ts. This very much comes into play with stating limits. Consider reading more about the value of limit setting this article, [Limits for Little Ones](#) by Sarah S. MacLaughlin.



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“Good Enough” Parents

Good enough parents are not perfect parents. We do our best. Good enough parents understand we are learning along alongside our children, often *because of our children*. Good enough parents are able to forgive ourselves when we don’t live up to our own parenting aspirations. - awareness is the first step to making any change.

“Good enough” parenting means doing your best at **being responsive and adapting to your child as they grow.**

Good enough parents **forgive ourselves** when we feel like our own timeline or adult pressures takeover. It’s hard to be responsive all the time, impossible really. Sometimes we need to work or we just need space. Each of us has felt like all we can offer is distracted attention or offer “showtime!”

Good enough parents are grown up little humans, learning all the time too, doing the best we can.



Recommended Screen Time for Children by Age

TV and children? An old conversation...
and now there is MEDIA everywhere.

Media can be great, some of it's educational...
but how much TV and other media is good,
bad, or ok for kids?



Children learn about behaviors and expectations from experiences
and from screen-time. It is a foundation of learning to be able to
“mirror, repeat and practice the actions of others.”¹

Inasmuch, it is critical that we are aware of the messages being
given to our children—both directly and indirectly through storyline
and commercials. I watched an episode of *Bluey* recently to know
what the show is about as it's popular with a couple of our kids.
The commercials were shockingly horrible. I don't even remember
the show's message.

But I have long been terrified by the deregulation of children's television. Prior to the 1980's, you could not advertise products to children on children's television. During the Reagan administration, the deregulation of children's television, meant ads could now be aimed directly at children. This meant for-profit companies could begin marketing sugary cereal, junk food and toys directly to children.

Cartoons featuring licensed characters increased along and educational programming decreased. Children's creative imagination can be negatively impacted, sometimes restricting children's play to be just like the show or movie.

The American Academy of Pediatrics Current Recommendations for Children's Use of “Screen Media”

- **Birth through 18 months**

Avoid all screen media—phones, tablets, TVs and computers.
(It's OK to video chat with grandparents and far-away friends.)

- **18 months to 2 years**

It is OK to introduce young children to high-quality children's
media if you watch it with them and help them understand
what they're seeing.

- **2 to 5 years**

Limit screen use to one hour a day of high-quality programs
designed for children. Watch with your children; explain what
they're seeing and how it applies to the world around them.

Bullets quoted directly from *Zero to Three*—[read more](#)



On Site Parent Resources

Parenting is a life-changing experience—how can anyone be prepared for the depth and myriad of emotions we experience supporting the development of our little humans?

Parenting in partnership with other caregivers requires collaboration. To best support children, all caregivers must be basically informed about how the child is currently doing and know about important experiences that have taken place in the other caregiver’s absence. It is important for all caregivers to know about what occurred during the time they were not with the child. Sharing information provides greater support, as each caregiver can help the child tie their worlds together, integrate and expand their experiences. At WHE, we want to know about what happened during the night that was memorable; new interests, skills, rough spots and challenges that surfaced.

This page covers some of the ways we hope to support you with parenting. Please let us know if you have another idea that you think would be beneficial for your family and/or others!

Daily Check-ins

Morning check-ins

Morning check-ins can be tricky. At this time it is important for us to learn about how your child has been doing since we last saw them. How has their rest, hydration and eating been? How’s their mood?

Any upsets before coming? Since children may internalize information they hear, we try to keep conversations about them informative and not too emotional during daily times to check-in, if things are particularly challenging, sensitive or there are a lot of important details to relay, it may be advisable to plan a separate time to talk.

Afternoons—Pick Up Time

If you arrive a little early to pick your child up, we always want to check in about their day! This can be a great time to share current goals and challenges that you’d like us to know about or help you to strategize about.



Counting gems!



Individual Meetings

We are happy to meet with you outside of school hours if you’d like to talk more specifics about your child’s development or other concerns. Please sign up on our online calendar [here!](#)

Parent Library and Parent Binder

The books in the cubby room are all available to borrow. Please let us know if you decide to take one! Our parent binder is among the books and contains our Parent Handbook and information about child development, local resources and other supports.

Bi-Monthly Parent Support Meetings

Bi-monthly parent-only support groups facilitated by Jude. Generally Wednesday evenings, every other month from 5:30-7:00 p.m.

Bi-Monthly Parent Gatherings

Bi-monthly gatherings coordinated by parents. Time to just play together as a group! Place and time vary, generally on the weekend.

(more next page)

Child Care Payment Assistance

Child care subsidies are available to working families who earn up to 300% of the Federal Poverty Level (FPL) for their household size. A family of 3 can earn up to \$107,353.68 and be eligible! The Department of Social Services pays the bulk of your child’s tuition and there is a minimal family fee that varies depending on your family income that is paid to WHE directly. At WHE parents are also responsible for any difference in our fees and the maximum reimbursement from DSS, which is currently approximately \$1,200/month.


Learn more: <https://www.tompkinscountyny.gov/dss/childcare>

Answer a short series of questions to see if you may be able to get child care at low or no cost - in 10 minutes or less! Learn more about this [here](#).



Protective Factors

[The Strengthening Families Five Protective Factor Framework](#) is an international initiative that aims to develop and enhance five specific characteristics (called protective factors) that help keep families strong and children safe from abuse and neglect. The protective factors serve as buffers, and when they are increased for families research shows there are lower incidences of child abuse and neglect.



Distracted Parenting More Impactful Than Screen Time!

Media also distracts adults—gives us a little break, some connection, some enjoyment. Maybe it’s work that pulls us away, or just the endless tasks of caring for each other and managing a household. Whatever it is, screens take us away from being present and responsive.

Distracted parenting has certainly increased with the freedoms and meshing of technology, remote work as well as the endless busy-ness we experience just balancing the demands of our daily juggle.

Ten years ago we saw children pretending to take pictures with our toy phones, today there isn’t a toy phone in our environment, and creatively, the flower rocks have become phones (*please check your children’s pockets at night!*).

We see ourselves reflected in children’s play. Cell phones are definitely a part of our life! The challenge is ignoring the dinging and buzzing in our pocket and finding a time when children are occupied to take a peek. And it’s really hard to not grab it as a camera... so much easier than a separate camera, but adding to the challenge.

In her article, *The Dangers of Distracted Parenting*, Erika Christakis warns that “parents should worry less about kids’ screen time—and more about their own.” She acknowledges that although parents may be with their children more than in the past, they are less emotionally attuned and parent:child engagement is low-quality, in part due to distracted attention. <https://www.theatlantic.com/magazine/archive/2018/07/the-dangers-of-distracted-parenting/561752/>