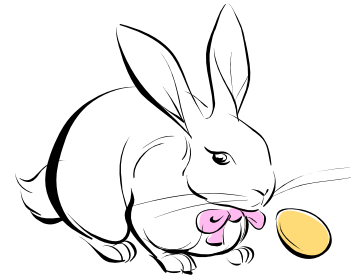




Citrus College
Orfalea Family Children's
Center
Newsletter
March 2008



2nd Annual MDA Hop-A-Thon

Our annual MDA Hop-A-Thon will be held on Friday, March 21st. The Pre-K classrooms will be participating in week long activities March 17th-21st that create awareness, teach acceptance and motivate everyone to help others. The week long activities will conclude with the Pre-K classrooms participating in the Hop-A-Thon on the 21st.

The donations the children raise through this event will help provide research to find treatment, cures, clinic visits, assistance with the purchase of wheel chairs and leg braces, MDA summer camp and so much more.

Please be sure to look for the flyers describing how you can get involved!!!!

March Happenings

National Nutrition Month

- **1st - Be Positive Day**
- **3rd - I Want To Be Happy Day**
- **7th - World Day of Prayer**
- **9th - Daylight Savings Time Begins**
- **11th - Dream Day**
- **17th— St. Patrick's Day**
- **20th— Absolutely Incredible Kid Day**
- **21st— Center's Annual Hop-A-Thon**
- **23rd— Easter**



Don't Forget To Sign In & Out Daily

Discipline

Do Not Spank or Hit Your Child

It is normal to be upset when a child does not do what you want or annoys you. But even when you are angry, it is not okay to shake, hit or shame your child.

Children do not have to be hurt to learn. Hitting and yelling may stop what they are doing but it tells them that it is alright to hit and hurt someone when you are angry. Hitting may cause children to feel hopeless, ashamed and angry. That anger may be used against others later.

Instead of spanking or yelling you can:

- Deal with the problem right away, help your child understand what s/he did wrong.
- Give your child a 'time-out' ; a 'time-out' gives you and your child a chance to calm down. It also gives you both time to think about what happened.
- Tell your child that you did not like what s/he did, but you still love them.
- Talk with your child about what to do the next time. This helps your child set his or her own limits.

**Please take your child's bedding home and wash it each weekend;
and return it the following week!**