Human beings appear to have approximately nine built-in feelings at birth. These findings are based on the work of researchers such as Darwin, Demos, Ekman, Izard, Nathanson, and, especially, Tomkins. These feelings later combine with each other and experience to form our complex emotional life. Understanding these feelings and how they work can make a world of difference for you and your baby.

The two positive feelings are interest and enjoyment; the feeling which resets the nervous system and gets it ready for other stimuli is called surprise; and the six negative feelings are distress, anger, fear, shame, disgust (a reaction to bad taste) and dissmell (a reaction to bad odors). Each of these feelings is signaled by a specific facial expression in your baby. These facial expressions provide the signals which help you understand what your baby is feeling.

These nine feelings operate on a scale from low to high: interest-to-excitement, enjoyment-to-joy, surprise-to-startle, distress-to-anguish, anger-to-rage, fear-to-terror, shame-to-humiliation, and varying levels of disgust.

There are some easy ways to use this information productively for you and your child. We call it the five keys in infant and child development. These keys can help enhance potential and prevent problems.

Key #1 – Allow the Full, Reasonable Expression of All Feelings

Allowing – and encouraging – the expression of these feelings is one of the most important aspects of establishing good communication with your child and nurturing healthy emotional development. By encouraging the baby’s interest, you learn what your baby has passion for. Interest – or curiosity – is at the root of all our exploratory, learning, discovering processes. Understanding where his/her passions and interests lie will enable your child later to make decisions about education, career, and spouse much easier with much more self-awareness.

We also want the child to express the so-called negative feelings – distress, anger, fear, shame, disgust, and dissmell. These signals are like an S.O.S. They tell us when a baby or child – or adult – is in trouble and needs help. If we somehow tell the baby or child not to express these feelings, the feelings will get bottled up and cause mischief inside, possibly resulting in a chronic sense of being misunderstood, not heard, not being able to trust the environment, angry, and despairing.

Key #2 – Maximize the Signals of Interest and Enjoyment

It is especially helpful to recognize and support a child’s interest. In this way, you learn about your child, and your child learns about herself. Supporting a child’s curiosity enhances his/her exploratory and learning activities. Even if the child is interested in doing something disruptive – like noisily pulling out pots and pans and playing with them – there is usually a way to redirect the behavior to fit the child’s interest and the parent’s sanity. Remember, a child’s “misbehavior” may simply be the interest feeling at work.

Key #3 – Remove the Triggers for the Negative Feelings

The negative signals – distress, anger, fear, shame, disgust, dissmell – are simply S.O.S. cries that something is wrong… “please help!” By responding reasonably to these signals, you show your baby you understand him/her and that help is near at hand. This enhances tension-regulation. The major triggers of the negative signals in babies are hunger, fatigue, and pain (e.g., dirty diaper, illness, etc.).

Key #4 – Use Words, Even with Newborns, to Express Signals

By using words early to label feelings, you give your child a head start on the important process of putting words to action. This allows for greater awareness and thoughtfulness and decreases impulsivity. “That car horn surprised you, didn’t it?” “You are angry, aren’t you?” “You sure are interested in this.”

Key #5 – Be Aware of Your Child’s Desire to Be Like You

Infants and young children are eager to be like Mom and Dad. This is a powerful tool in helping your child with tension regulation and polite conduct. Speaking and acting calmly, putting feelings into words, not hitting or spanking under any condition, saying “thank you,” “please” and “I apologize” to your child – all this will result in your child following your lead.

These are the five keys of infant and child development. They are based on the nine signals. These easy keys will help enhance your child’s potential and prevent problems.
PTO Dates to Remember

June 14th  International Picnic
June 19th  PTO Meeting 5pm

PTO ROOM PARENTS

Bright Beginnings-Deirdre Bauer-rsdb97@adelphia.net
Stepping Stones-Lois Eppihimer-LoisEpp@adelphia.net
A Place to Grow –Julia Nelson-jmn11@polaris.scasd.k12.pa.us
Iguana Garden-Elise Gurgevich-EliseG@psu.edu or Jennifer Meengs—jas138@psu.edu
Sea of Discovery— Alissa Masow
Garden of Wonder—Valerie Moss
Rainbow Connection ~ Cathleen Moore ~ cmm15@psu.edu
Universe of Wonder—Alicia Knoedler
Kindergarten—Merril David-merril david@adelphia.net or Laureen Teti—lot1@psu.edu

Help Daycare In New Orleans

The United Way has contacted our center to help raise funds to help a daycare in New Orleans area obtain a refrigerator.

We will be asking families to donate $5 towards this effort. Your contributions towards this effort are much appreciated.

Details towards this effort will be coming soon.

Next PTO Meeting
Monday, June 19 , 5:00 pm—5:45 pm
All parents and teachers are welcome and encouraged to attend and participate at all PTO meetings.

PTO News

International Picnic:

Wednesday June 14th at 5:30pm-7:30pm

Thank you all for signing up to share your heritage with others. If you are still considering signing up, please do so.

Come and join the fun: there will be food, entertainment and crafts for the kids. This is one event you will not want to miss. We need your help to make this event successful – be sure to volunteer to help. Volunteer sign up poster is in the front entrance.

Teacher Appreciation Week

Thank you for making this year’s teacher appreciation week a success. The PTO would like to send a special thank you to the Teacher Appreciation Week Committee for their effort in making the week special – Elise Gurgevich, Jen Meengs, Alicia Knoedler and Niraja Ramesh. We would also like to thank the Room Parents for coordinating the effort of their classroom participation on the “Album of Thanks” for each teacher as well as all the parents/children who worked hard in making this event successful.

Finally, we would like to thank everyone who donated items for the Dessert Day on Friday.

Upcoming PTO Elections

Elections will be held at the June meeting. Both co-president positions need to be filled this year. Any interested parties should contact Lois Eppihimer at LoisEpp@adelphia.net. Elected presidents will be provided a CD of files, a notebook of activities, and evaluations of prior activities and programs.
A Place to Grow: Debbie, Ilknur, and Addie

April flew by very quickly as we talked about travel and the places we would like to visit. The children stayed busy as they learned about many sites to see around the world. They created passports and travel brochures as they let their imagination take them on many trips. They used the big hollow blocks to create different modes of transportation to reach these destinations. We worked with maps and the globe to help us find the different locations we would like to travel. We have been working hard on letter recognition as we looked through the Bennett center to find a hidden letter. We also celebrated Turkish Children’s Day and had a visitor come in and read to us and share some of the special traditions of this holiday. We all said good-bye to Miss Lucy this month and we will all miss her but we know she'll be in to visit us often. On April 25th we all had a special day as we watched Miss Lucy get married; the children really enjoyed being there for this special event.

During the month of May we will be celebrating Mother Goose Day, Cinco De Mayo, Children's Day, and Kite Day. Our interests are again turning to bugs, animals and gardening. We hope to start our garden at the playground and while we get the soil dug up we are sure to find many different insects. We are also going to have someone from the bug museum talk to us. They will explain about the different type of insects they have at the PSU bug museum.

Bright Beginnings: Benedicta, Jill, and Lakisha

May was a busy month for the friends in Bright Beginnings. With the warm spring weather upon us, we spent a great deal of time exploring outdoors. The children especially enjoyed playing on the Hub Lawn and at the Grassy Bowl. They really had fun making up some new games using balls and buckets. They were also excited when we tried our luck at kite flying. The wind didn't always cooperate, but we had a good time, nevertheless. We also took a couple of bus rides that allowed us to visit some destinations that aren’t within walking distance from the center, such as the IST Building and The Growing Tree toy store. There were so many interesting new things to see and talk about.

Following our trip to the entomology museum, the children were very interested in learning about insects. We began our insect theme by studying fireflies, ladybugs, and ants. The children have been eager to search for bugs while we are out on walks or on the playground. They were so interested in observing ants that we even started our own ant farm in the classroom. In June, we will continue our insect theme while we learn about honeybees, spiders, and caterpillars. Be sure to check out our wall display in the hallway to see our insect creations.

The newest addition to Bright Beginnings is our friend Nicholas Letwin who joined us on May 22. Nicholas is two years old and we are pleased to welcome him and his parents, Eva and Dan, to the Bright Beginnings family.

Happy Birthday: Colton Yoxtheimer – 5 years old
The month of April has gone by quickly. The children were busy learning about insects this month. We looked at bumblebees, butterflies, ladybugs, caterpillars, and other insects and even enjoyed a trip to the bug museum to see some of these creatures in action. We also focused on how plants grow. We planted seeds in flower pots in the classroom and watered them and observed them daily for growth. We were all very excited to see them sprout just in time for our mothers day celebration. We will be wrapping up our spring theme with some lessons on birds. The children have been observing the birds coming to our feeder outside the window and have been asking teachers many questions. We will be learning about the types of birds we see in Central Pennsylvania, what birds like to eat, and where they live. For this theme we also have some fun activities planned including exploring different bird feathers, making our own bird nest, and going “bird watching” in the great outdoors of the PSU campus. From Spring, we will bounce into a sports theme as the children have become intrigued by watching people play basketball, tennis, volleyball, frisbee and other sports on our adventures around campus. We will be focusing on what equipment is needed to play the different sports and some basic information on how to play. We will have a special tennis lesson from Buffy, Amelia’s mother, who is the head coach of women’s tennis; and Ms. April is also working on coordinating a visit from the Penn State Cheerleaders. We also hope to take a trip to the Sports Museum.

Thank You's:

Iguana Garden: Edie, Matt, and Deb

May News:

May was a very busy month for all of us. We celebrated Cinco de Mayo by making Mexican cookies. The children made kites for Kite Day since it was too rainy for us to actually fly a kite that week. And we prepared long and hard for our Mother’s Day celebration…by making our handprint plaques and the strawberry shortcake for snack. Thank you to all the moms for coming and sharing this special day with us. We are going to continue to introduce new artists to the children and the different techniques that each artist uses. This month we focused on Georgia O’Keeffe since we have been talking about the letter Oo for our literacy activities. The next letter that we will be talking about will be Yy…anybody have any ideas for artists? Our garden is coming right along. The strawberry plants are really growing…it seems that we got it right this year. With all of this talk about food and gardening, we took a closer look at the new food pyramid. The folks with the Macaroni and Cheese study donated some great food group books that we have really enjoyed breaking in…thanks Jennifer (Matthew’s mom). And to finish out the month, we received our LIVE caterpillars. For the month of June we are looking forward to watching them grow into butterflies and investigating other outdoor creatures.

June Events:

Yo-Yo Day (6th), Lunch out @ Baby’s (12th), Father’s Day Ice Cream Social (16th) and First Day of Summer (21st)

We will be celebrating Matthew’s 4th birthday on June 26th. Ms Edie and Mr. Matt will also be celebrating their birthdays this month on the 8th and 14th respectively. You will have to guess how old we are. Over the last month, we have had to say goodbye to many of our friends and it seems like this month will be no different. We will be saying goodbye to Ellen, Elliot (for the summer only), Enrico and David. We wish them all a great summer with their families and for those going off to kindergarten...Good Luck!

Happy Birthday Matthew! We will miss you all!!!

Stepping Stones: Christine, April, and Bethany

Stepping Stones would like to thank Lily Bang’s family for the “Little People Sing Along” CD. The children love singing and dancing to the music. Also we would like to thank Doug Archibald for his help in coordinating the delivery of compost for the flower beds on the playground. We are anxiously awaiting its arrival so we can get busy planting! A special thank you to all the families for all your generosity throughout teacher appreciation week. We are very grateful for all you did for us most especially the time you took to make those photo albums. The special notes and photos in the albums mean so much to us—thank you for making us feel so special!

Fathers Day Invitation:

In honor of Fathers Day, the children will be hosting an ice cream social on Friday, June 16th. We invite all fathers and/or grandfathers to join your child for this special snack at 3:45pm. If you are unable to attend, please feel free to arrange for another special person to join your child for snack.
Classroom Notes: The warm weather has arrived!! Friends enjoyed talking about gardening and seeds last month. We planted our own grass cups that are currently in need of a trim!! We will continue to plant vegetables and flowers in our garden this month. Friends have been very interested in playing house, taking care of babies, and creating campsites in the classroom. We will build upon these interests as we talk about different homes from around the world this month. Our climber has become a small cottage, and we will be talking about the “Three Little Pigs”, to help trigger discussions about materials that we can make houses out of. We will also be talking about teepees, igloos, castles, huts, and houseboats throughout the month. Friends will be making their own teepees, creating a cardboard castle, and using plaster bricks to make a brick house.

We will also be setting up a “Splash Day” this month. We will let you know the details in the near future.

Birthday/Transitions: We would like to send out some big birthday wishes to Duncan and Griffin. They will both be turning one year old on June 9th.

Reminders: Your child needs to have at least two changes of clothes in his or her bin. We do not have a lot of extra summer clothes at school. We know that sandal weather is here, but please make sure the sandals have a back strap and are comfortable because we still go on long walks through the summer. Also, please continue to turn in pictures of your home. We would like to create a small display in the classroom for the kids.

May News: Our Castle theme came to a close at the beginning of May. We had our royal ceremony where we knighted the knights and gave them a shield, crowned the princesses with their crowns, and caped the princes with their capes. After the ceremony we celebrated by having a medieval feast. We arranged the table behind the castle walls and sat down to a meal of chicken drumsticks, corn on the cob, potatoes, crusty bread, and grapes. The kids loved eating with their fingers. We had so much fun with our castle theme. There are three documentation boards up in the dramatic play area of our classroom so that everyone can see all of the activities including the royal ceremony and the feast. Stop by to take a look.

June Events: Donut Day, Father’s Day Ice Cream Social, International Picnic, First day of Summer, Zoey and CJ’s Last Day, and Caitlin and Jacob’s Birthday. The children have been asking a lot of questions about sharks and ocean animals and also about the bugs they have been finding outside. It looks like we are going to start researching these two themes during the month of June.
**Rainbow Connection: Laura, Jody, and Lisa**

June is here along with the warm weather! Please remember to check cubbies for appropriate clothing that fits your child. Also, please bring a sunhat in for your child to protect his/her eyes and head from the bright sun! Remember to label everything!

**Welcome!**

In May we were excited to welcome two new children and their families to our Rainbow Connection Family – Welcome to Andrew and Isabel’s families. Welcome also to our new intern, Jenna. We are happy to have her for the Summer.

**Happy Birthday!**

Happy 1st Birthday to Jack on June 29th!

**What’s going on?**

May was a fun month for us. We did lots of sensory activities as usual. Jenna led her first art experience – body painting.

We stripped the children down to their diapers and let them lead the way. They used their whole bodies to paint big paper on the floor. They painted each other and Jenna, too!

On outdoor excursions, the children have been interested in living things and water. We have noticed rabbits, ants, other bugs, birds, dogs, chipmunks, and squirrels. We visited the bug museum and Kaylee and her mom brought us a caterpillar to take care of. Thank you Kaylee and Barb for sharing with us! On hot days, we have visited fountains around campus and have brought spray bottles along to play with and keep us cool.

**Donations**

Thank you to Andrew’s mom for bringing us ice cream from the Creamery on a hot day!

Our pink donation cup is out for snacks. Thank you for donating. We all appreciate it. Ice cream and other special snacks are nice to have sometimes on our morning walks.

**Universe of Wonder: Colleen, Barb, and Laura**

**Old News:** May came and went so quickly it’s hard to recall all that we did. The children did enjoy making their Mother’s Day Gifts and we hope that all our mommies enjoyed them. Also we hope that you all had a nice relaxing day for you certainly deserved it. May was busy with preparing for our Graduation Party, which is on June 2nd. The children are very anxious to have their parents/relatives come and see this special celebration! We began working on our garden and had a difficult time deciding what to plant! All the children have so many foods that they wanted to plant, but we finally agreed on: tomatoes, carrots, snap peas and lettuce. We’ll just have to wait and see how things turn out! Our weather has gone from one extreme to the other!

**New News:** For the month of June, we will continue taking care of our garden and since the garden contains bugs, the children are now interested in them. We plan to further explore this topic as the spring/summer weather has brought a lot of changes in nature. I’m sure we’ll make many trips to the “Bug Museum” and as always if anyone has information (or bugs) to share with us, just let us know! This is always a neat unit and we all enjoy exploring, discovering and learning about these interesting “things”. The other special days that we will be celebrating are listed on the menu!

**Birthdays:** We have two “Happy Birthdays” to celebrate this month. They include:

- Anwen, who will be 5 on the 7th, and Grace S. will be 4 years old on the 21st. We hope that all their birthday wishes will come true!

Here is Grace and Anwen pretending to be princesses!

**Reminders:** Now that the weather has drastically turned warmer, we will begin our “water play” days. If you have an extra swimsuit, towel and water shoes that can be left at the center, that’s great. Otherwise, we will try to post a note in advance when this will take place. Please don’t forget to label everything that is brought in!

We will be spending more time going to the creamery too, so if you want to make any monetary donations, the jar is on the file cabinet! Again, we appreciate your contributions!
Sadly, Kindergarten has come to an end, but we share the children’s excitement for moving onto their next classroom. We are so proud of everyone’s accomplishments this year. It has certainly been a privilege teaching this special group of children and we feel fortunate to have been a part of their early learning experiences.

We sincerely thank all you parents for your heart-felt support throughout the year. Everything from a simple conversation to your generous gifts has been greatly appreciated. We will miss everyone and you will always hold a special place in our hearts!

To those of you staying on for the summer program, Miss Hee Young, Mr. Jay and I (Wendy) look forward to seeing you June 5th, Monday! (Please make sure you get a summer packet from your mailbox before the summer program starts.)

Have a safe & happy summer everyone!

Love, Ms. Jenn & Ms. Wendy