

CHILDCARE CHATTER



YMCA OF GREATER ERIE

31 WEST 10TH STREET, ERIE, PA 16501

EDITION 3 ≈ VOLUME 8

www.ymcaerie.org

AUGUST 2018

COUNTY • DOWNTOWN • EASTSIDE • GLENWOOD PARK • CAMP SHERWIN

19 – 24 Month Milestones & Abilities

Communication Milestones

By 21 Months:

- Uses at least 50 words
- Consistently imitates new words
- Names objects and pictures
- Understands simple pronouns (me, you, my)
- Identifies 3-5 body parts when named
- Understands new words quickly

By 24 months:

- Begins to use 2 word phrases
- Uses simple pronouns (me, you, my)
- Understands action words
- Uses gestures and words during pretend play
- Follows 2-step related directions e.g. "Pick up your coat and bring it to me"
- Enjoys listening to stories



Play and Social Skills

- Turns head in response to name being called
- Is able to participate in small groups with other children
- Is interested, aware, and able to maintain eye contact with others
- Is able to play in social situations after a transition time
- Points to objects of interest
- Is able to locate objects you are pointing to
- Explores varied environments such as a new playground
- Enjoys swinging on playground swings
- Enjoys being swung and gently thrown in air
- Enjoys playing with new toys in varied ways
- Usually plays with toys without mouthing them
- Enjoys playing with a variety of toys and textures
- Enjoys playing with musical toys
- Enjoys sitting to look at or listen to a book



August Birthdays

Raman S.	08/04/14	4 Years
Delaney M.	08/05/17	1 Year
Teagan M.	08/05/17	1 Year
Jah'Sere R.	08/09/14	4 Years
Anaiyah S.	08/15/14	4 Years
Bennett S.	08/25/14	4 Years



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19 – 24 Month Milestones & Abilities

Coordination

- Is frequently moving in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore and get desirable objects
- Coordinates movements needed to play and explore
- Usually walks with heel toe pattern and not primarily on toes
- Enjoys and seeks out various ways to move and play
- Has adequate endurance and strength to play with peers
- Can maintain balance to catch ball or when gently bumped by peers
- Is able to throw and attempt to catch ball without losing balance
- Uses hands to help move from one position to another
- Uses both hands equally to play with and explore toys



Daily Activities

- Enjoys bath time
- Is able to self calm in car rides when not tired or hungry
- Usually tolerates diaper changes without crying
- Is not fearful of tipping head back when moving from sitting to back
- Is able to use fingertips to pick up small objects, such as small pieces of food
- Is able to eat an increasing variety of food
- Can usually participate in dressing without becoming upset
- Has an established sleep schedule
- Is usually able to self calm to fall asleep
- Is able to tolerate and wear new and varied textures of clothing

Self-Expression

- Is generally happy when not hungry or tired
- Is able to calm with experiences such as rocking, touch, and soothing sounds
- Has grown accustomed to everyday sounds and is usually not startled by them
- Has an established and reliable sleeping schedule
- Does not require an excessive routine to calm
- Is able to enjoy a wide variety of touch, noise, and smells
- Cries and notices when hurt
- Is able to self soothe when upset
- Enjoys various textures, such as grass or sand after multiple exposures
- Is able to transition to new environment or activity
- Is able to be away from parents when with supportive and familiar people



AUGUST MONTHLY DEVOTION

IN MY FATHER'S HOUSE ARE MANY MANSIONS

John 14:1-4 (NKJV) Let not your heart be troubled; you believe in God, believe also in Me. 2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. 3 And if I go and prepare a place for you, I will come again and receive you to myself; that where I am, there you may be also. 4 And where I go you know, and the way you know.

In this second verse, Jesus said that in our Heavenly Father's house are many mansions, and that He is going back to prepare one for us. Oh, the goodness of God! He did not just make a few dwelling places, but many dwelling places! There is a place being made today for you and for me, and He is making it special just for us!

Can you imagine that? The great architect of all times is making a special place for us to live in throughout all eternity! It is a place where every desire or want that we would ever have for a home is fulfilled. It is a place that is more perfect than anything that we would ever put together. It has the right setting, the right colors, and the right view. And why does He do it? It is because of His love for us! All we can say is, "Wow!" and enjoy what He has prepared for us.



So today, do not look to these natural homes and things of this earth. This is all going to pass away. Look to the eternal, and see all that He has in store for those that love Him. It is going to be exceedingly more than we could have ever even imagined. This world, with all of its corruption, is going to be gone one day soon, and what the Father will give us will be so amazing that it will last us forever. Wow! Can you just see a little of it today through the eye of faith? Keep looking up! He is coming soon!

Confession: My Father has taken time out of His busy schedule to prepare a place for me. Thank you Father for caring so much for me that you are preparing a special place for me. I must be special to you if you would do this!

FOCUS ON FRUITS

10 tips Nutrition Education Series MyPlate MyWins:

Based on the Dietary Guidelines for Americans

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1. **Keep visible reminders**

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

2. **Experiment with flavor**

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3. **Think about variety**

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

4. **Don't forget the fiber**

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5. **Include fruit at breakfast**

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6. **Try fruit at lunch**

At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.

7. **Enjoy fruit at dinner, too**

At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8. **Snack on fruits**

Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9. **Be a good role model**

Set a good example for children by eating fruit every day with meals or as snacks.

10. **Keep fruits safe**

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface micro-



https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits_0.pdf

20 Free Toddler Apps Without Hidden In-App Purchases

Running errands with little ones can be challenging, but sometimes you can't avoid a trip to the supermarket. To prevent in-store meltdowns, try loading a few free toddler apps on your phone. The games suggested below are available without pesky in-app purchases, or they have parental gates to prevent inadvertent charges to your account.

1. **Breathe, Think, Do** Sesame Street app is great for teaching kids "chill skills" and how to think their way through a tough situation.
2. **Rosetta Stone Letter Sounds** Kids help the Go-Go Lingos match pictures to starting letter sounds.
3. **The Reading Train** Age-appropriate learning games.
4. **Pango Free** Help Pango complete tasks like taking a bath.
5. **Sago Mini Ocean Swimmer** Your tot will discover an undersea world with Fins the fish and she learns to follow directions.
6. **Pixel and Parker** Help a boy find his missing cat in this story app that includes a board game complete with a spinning wheel.
7. **Rocket Speller** Kids help a friendly alien power his spacecraft by spelling words correctly.
8. **LEGO DUPLO Train** This app takes kids through a variety of tasks that build and steer a DUPLO train around a track.
9. **LEGO DUPLO Food** Another cute app lets your toddler run his own snack stand and prepare LEGO-sized food.
10. **LEGO DUPLO Ice Cream** Help a bunny build a boat and complete other tasks before sailing off in search of an elusive ice cream cone.
11. **PBS Kids Videos** This app provides tons of free educational video content for kids to keep them occupied when you need a quick diversion.
12. **Barbie I Can Be** Decorate cupcakes as a baker or take care of sick animals as a veterinarian to earn rewards.
13. **Alien Assignment** While helping an alien family fix their spaceship, toddlers also learn how to use the camera button on iPhones.
14. **Tiny Tiger and Friends** Kids pick a friend to dress up and play games like Peek-A-Boo.
15. **First Words Sampler** This learning game is for toddlers and preschoolers and helps with letter recognition and first spelling words.
16. **Little Stars Toddler Games** This game asks toddlers to find the correct letter or shape. Correct answers earn virtual stickers.
17. **Animal Memory Match Free** Memory game can be set to the "easy" level to entertain toddlers.
18. **Balls** Direct brightly colored paint balls, which produce wind chime sounds as they bounce off the walls and each other.
19. **Toca Kitchen Monsters** This free-play app allows little ones to prepare food and feed a friendly monster.
20. **The Monsters Family** Play games that ask kids to identify colored objects or pick the item that's different.

AUGUST COMMUNITY EVENTS

Perry Square Block Party

Thursday August 2nd at 6:30 PM – 10:30 PM
Perry Square – 568 State Street Erie PA 16501
Join Cosmic Rhythm and Eric Brewer & Friends as we celebrate the newly defined Perry Square District in the heart of downtown Erie. Any money raised will go toward the downtown holiday decor, facade improvements, and beautification & infrastructure projects.

Movies at LEAF – Summer 2018

August 3rd at 8:30 PM – The Lion King
August 10th at 8:30 PM – The Land Before Time
Join us for a free movie! Bring a blanket or chairs. Will be cancelled in the event of inclement weather. Held on 8th St. side of Frontier Park. FREE. All ages welcome

Saturday Strolls Under the Arch

Saturday August 4th at 11:00 AM – 3:00 PM
Come join the West Erie Plaza stores for shopping specials, live music provided by Accurate Performance School of Music, local food trucks, and lawn games!
SorcERIE Food Truck
20% off one full price item at E. Lane Boutique
Free dog washes at Pet Supplies Plus –
West Erie, PA BOGO studio fees at Claytopia

8 Great Tuesday Concerts

Every Tuesday
August 7th, 14th, 21st @ 6:30 PM
Highmark Amphitheater At Liberty Park
August 7 Opening Act: Refuge
 Pure Prairie League (American Country Rock)
August 14 Opening Act- The Breeze Band
 Wesley Bright & The Honeytones (Soul)
August 21 Opening Act- RiffRiders
 FemmeZeppelin

CelebrateErie 2018

August 16 – 19th at 11:00 AM to 9:00 PM
State Street Erie PA 16501
4 days and 6 city blocks worth of the sights, sounds, and flavors that make Erie a great place to live, work and play – and a perfect place to visit.
CelebrateErie Mainstage – The largest free music concert in the region, hosting world-class musical acts and local opening acts.
KidsZone – featuring family-friendly shows, entertainment, activities, and fun for all ages.
Chalkwalk – a colorful display of chalk art, showcasing a wide range of creative subjects.
Taste of Erie – Perry Square hosts outposts of local restaurants with menus featuring special dishes & drinks made just for CelebrateErie.
Artwork of all types of medium, created by some of Erie's finest local artists.
4 different stages showcasing musical and performing art from the region's most talented entertainers.

Erie Blues and Jazz Festival

August 3rd, 4th & 5th at 10:00 AM – 6:00 PM
Frontier Park – West 6th Street Erie PA 16505

Infants

Ms. Brenda, Ms. Julissa, & Ms. Onyeah

Curriculum: Lifting, Rolling, Crawling, & Standing
Parents please remember to have an extra set of clothes in case of accidents. Thank You.

Toddlers

Ms. April & Ms. Kara

Curriculum: Body Parts
Behavior: Sharing

Toddlers 2

Ms. Carrie, Ms. Ruth

Curriculum: Colors, Shapes, ABC's & 123's
Behavior: Sharing

Preschool

Ms. Tyleshia & Ms. Mary

Curriculum: Letters, Colors, & Animals
Movies – Tuesdays & Playgrounds – Thursdays

Preschool 2

Ms. Ashley, Ms. Vanessa

Curriculum: Letter & Shape Recognition

Pre K Rainbows

Ms. Amikka, Ms. Lyneska, Ms. Jessica

Curriculum: How to be kind to one another.
Movies – Tuesdays & Playgrounds – Thursdays

Sarah Hearn

Mr. Tony, Ms. Felicia

Curriculum: Animals, Insects, numbers, What do you want to be...
Behavior: Sharing

SPECIAL NOTICE

The Miracle Dental Association will be at the Downtown YMCA on August 21st & 22nd at 8:30 AM to 4:00 PM.

They work with Medicaid Insurances for dental care for children. Contact your child's dental insurance provider to see if you can get an appointment for your child while they are here.

****PARENTS will have to bring their children to their appointment. Staff is not permitted to do so.**

If you have any questions, or concerns please do not hesitate to contact me: Susan Irwin
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