







As the year is coming to an end, we want to take a moment to express our gratefulness to every one of our incredible students, dedicated teachers, supportive staff, and engaged families that make up CHILD, Inc! Your commitment to education, collaboration, support and development of our students is truly inspiring!

IMPORTANT DATES TO REMEMBER

12/22-1/2	Part Day CLOSED for Holiday Break
12/24-1/2	RI PreK CLOSED for Holiday Break
12/24-12/25	CHILD, Inc. CLOSED for Holiday Break
1/1/26	CHILD, Inc. CLOSED for New Year's Day
1/19/26	CHILD, Inc. CLOSED for MLK Day
2/16/26	CHILD, Inc. CLOSED for President's day
2/16-2/20	Part Day & RI PreK CLOSED for Winter Break

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WHAT'S HAPPENING IN OUR CENTERS?

CADY • CENTERVILLE • DRAPER

Recently, some of our staff attended the 2025 NAEYC Annual conference where they participated in several sessions rooted in early childhood education. Cortney, one of our fabulous toddler teachers at our Draper Ave location, has been busy putting the new information she learned into practice! Here is what Cortney had to say...

"I had the chance to attend the NAEYC Conference, and I came back feeling completely refreshed and full of new ideas. I couldn't wait to jump right back into the classroom and start trying things out.

One of my favorite sessions was *Tiny Hands, Big Ideas: Loose Parts Play and Open-Ended Materials for the Youngest Learners*. It really opened my eyes to how powerful loose parts can be. These are simple, everyday items that kids can use in endless ways. A small stick, for example, might become a phone, a writing utensil, or even pretend food. There's no "right" way to use them, which is what makes loose parts so great for creativity and imagination.

The presenter also talked about messy play. She introduced the idea that the younger kids are when they get to explore full-body messy play, the faster they get over that need to make messes later. Basically, if they get those experiences early, they're less obsessed with messy play as older toddlers. (Pictured)

As soon as I got back, I decided to bring some of these ideas into the classroom. I went to the kitchen and grabbed a few small metal bowls, some spoons, and mixing tools. I set them out on a table and on another table I put bristle blocks, torn paper, colored bears, and plastic crayons. Then I let the kids explore however they wanted.

Within minutes, the children brought over the baby dolls, sat them in the chairs, took out plates and utensils, and suddenly they were busy making "food" to feed their babies. It was such a great example of how loose parts play naturally turns into creativity, problem-solving, and teamwork. They took the materials and made the experience completely their own. (Pictured)"

Resources Worth Checking Out

Loose Parts Schema by Michelle Thornhill This is a free PDF you can easily find on Google. It breaks down loose parts play in a simple, useful way and helps connect it to different play schemas.

AutismLittleLearners.com I heard this site mentioned in so many sessions, and somehow I had never come across it before! It has great resources for young children, including social stories for regulation.





Thank you to all of the families who participated in our Fall Parent Mingle.

Below are pictures of our Cady St.'s Fall Parent Mingle on November 20, 2025. We focused on Emotional Regulation with our guest LICSW, Ashley Laing. We made calming bottles for families to bring home to their children!









HEALTH & NUTRITION

Cold Weather Safety

Children are more vulnerable than adults to the effects of cold weather. These tips help Head Start families and staff keep children safe, healthy, and warm in the winter.

Bundle up!

- Children are at greater risk for frostbite than adults. The best way to prevent frostbite is to make sure children dress warmly and don't spend too much time outside in extreme weather.
- Dress children in layers of warm clothing. If the top layer gets wet, they will still have a dry layer underneath
- Tuck scarves inside coats and jackets to prevent them from becoming strangulation hazards.
- Car seats and winter coats don't mix. Bulky coats can compress in a crash and create a loose car seat harness. Instead, lay the jacket or a blanket over children once you've safely strapped them into their car seat.



Keeping Healthy Outdoors

- There's no set amount of time for children to play outside safely when the weather is cold. Use your best judgment. When the cold becomes unpleasant, it's time to go inside.
- If you are unsure if weather conditions are safe for outdoor play, check the <u>Child Care Weather</u> <u>Watch Chart</u>.
 - Have children come indoors periodically to prevent hypothermia or frostbite. A temperature of 0 degrees Fahrenheit and a wind speed of 15 mph creates a wind chill temperature of -19 F. Under these conditions, frostbite can occur in just 30 minutes.
 - Frost nip is an early warning sign of frostbite. The skin may feel numb or tingly or appear red (on lighter skin).
 - To prevent frostbite, check that mittens and socks are dry and warm. Frostbite occurs mostly on fingers, toes, ears, noses, and cheeks. The affected area becomes very cold, firm, and, depending on the color of the skin, turns white, yellowish-gray, or gray.
 - Even though it's cold outside, it's important to use sunscreen and stay hydrated. Children are more likely than adults to become dehydrated.

Staying Safe Indoors and in Vehicles

- Keep anything that can burn at least three feet away from heating equipment, including furnaces, fireplaces, wood stoves, and portable space heaters.
- Set up a 3-foot "kid-free zone" around open fires and space heaters.
- Remember to turn portable heaters off when leaving the room.
- Test smoke alarms at least once a month.
- Vent all fuel-burning equipment to the outside to avoid carbon monoxide (CO) poisoning.
- Install and maintain CO alarms. Keep alarms at least 15 feet away from fuel-burning appliances.
- If you need to warm up your vehicle, remove it from the garage as soon as you start it to avoid the risk of CO poisoning. Don't leave a vehicle running inside a garage.
- If vehicles are parked outside, check to make sure the tailpipe is not blocked with snow, which can also cause problems with CO.



National Center on

Health, Behavioral Health, and Safety



- Keep babies' cribs free of stuffed animals and blankets. A firm mattress covered with a tightfitting crib sheet is all that an infant needs to sleep safely.
- If you are worried about keeping babies warm, dress them in a wearable blanket, also known as a sleep sack.





Infection Control

- Cold weather does not cause colds or flu. However, viruses that cause a cold and the flu are more common in the winter when children spend more time indoors.
- Keeping everyone's hands clean is one of the most important ways to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water and rub them together for at least 20 seconds.
- Teach children to cough or sneeze into their upper sleeve or elbow, not their hands. Adults should model this behavior.
- Review program policies on handwashing; cleaning, sanitizing, and disinfecting; and excluding children and caregivers who are sick.
- The U.S. Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all children 6 months and older receive the seasonal flu vaccine every year. All early care and education program staff should also get vaccinated for the flu.





National Center on

Health, Behavioral Health, and Safety

1-888-227-5125 health@ecetta.info https://eclkc.ohs.acf.hhs.gov/health

Child Friendly Seasonal Recipes

From: https://headstart.gov/sites/default/files/pdf/

Snowman Crackers

Ingredients

1 carrot

1 red or orange bell pepper

1 to 2 celery stalks

1 package low-fat cream cheese, softened

1 box round whole wheat or rice crackers

1 can black beans, drained and rinsed

Directions

- 1. Cut the carrot into thin strips about ¼-inch long.
- 2. Cut the pepper into strips about ¼-inch wide.
- 3. Cut the celery stalks into short thin strips.
- 4. Spread a thin layer of cream cheese onto three crackers.
- 5. Arrange the crackers to make a snowman.
- 6. Add the black beans for eyes, a mouth, and buttons; a carrot for a nose; a strip of bell pepper for a hat; and celery stalks for arms.

Makes 24 to 36 servings

Safety tip: To prevent injuries, an adult should slice ingredients.

Mini Bagel Wreaths

Ingredients

1 mini bagel

2 ounces low-fat cream cheese

1 tablespoon chopped red, green, and yellow bell peppers

Directions

- 1. Cut the bagel in half.
- 2. Spread 1 ounce of the cream cheese on each bagel half.
- 3. Sprinkle with the chopped bell peppers.

Makes 2 servings

Safety tip: To prevent injuries, an adult should slice ingredients.





Cheesy Snowmen

Ingredients

4 thin pretzel sticks

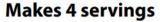
½ pounds low-fat mozzarella cheese, cut into 1-inch cubes

3 tablespoons seedless blackberry preserves

4 grapes, cut in half

Directions

- 1. Cut the cheese into 1-inch cubes.
- 2. Cut the grapes in half.
- 3. Break a pretzel stick in half and push each half into the sides of one cheese cube for arms.
- 4. Put the blackberry preserves in a small plastic bag. Cut a small corner off the bag, and squeeze small dots of preserves to make a face.
- 5. Build the snowmen with three cheese cubes, and put a grape half on the top cube for a hat.



Safety tip: To prevent injuries, an adult should slice ingredients and cut the bag.



Ingredients

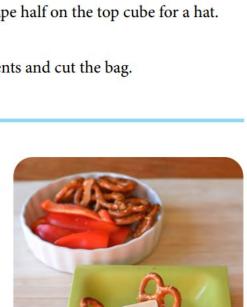
4 cheese slices 1 piece of red pepper 2 black olives 8 small pretzel twists

Directions

- 1. Cut the cheese into triangles that are ¼- to ½-inch thick.
- 2. Cut the olives into small pieces.
- 3. Cut the pepper into ¼-inch circles.
- 4. Put one corner of the cheese triangle into the bottom hole of the pretzel twist to make the first antler.
- 5. Put the other corner of the cheese triangle into the bottom hole of the second pretzel twist to make the second antler.
- 6. Add two black olive pieces onto the cheese to make the reindeer's eyes.
- 7. Add the red pepper circle onto the cheese to make the reindeer's nose.

Makes 8 servings

Safety tip: To prevent injuries, an adult should slice ingredients.



Cook's Corner: Recipes for Healthy Snacks—Compiled from Brush Up on Oral Health (3rd ed.) offers simple recipes for young children that can be made in Head Start programs or at home. The recipes originally appeared in Brush Up on Oral Health issues published between 2012 and 2020.

This resource is supported by the Administration for Children and Families (ACF) of the United States (U.S.) Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$8,200,000 with 100% funded by ACF. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, ACF/HHS or the U.S. Government.

WHAT'S HAPPENING IN OUR COMMUNITIES?

Coventry • Warwick • West Warwick



- Warwick City Hall
- Duration: 6 hr
- Public · Anyone on or off Facebook

Christmas/holiday parade stepping off at 10 a.m.

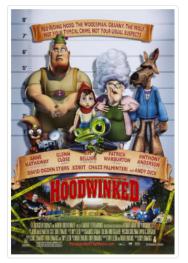
The event will run from 9 a.m. to 3 p.m. and will include vendors, food trucks, live music, horse and carriage rides, balloon art, face painting, photos with Santa and Mrs. Claus, and many more family-friendly activities, including a scavenger hunt!

There will also be hourly giveaways for people who enter their name that day or register online. Stay tuned for more details about parade route & registration.

Rain Date December 10



Warwick Public Library / LibCal / Library Events Calendar



Family Movie Afternoon -HOODWINKED In-Person



Families are invited to join us for the movie Hoodwinked, which came out 20 years ago! Laugh out loud twist on the Classic Fairy Tale. Rated PG Running Time 80 mins. Please register to join us.

Snacks will be included, but feel free to bring your own treats.

Summary- In a twist on Little Red Riding Hood, furry and feathered animal cops investigate a disturbance at Granny's cottage involving a girl, a wolf, and an axe. The charges include breaking and entering and intent to eat. This case also connects to the mysterious "Goody Bandit," who has been stealing recipes from goody shops.

> Date: Wednesday, December 31, 2025

Time: 2:00pm - 4:00pm

Time Zone: Eastern Time - US & Canada (change)

Location: Large Meeting Room Kids Teens Audience:



West Warwick Public Library / LibCal / WWPL Calendar



Holiday Raffle In-Person



Feeling the festive spirit? We are! With the holiday season just around the corner we're kicking off our annual Holiday Raffle on Monday, December 1!

Tickets are \$1 each, or buy more and save:

12 tickets for \$10 (two free tickets!)

25 tickets for \$20 (five free tickets!)

The final drawing will be held Monday, December 15 at 4 PM.

Grab a gift for yourself or a loved one, all while supporting your local library!

From: 9:00am, Monday, December 1, 2025

4:00pm, Monday, December 15, 2025 Time Zone: Eastern Time - US & Canada (change)

Location: Foyer



Nature Walks

Saturday, December 20, 10am-11am

Join the Museum Collections Curator for a walk around Roger Williams Park and learn about the various birds, insects and flowering plants that make up our local environment. Binoculars are not required but encouraged for animal sightings. Recommended for all ages. Walks meet at the <u>Museum of Natural History and Planetarium</u>. Program fee per session: \$3 per person/free for <u>museum members</u>. Pets and strollers are not permitted. <u>Pre-registration required</u>.

Roger Williams Park Full Moon Hikes

Thursday, December 4, 6pm-7pm

Saturday, January 3, 6pm-7pm

Explore the moonlit trails in Roger Williams Park during this FREE hike. Learn about the night sky and history of the park. Please no pets or strollers. Walks meets at the <u>Museum of Natural History and Planetarium</u>. Pre-registration not required.

Urban Naturalists Hikes Sunday, January 4, 10am-11am Sunday, February 1, 10am-11am Sunday, March 1, 10am-11am

Join us for a walk around Roger Williams Park to learn more about the environment around us! Winter is the perfect season to start building up skills to identify different birds, mammals and plants in the city's backyard. Please dress for the weather and wear comfortable shoes. Binoculars are not required but encouraged for animal sightings. Walk meets at the Museum of Natural History and Planetarium. Recommended for ages 4 and older – families encouraged! Pets are strollers are not permitted. **Program fee per session**: \$3 per person/free for museum members. Pre-registration required.

Winter Bird Walks in Roger Williams Park Saturday, January 10, 10am-11am Saturday, February 14, 10am-11am Saturday, March 14, 10am-11am

Join us as we brave the winter temps in search of some feathered friends in Roger Williams Park. Some possible sightings include woodpeckers, chickadees, finches and hawks. We will pay special attention to the ponds where wintering waterfowl can provide unexpected species. Please wear comfortable shoes and bring binoculars if you have them. All skill levels are welcome. Walks meet at the Museum of Natural History and Planetarium. Pets and strollers are not permitted. **Program fee per session:** \$3 per person/free for museum members. Preregistration required.



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Friday, December 5, 10am: Warm Winter Clothes

Friday, January 2, 10am: Hibernation - where are they now?

Friday, February 6, 10am: Sensational Snow Friday, March 6, 10am: Digging for Dinos

Children, ages 2-4 with parent or caregiver, will investigate the world around them as they sing, dance and discover in this monthly series. Takes place the first Friday of each month, September through June, from 10am-10:30am. Each session will contain age-appropriate stories, songs, poems and a craft related to the topic. Expose your preschool child to science and culture in a unique and stimulating museum setting!

Program Fee per session: FREE You can call 401.680.7223 or email us to register.

ROGER WILLIAMS PARK Winter Wonderland

FREE PARKING & SHUTTLE

SATURDAY, DEC 6TH | 12PM - 4PM

MUSEUM OF NATURAL HISTORY & PLANETARIUM

Free museum admission, plus enjoy winter crafts and hands-on activities.
Planetarium show at 2pm (tickets online)

CAROUSEL VILLAGE

Carousel rides & hayrides (extra fees apply).

ROGER WILLIAMS PARK ZOO

Free admission for Providence city residents.

RWP BOTANICAL CENTER

Explore **festive train displays**, holiday trees & exhibits, and a train scavenger hunt.

GATEWAY CENTER

Free visits with Santa and a special performance of holiday classics by Gerald Perkins.

4:30 PM: TREE LIGHTING ROGER WILLIAMS BANDSTAND





Families with children ages 3-8 can join us at the library for Family Evening Story Time. On December 16th at 6 pm, children will listen to stories and songs at the library. Each child will receive a fun craft kit to complete at home! Registration is required. Please call Youth Services, 822-9102, to register.



CRAFT PROGRAMS





EVENING ADULT CRAFT PROGRAMS

Join us for our new, monthly evening craft night! Registration required. Check our newsletters and website for upcoming dates!

Monthly, typically on Mondays @ 6 PM



DAYTIME ADULT CRAFT PROGRAMS

Join us for our monthly daytime craft programs! Our December craft is full, but check the newsletter or website for future dates!

Monthly, typically on Thursdays @ 1 PM



FIBER ARTS CLUB

1st & 3rd Wednesdays of the month. Bring your crocheting, knitting or other fiber project. No instruction given. Registration required.

1st & 3rd Wednesdays, 2 - 3:30 PM



TEEN MONTHLY CRAFT PROGRAMS

New! Teens in high school, grades 9-12, can come to our monthly craft night! Registration required. Last Friday of the month!

Monthly, typically on Fridays @ 6 PM



CRAFTY SATURDAYS

Children of all ages can come in to Youth Services to create a fun craft at our monthly Crafty Saturdays programs! Drop-in program.

Monthly on Saturdays, 11 AM - 3 PM

Storytime Spotlight

I'm Going to Build a Snowman by Jashar Arwan



In this sparkling picture book celebration of winter and creativity, a boy's snow day efforts show that perfection is relative and what's important is taking pride in what you do!

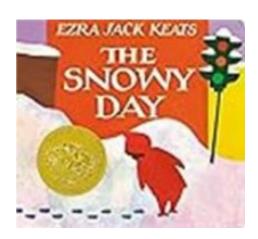
YouTube Link:

https://www.youtube.com/watch? v=erm_bm4vOx0

At-Home Activity:

Have adventures in the snow or make your own snow with torn up white paper.

The Snowy Day by Ezra Jack Keats



The magic and wonder of winter's first snowfall is perfectly captured in this classic seasonal board book celebrated by generations of readers.

YouTube Link: https://www.youtube.com/watch? v=QYWodTneq-Q

At-Home Activity:

Build an indoor snowman, go sledding, or create sensory bins with snow-themed items. Paint the snow with water and food coloring. Keep a weather journal with your child and track the weather for a week.

Compare it to the book.

RESOURCES

Circle of Security Parenting Program

Circle of Security®
PARENTING™





At times all parents feel lost or without a clue about what our child might need from us. Children do not come with instructions. It is hard to know how to respond to difficult behaviors and how to manage them. Children communicate their needs through behavior. The Circle of Security Parenting program provides a roadmap for parent to understand these behaviors and better meet the needs of their children. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program is based on decades of research about to secure parent-child relationships can be supported and strengthened. Secure parent-child relationships lead to children and parents enjoying more happiness, children getting along better with siblings and knowing how to be a kind person to all.

For more information, reach out to our Mental Health Manager, Jodie at jsexton@childincri.org.

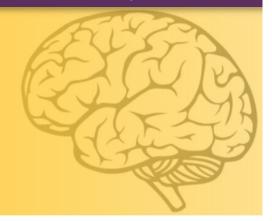
WHAT IS THE GREATEST EIGHT™?

The Greatest 8[™] is an exciting initiative designed to help parents give their children a great emotional start in life. The initiative focuses on eight key skills, which if developed at an early age, can set a child up for a life of mental wellness. The Greatest 8[™] is about helping parents help their kids with healthy emotions and behavior.

The topic of child development can be overwhelming for parents, and finding trustworthy resources can be a challenge. The Greatest 8[™] was designed with parents in mind by a team of researchers from the University of Rhode Island. Each of the eight key skills are segmented into age groups, and feature real-life examples, strategies, and tips. The eight skills include: communication skills, understanding and identifying feelings, balancing emotions, self-perceived competence, problem solving, coping and resilience, conflict management and resolution, and diversity awareness and respect.

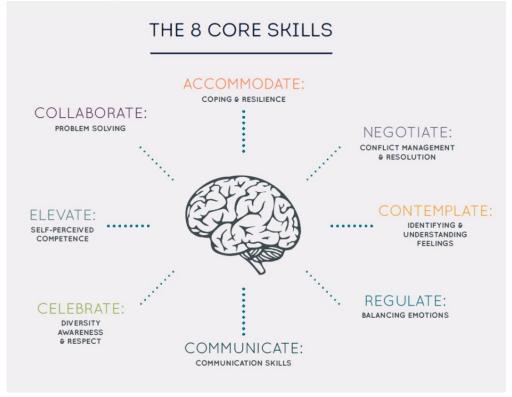
YOUR CHILD NEEDS YOU. YOU NEED THE GREATEST 8™.

TEXT GREATEST8 TO 401 297 3020





Get a free text message each week to help you teach your child *eight skills for a lifetime of mental wellness!* The Greatest 8[™] delivers TIPS AND ACTIVITIES you can use to nurture your child's healthy emotions and behavior.





Helping our families get access to free children's clothing and accessories

Now Open!

To ensure all of our families have access to clothing, we are excited to introduce our FREE Children's Clothing Closet located at 160 Draper Ave in Warwick, RI.

We have renovated one of our mini buses to store gently used children's clothing and shoes, new packages of socks and underwear, and more for CHILD Inc. families.

The Clothing Closet can be accessed on Thursdays from 8-4 or by appointment.

Clothing donations can be dropped off at any one of our 3 locations!

FOR ANY QUESTIONS OR TO MAKE AN APPOINTMENT PLEASE CONTACT AMANDA AT 401 732 5200

COMMUNITY CUPBOARDS

Food insecurity increased sharply for households with children in 2024 and continues to be major health concern. Nearly 1 in 3 RI households cannot afford adequate food.

A record number of Rhode Islanders need food assistance due to high food prices, the steep rise in housing costs and the end of COVID-19 relief programs.

Healthy eating habits and good nutrition are vital to developing brains and bodies. To ensure no child goes without, food cupboards with shelf stable products and personal care items are located at each of our sites. Anyone from our CHILD, Inc. community can take what they need at any time.

If you would like to support this cause and help a family in need, you can donate to the Cupboard. Items can be dropped in donation boxes located at all centers. Please no expired or damaged products. For more information on additional community resources, please see your Family Advocate.



Major Findings of the Report:

- ★ A record number of Rhode Islanders need food assistance due to high food prices, the steep rise in housing costs, and the end of COVID-19 relief programs.
- ★ Nearly one in three Rhode Island households cannot afford adequate food.
- ★ Communities of color and families with children are at the greatest risk of hunger.
- ★ Ending free meals for all students led to a decline in the number of children participating in school breakfast and school lunch in Rhode Island.

THANK YOU

To all who have donated to and supported our program and families this year!

Thank you to the staff and customers at Mind Your Manicure who donated food to our Community Cupboards!



mindyourmanicure

Mind Your Manicure ®

499 posts 3,816 followers 1,152 followin

- a mindful nail experience™-#MindYourManicure Non-toxic. Vegan. Cruelty-free. Dazzle Dry/TGB





Thank you to the Secret Angels Society for their holiday donation to fifteen children in our program!

We appreciate your generosity and support in making the holiday more special for our families!



WATER | FIRE | MOLD | RECONSTRUCTION



For their donation of food baskets to 22 families for Thanksgiving!





COACH'S CORNER

Greetings from the Coaches Corner!

Our teachers continue to grow professionally, learning new strategies to strengthen their relationships and foster meaningful interactions with our students.

I'm proud to share that Draper Avenue School has received a 5-star rating, the highest level in the BrightStars continuum. In fact, all three of our schools have made this prestigious 5-star distinction. Congratulations to all our dedicated teachers and managers for achieving this outstanding milestone!

Library Boxes

Outside our schools at Cady Street, Centerville, and Draper, you'll find library boxes filled with books for all ages. Each month, these boxes are stocked with "make-it-take-it" activities designed to support student learning beyond the classroom. Every box contains 10 activities, and this month's theme is gratitude. Each activity includes an In-Kind slip—please remember to return this slip to your child's teacher or Family Advocate. These contributions are an essential part of CHILD Inc.'s federal funding requirements. Thank you for helping us meet our goals!

Enhanced Learning

Looking for additional materials to support your child's educational journey? Our teachers, education managers, and CHILD Inc.'s Instructional Coach are excellent resources. Please don't hesitate to reach out if you need support—I'm happy to help. You can contact me at jpetrie@childincri.org.

Wishing you and your family a joyful and peaceful Holiday season!

C.H.I.L.D., Inc. was incorporated in 1977. We are a private, non-profit agency that provides comprehensive child development and family support services for low to moderate income families residing in Kent County, RI.

C.H.I.L.D., Inc. is a Federal grantee for Head Start and Early Head Start services. We provide high-quality, health and prenatal services and standards-based early education and care that support children's school readiness and promote family well being. In addition to federal funding, C.H.I.L.D., Inc. receives funding from the state of Rhode Island to supplement our Head Start funding.

C.H.I.L.D., Inc. is a grant-funded provider of the Rhode Island State Pre-K program, administered by the RI Department of Education (RIDE) and a contracted provider of the Rhode Island Child Care Assistance Program (CCAP), administered by the Rhode Island Department of Human Services (DHS).

CHILD, Inc.

23 Cady St. Coventry RI 02816 P 401.823.3228 F 401.826.8920

849 Centerville Rd. Warwick RI 02886 P 401.823.3777 F 401.823.5908

160 Draper Ave. Warwick RI 02889 P 401.732.5200 F 401.737.2302



CHILD, INC. ADMINISTRATION TEAM



Amanda G Child Development Manager



Amanda H Deputy Director of Children's Services



Ashley Mental Health Manager



Erica Child Development Manager



Janice Health Manager



Jo-Anne
Child Development
Manager/ Coach



Kim Human Resource Specialist



Michelle CEO



Sherry
Child Development
Manager

Follow us on Facebook!

Please do not hesitate to reach out if you have any questions or concerns!