



PIEDMONT CHILD CARE CENTER NEWSLETTER

~JANUARY 2012~



Happy New Year! We hope all of our families had a wonderful Holiday. Thanks to all those who came to our Christmas Program and Slideshow- the children were fantastic! Copies of the slideshow will be available for purchase shortly!

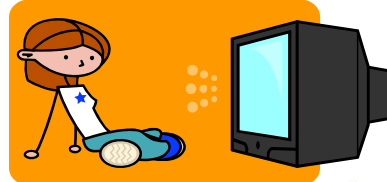
Miss Miho's music classes will resume for the Winter session on January 19.

PCCC will be **CLOSED**
on
Monday, January 16th
for Martin Luther King
Jr. Day

Make a New Year's Resolution to READ to your child EVERY DAY! Not only do you spend quality time with your child, but it will strengthen communication skills, language mastery, and listening skills. Reading with your child also helps to develop a love of reading later on in life~ even 20 minutes a day makes a difference!

Do you have or know any school aged children? Don't forget, our Drop-in program is available when schools are closed!

Please remember that we are required by Licensing to take the children outside EVERY DAY. Please dress your child appropriately for the weather and provide warm clothes, hats, coats, mittens, etc! Thank you 😊



Mindful Television Watching

A new study in the journal of Pediatrics has shown that certain types of cartoon watching may have a negative impact on children's brains. The study shows that children who watch a fast-paced cartoon may not be able to concentrate, maintain self control, or focus as well as those who watched a slower-paced cartoon or no television at all.

Researchers from the University of Virginia showed 60 4-year olds a 9-minute chunk of a cartoon similar to "SpongeBob." The experts then tested the children's memory, thinking skills, and self control and compared their scores to other youngsters, who had watched a slow-paced educational cartoon or drew pictures with crayons and markers.

The pre-schoolers who watched the fast-paced shows did much worse on the tests than those in the two other groups, who scored about the same. The researchers suspect that the brain gets overtaxed or tired from all of the stimulation from the fast-paced cartoons leading to lower scores.

The American Academy of Pediatrics (AAP) recommends parents "limit children's total media time (with entertainment media) to no more than 1 to 2 hours of quality programming per day" and "discourage television viewing for children younger than 2 years" entirely.



Some researchers say, that when children's brains, which are still developing, are bombarded with too much stimulation, it can interfere with their ability to learn to focus properly. He suggests that parents keep an eye on what their children are watching.

"The point of this study and a lot of other research in media is that what your kids watch is as important as how much they watch. It's not just about turning off the television, it's about changing the channel," says Dr. Dimitri Christakis, director of the Center for Child Health, Behavior and Development at the University of Washington in Seattle and author of an editorial in Pediatrics.

"The important take home message here is that the content of viewing actually matters. Many, many parents have rules about the quantity of programming their children watch but far fewer have restrictions on what they watch," says Christakis.