

RAISING RILEY

NEWSLETTER



JUNE, JULY,
AUGUST

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Save The Date!
Monday's 8/5-8/26
6 - 8PM

Building Your Bounce Adult Resilience Training

The critical connection between children's resilience and the health and wellness of the adults in those children's lives cannot be underestimated! So, let's talk about YOUR resilience.

Building Your Bounce is designed to meet you where you are and help you focus on your own health, happiness, and overall well-being. We will learn about resilience and how important it is that you learn to promote your social-emotional health, how your social and emotional well-being can impact your children, and specific, simple, and inexpensive strategies to reduce stress and promote your social-emotional health.



Upcoming trainings:

- **Literacy Training:**

Monday, June 24

- **CLASS Training:**

Monday, July 22

How to Support Toileting

- Involve the child's family in developing a toileting plan to build skills. This plan should include common vocabulary words and a consistent routine that is both culturally responsive and developmentally appropriate to be used both in the home and at school.
- Build bathroom times into the daily schedule to establish a consistent routine, while also allowing children to access the bathroom as needed.
- Caregivers should frequently check in with children who are being toilet trained (e.g., arrival time, before/after snack, and meals, transitioning between activities, etc.) rather than depending on them to tell the adult. This will remind the child to use the bathroom before an accident occurs.

- Read books and incorporate toileting picture books into the classroom library and centers where appropriate (e.g., dramatic play, science areas).
- Ensure that each child has one or more sets of extra clothes available. Parents may need to be reminded to send in a replacement set of clothing each time that the child has a toileting accident.
- Be encouraging to the child. When there is an accident, have a private conversation with the child reassuring that they may use the bathroom any time the need arises
- Have a plan and protocol in place for changing the child in private when there is an accident so as not to disrupt the classroom routine (e.g., an adult staff member directly supervises the children from the bathroom doorway where they are able to enter the restroom quickly to provide assistance).
- Stay calm and positive.
- Provide positive praise and support for the child's efforts.

