

KIDCO Express

May, 2019

ACTIVITIES

May is Mother's Day Month. Mothers are all those who are there day in and night out in their everyday responsibilities with their children. We wish ALL MOTHERS a very Happy Mother's Day.

May 2

- All KIDCO Sites participated in a field trip to the Actor's Playhouse to see the play "School House Rock"

May 5

- "Cinco de Mayo" – Share our Culture Day" – children bring an item from home that represents their culture for "show and tell"

May 6 – May 10

- Teacher Appreciation Week!

May 9

- 3:00pm – Parent Committee Meeting followed by Transition Training at KIDCO IV & KIDCO V
- 3:00pm – Parent Committee Meeting followed by Transition Training at KIDCO VI

May 10

- "Mom and Me" Art Activity – children will make a picture frame with their mother's that holds a picture of them
- Teacher Appreciation Week Luncheon at every site!

Congratulations and Thank You!



May 12

- MOTHER'S DAY!!

May 13

- 9:00am – 11:00am - Kindergarten Transition Field Trip to Eneida Hartner Elementary – KIDCO VII

May 14

- 9:00am – 11:00am – Kindergarten Transition Field Trip to James H. Bright Elementary – KIDCO II
- 9:00am – 11:00am – Kindergarten Transition Field Trip to Eneida Hartner Elementary – KIDCO V
- 3:00pm – Parent Committee Meeting followed by Transition Training at KIDCO VII
- 3:30pm – Parent Committee Meeting followed by Transition Training at KIDCO II
- Dad Read to your Child at all KIDCO sites

May 16

- 9:00am – 11:00am – EHS Magical Moments in-House Field Trip – Petting Zoo – KIDCO II
- 12:00pm – Policy Committee Meeting at KIDCO VII

May 17

- 9:00am – 11:00am – EHS Magical Moments in-House Field Trip – Petting Zoo – KIDCO VI



May 27

- MEMORIAL DAY – ALL CENTERS CLOSED

May 29

- Exhibition of the "Houses for Haiti" Children's Art Project – Children create a 3-dimensional houses for Haiti project using art and recycled materials to celebrate Haitian Heritage Month.

May 30

- LAST DAY FOR HEAD START!

MAY'S BIRTHDAYS



Gloria Ramirez
 Maria Barbery
 Jossie Battle

May 1
 May 17
 May 21

PARENTS' CORNER

"POSITIVE DISCIPLINE"

To help children become more in *control of their emotions*, it is helpful to provide a structured routine and anticipate problem situations. Young children tend to lose control of their actions and emotions when they are tired or over-stimulated. To avoid these situations, it is important to *set limits and make rules* that your child can understand and follow. The important thing is to make your child's routine predictable and set limits that make him or her feel secure. Your child needs to know what to expect and what is expected of him or her.

Look at your own behavior to see what you are teaching your child. Remember to handle stressful situations calmly and without anger –to act instead of react. *When you yank a child out of a store, you teach anger. When you remove the child in a calm and non-judgmental way, you teach self-control.* The key is to model behavior that helps children to learn to regulate their emotions and actions.

Certain situations can affect your child emotionally. For example, if your child is very active, provide ample space for movement. If your child is shy, don't arrange a play date with an aggressive child. If your child is sensitive to loud noises, avoid overly stimulated environments.

It is important to see every situation through your child's eyes. Young children lack the emotional maturity to make adult decisions. Remember that giving in doesn't equal love. *Positive discipline is about teaching not punishing.* When your child misbehaves in any way, it is always best to take action calmly, quickly and respectfully. By practicing "respectful discipline" you will show your child how to cooperate, act kindly and accept personal responsibility for their actions.

END OF THE YEAR CEREMONY

June 3, 2019 – 3:00pm – 5:00pm – KIDCO V
June 4, 2019 – 3:00pm – 5:00pm – KIDCO IV
June 5, 2019 – 3:00pm – 5:00pm – KIDCO VII
June 6, 2019 – 3:00pm – 5:00pm – KIDCO II

Location: Edison Park K-8 Center
 500 NW 67th Street
 Miami, FL 33150

CRISPY BAKED FRIED CHICKEN

(4-6 Servings/50 minutes)
 Calories: 520

Ingredients:

- 8 chicken pieces
- ½ cup flour
- Salt and pepper
- 4 cups corn flakes
- 2/3 cup buttermilk
- 2 Tbsp mustard
- ¼ tsp cayenne pepper
- 1 ½ tsp paprika
- ¾ tsp ground sage

Directions:

1. Preheat the oven to 425F.
2. Rinse the chicken and pat dry.
3. In a bowl season the flour with salt and ¼ tsp of pepper.
4. Fully coat chicken pieces with flour and shake off excess flour.
5. Crush the corn flakes.
6. In a large bowl mix the buttermilk, mustard, cayenne pepper, paprika and sage. Give each floured chicken piece a good buttermilk bath and then roll in the corn flake crumbs.
7. Arrange the chicken pieces on the rack and place in the hot oven.
8. Cook for 15 to 20 minutes, lower the heat to 375 degrees and cook for another 25 to 30 minutes, until cooked through and crispy.

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