



# September 2008

Del Rey Christian  
Children's Center  
a ministry of ...

Del Rey Hills  
Church

## Sing Ourselves Silly

Through music we can create a home filled with happy noise.

[MomSense, July/August 2008](#)

MOPS President Naomi Cramer Overton

Just this weekend, I snickered at the irony of me writing an article about playing vs. doing house. You see, play isn't really my thing. Me, with three children? Me, with graduate-school deadlines? Me, with the thrill and responsibility of leading MOPS? Me, play???? Ha!

Then, the sound of music—not the movie starring Julie Andrews—but piano notes and bongo drumming—wafted up stairs. I smiled as I realized that by introducing my kids to music, they could now return the favor. They were brightening my spirits in our home.

One way I have found to lighten up when I'm "doing" mothering is to bring in music. And to bring my kids into the musical act as well. Music helps us "play" house.

I started singing to our kids during pregnancy by choosing a song for each child. For firstborn Tyler, I sang of courage with lyrics that echo, "The Lord is my strength ... of whom shall I be afraid?" For Delaney, I celebrated her surviving a precarious second trimester with a tune affirming "Love's been following you."

Once our kids arrived, we found silly ways to enjoy music together. On grey-mood days, we would clap a wake-up chorus: "This is the day that the Lord has made. Let us rejoice and be glad in it! Yay, yay! Hip, hip, hooray!" My husband, Frank, got involved too—gently swaying our eldest as he sang, "TJ do the hula, TJ do the hula, TJ do the hula with ... Daaddy." For the final word, he'd bring TJ close and touch noses. Eventually this caused Tyler and each of his later-born siblings to laugh uproariously.

I managed to teach vowels by creating a sing-song game that began "a-e-i-o ..." and then before I'd say "u," I'd lightly tickle Delaney, and we'd both laughingly say "uuuuuuuu!!" Often we'd sing, "A friend loves at all times, a friend loves at all times, a friend loves at all times ... and I love YOU!", reinforcing characters traits and biblical concepts such as loyalty to friends and siblings.

Were there barriers? Sure! Our toddlers tested how they could control the music—asking me to stop singing (how's that for a compliment?), turning the music on screeching loud or drowning out their siblings' songs. In spite of the hurdles, music centers me in a God who "takes great delight in me, quieting me with his love, and rejoicing over me with singing." (Zephaniah 3:17)

Singing helps me be a better mom and redirects our kids to happier outlooks. And I've stuck with music because I find it's fun—not a "gotta-do-it-to-be-a-good-mom" kind of play. Even a play-challenged mom like I am has kept singing and playing, and my kids have picked up on my passion, too.

When the mood gets heavy at your house this summer, try singing. Get out pots and spoons or make shakers using cups, beans, wax paper and rubber bands. Or, play a CD or download a favorite tune\*.

For me, singing is part of joy. It's part of play. Singing is something we model for our children, no matter how good (or bad) our voices. Through music we can create a home filled with happy noise that strengthens each dweller's soul.

"You turned my wailing into dancing ... and clothed me with joy, that my heart may sing to you and not be silent."  
—Psalm 30:11-12

## Separation: It is hard to say goodbye

1996 Noodle Soup Fliers

### Thoughts on separations:

- Mastering separations feelings is a life-long process.
- Separation can be sad and painful...

And cause anger and fear.

- Any change in experience (new baby, moving, illness or starting school/day care) awakens separation feelings.
- Even bedtime feels like separation.

### What to do:

- Talk about changes as they occur and feelings of sadness, anger and fear.
- Encourage child to put feelings into words. Say things like "I know this is a hard time." "I will miss you, too."
- Get—acquainted visits are essential.

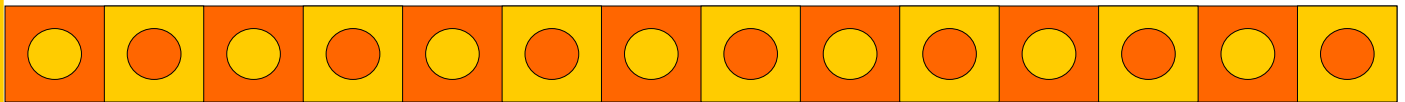
- Assure your child you will return...  
"I will be back after lunch/nap."
- Avoid telling the child, "Don't cry, or Be good!"
- Be confident when saying "goodbye." Give your child hope and say, "We'll feel better."

### Remember:

Loving attachments lay the foundation for growing independence.

Talking about separation helps the pain.

Having strong feelings is healthy, including anger and sadness. "It is all right to miss mommy/daddy."



## Quick chicken couscous

Annabel Karmel  
First Meals page 66

- Preparation: 10 minutes  
Cooking: 20 minutes  
Makes 4 portions
- Warm the butter in a pan, add the leeks, and sauté for 5 minutes, or until soften. Add the chicken and sauté until cooked through.
- Meanwhile, place the parsnips carrots in a steamer, or in a saucepan with enough boiling water to cover, and cook until tender, about 10 minutes.
- Bring the stock to a boil in a pan. Stir in the couscous, remove the pan from the heat, cover, and leave for 5 minutes, or until the stock has been absorbed. Fluff with a fork and stir in the chicken and vegetable. Add extra stock or water if necessary.



### Ingredients

- 1 tbsp butter
- 2/3 cup leeks, white part only, washed and finely chopped
- 2 oz boneless, skinless chicken breast, diced
- 1/4 cup parsnips, peeled and diced
- 1/4 cups carrots, peeled and diced
- 1 cup unsalted chicken stock
- 1/2 cup couscous

# SEPTEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Labor Day School Closed	2	3	4	5	6
		<b>Back To School Week</b>				
7 Del Rey Hills Worship Service 10am	8	9 Back To School Night 6:30pm	10	11	12 Scholastic orders Due	13
		<b>All About Me</b>				
14 Del Rey Hills Worship Service 10am	15	16	17	18		20
		<b>Wind &amp; Air Week</b>				
21 Del Rey Hills Worship Service 10am	22	23	24	25	26	27
		<b>Fall Week</b>				
28 Del Rey Hills Worship Service 10am	29	30				
		<b>My Feelings Week</b>				

## Schedule of Events

- Del Rey Hills Church offers a worship service every Sunday at 10:00am
- 9/1 School Closed in observance of Labor Day
- 9/2-9/5 Back To School Week
- 9/8-9/12 All About Me Week
- 9/12 Scholastic Orders due. Please no cash, checks only
- 9/9 Back To School Night - Parents are invited to have dinner with your child's teacher. Teachers will discuss their school year goals for the children. Parents are welcomed to ask questions, tour the school and meet all the teachers. We will also have information regarding enrichment programs, *So Fly Dance/Gymnastics* Classes and *Playball* Sports. Please note this is an adult only event.
- 9/15-9/19 Wind and Air Week
- 10/1 Picture Day

Happy Birthday

- Taylor 9/11
- Jaelin 9/15
- Joseph 9/16
- Teacher RonNe 9/16
- Sean 9/28
- Kayla 9/30

## Snack Calendar



	Monday's	Tuesday's	Wednesday's	Thursday's	Friday's
<b>Morning Snack</b>	Muffins and Milk	Cheerio's and Milk	Graham Cracker's and Milk	Fruit And Crackers	Croissants and Milk
<b>Afternoon Snack</b>	Fruit and Crackers	Carrots and Crackers	Ritz And Juice	String cheese and Juice	Gold Fish And Juice

Subject to change

## Welcome Our Newest DRCCC Staff Member



Please help us welcome our newest DRCCC staff member Shamira Gardner.

Shamira is currently attending Los Angeles Trade-Tech and is in progress of completing her classes. Shamira brings 4 months of ex-

perience from the San Diego Y.M.C.A where she successfully completed her preschool internship.

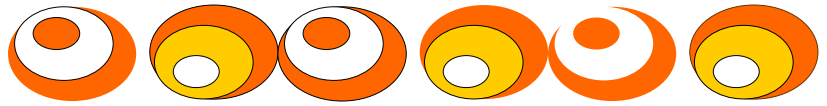
She is currently working at Palm Court Retirement Home as a Health Care Provider.

We are very excited to

welcome Shamira to our wonderful staff.



## Friendly Reminders



Please remember to...

- Apply sunscreen on your child in the morning (the teachers will re-apply in the afternoon before outside play)
- Bring your child to school with closed toed shoes. Please do NOT allow your child to wear "flip-flop" shoes to school. Tennis shoes are strongly recommended.
- Please do not allow your child to bring any toys from home.
- Please inform a teacher of any injuries (scratches, burses etc.) that may have happen

at home (or outside of the school). Also, please note the injury in the comment section of the sign in/out sheets (example: "scrape on right knee, fell at home").

- Sign your child in & out. Please print your child's full name as well as your full name and time of drop off and pick up. Make sure that you sign with a full legible signature (no initials). It is absolutely imperative that these forms are filled out accurately and thoroughly.
- Update any contact in-

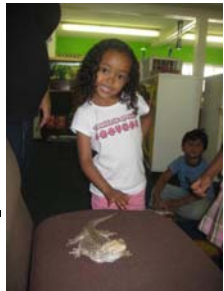
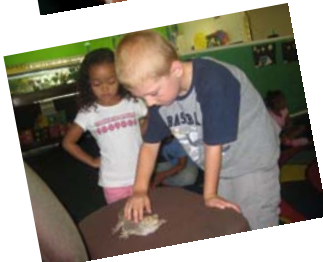
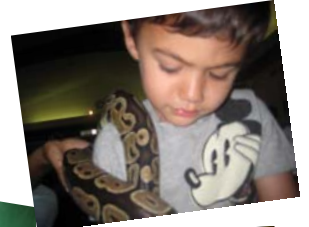
formation that may have changed.

- Please keep your child's cubbies stocked with a small blanket, sheet, optional small pillow, and extra clothes (pants, shirt, underwear). Please keep supplies to a minimum. Overstocking cubbies may cause them to tumble over when children are putting away items.



Thank You for your

# Reptile Day



More pictures posted on the stage

