Taking a Bite Out of Biting
by Karen Stephens, taken from “Biting Among Toddlers and Twos: Responses to Try.”

“Identifying situations and contributors that contribute to biting can help parents and care professionals respond wisely, but it can be tricky. The reasons children bite vary immensely. And in truth, an exact cause is sometimes never pinned down with certainty. We do know that by nature, toddlers and twos strive to get what they want, when they want it. And so they sometimes act out or use aggression, such as biting. Very young children rely on non-verbal communication, rather than verbal language, to express wishes and feelings. And so it’s critical to observe children’s behavior and the conditions that lead to a biting incident. Observation can help us fathom children’s motivations or primary goal.”

“Sometimes children may be prone to biting when hungry, tired, overwhelmed, frustrated, or enduring teething pain. Others may bite to get an adult’s undivided attention or to get a toy from a playmate. Biting is also a way for children to exert a sense of power and control. Children sometimes bite out of exploratory curiosity or interest in textures and sensations. They are equally fascinated by cause and effect. And of course, imitation always comes into play with children’s behavior, too.”

“Also observe to see if your child bites out of frustration or out of self-defense. Reflect on stresses your child may be enduring that may contribute to temper flares. For instance, long-term separation during a parent’s work travel can lower kids’ frustration tolerance. In some cases, it’s the group care environment that contributes to biting. Too few toys, crowded conditions, excessive noise, or frequent change in teaching staff all whittle away at children’s emotional reserves.”

“Exchange has compiled over 180 articles written by Karen Stephens to parents about common challenges of raising preschool children. ExchangeEveryDay is a free service of Exchange Magazine. View this article online at ChildCareExchange.com.”


How to Survive a Recess

by Jill Rhea

Please note, when making your reservation, the hotel will also offer you rooms at rates higher than the reimbursable rate of $109.00. If you are bringing family or would prefer a view of the water or Downtown Disney, you may book one of these rooms. However, please keep in mind if you are a government employee or an individual being reimbursed by the government you will only be able to claim the rate of $109.00 a night plus tax and resort fee. Additional expenses will be borne by you. The hotel reservation cutoff date is June 16, 2009. Reservations made after that are based on availability at time of reservation and at prevailing rates.

The playground is the William R. "Bill" McAndrew Memorial Playground, and is named as such with a memorial plaque on one of the pillars. Mr. McAndrew was a parent of a child in the center who spearheaded the effort to get a protected playground, and is named as such with a memorial plaque on one of the pillars.

A dedication and ribbon cutting ceremony is planned. Speakers and ribbon-cutters for the event are Ventris Gibson, FAA, Assistant Administrator for Human Resource Management, Sharon Banks, GSA Acting Regional Administrator, Carolyn Kennedy, DOT CDC Board President, and Benjamin Miller, Alexa Lerner, and Mark Fannon, DOT Kindergarten. Distinguished guests include the Playground Project Team: Bart Bush, GSA Regional Commissioner for PBS, and Nancy Gazap, GSA Deputy Regional Commissioner for PBS.

Eco-Healthy Child Care

Congratulations to the following centers which have received Eco-Healthy endorsement this quarter:

- Harborview, Boston, MA
- Government Center O'Neill FB, Boston
- Government Center JFX FB, Boston, MA
- Kathy Herward CCC, Andover, MA
- Courtyard Kids, Islip, NY
- Federal Kids, Newark, NJ
- TLC Adventures, Rochester, NY
- Children's Beginnings, Syracuse, NY
- FedKids, New York, NY
- Hato Ray, Puerto Rico
- First Foundations, Baltimore, MD
- Little Eagle CCC, Martinsburg, WV
- Start Smart a Children, Indianapolis, IN
- Kinderplat, Ft Snelling, MN
- Stars & Tykes, Dallas, TX
- LaBranch CDC, Houston, TX
- Clever Kids, Denver, CO
- Growing Years, Seattle, WA
- Little Eagles, Seattle, WA
- Cradle to Crayons, Olympia, WA
- Little Aviators, Renton, WA
- Joyful Noise East, Portland, OR
- Joyful Noise Downtown, Portland, OR
- Tundra Tykes, Anchorage, AK
- Fingerprints CDC, Washington DC
- FTC Child Care Center, Washington DC
- USDA CDC, Washington DC
- Mary Switzer NCR, Washington DC
- Just US Kids, Washington DC
- Esther Peterson CDC, Washington DC
- Shula Watkins CDC, Germantown, MD
- Suttle Federal CDC, Suttle, MD
- Healthy Beginnings, Rockville, MD
- Sunny Days, Riverdale, VA

Examples of IPM:
- Clean up food and drink spills right away.
- Fix plumbing and other water leaks (pests need water to survive).
- Seal or caulk cracks and holes (insect entryways).
- Remove clutter so pests have fewer places to hide.
- Fix plumbing and other water leaks (pests need water to survive).
- Keep trash in a closed container and take it out frequently, don’t let trash pileup.
- Use low-toxic varieties of chemical pesticides as a last resort.

IPM Resources on the Internet

- www.epa.gov/pesticides/ipm/brochure
- www.schoolipm.info
- www.pesticide.org
- www.ipm.ucdavis.edu
- www.epa.gov/pesticides/ipm/brochure

Eco-Healthy Child Care is a national program created by the Oregon Environmental Council to ensure that child care settings are as healthy, safe and green as possible by reducing children’s exposure to toxins. GSA is proud to partner with the Oregon Environmental Council in support of child care centers going green.

Congratulations & thank you to all for helping us achieve our first goal. Nationally, GSA centers are now 51% Eco-Healthy endorsed. Our goal was 50% by March 1st.

More Information

If you want to know more on the EHCC Program, contact your Regional Child Care Coordinator or visit www.oeconline.org/our-work/childhealth/ehc.