



**Bonnie Academy**  
534 W. Glenoaks Blvd.  
Glendale, CA  
Winter 2012  
Volume 5, Issue 1

# Bonnie Academy Newsletter

## New Booster Seat Law

New booster seat law in California will take effect on January 1, 2012.

SACRAMENTO (KABC) -- Many new laws take effect on Jan. 1 in California, but one in particular hopes to save the lives of hundreds of thousands of children.

Starting on Sunday children under the age of 8 years old, or under 4 feet 9 inches tall, must be properly buckled into a car or booster seat, and put in the back seat.

Also, children who are 8 years old or older and not tall enough for the seat belt to fit properly must ride in a booster or car seat.

According to the California Office of Child Safety, a child fits an adult seat belt when:

- They can sit against the vehicle seat back with their knees bent without slouching and can comfortably stay in this position throughout the trip.
- The lap belt is low on the hips touching the upper thighs and the shoulder belt crosses the chest, but is not on the face or neck.
- Never let your child put the shoulder belt behind their arm or back. In a crash, the child could sustain major injuries including head and spinal cord injuries.
- If the child is putting the shoulder belt behind them, this is a sign that they still need a booster.

Previously, the law required that children remain in a booster seat until the age of 6 or weighed 60 pounds.

## I am Bored!

### Fifteen ways to keep your preschooler busy without spending money.

By Barbara Carr Phillips

As a work-at-home Mom, I'm always tackling the creative challenge of keeping my 4-year-old daughter busy. Makenna's blissful infant naps are long over and my budget won't allow a preschool tuition payment. I'm learning by trial and error.

Recently, I needed to make an important business call. Since Makenna loves the idea of being "Mommy's helper," I filled the kitchen sink with sudsy water, pulled up a step stool and invited her to wash some plastic plates and cups. Then I took the cordless phone into my home office and dialed the client's number. As soon as he answered, I heard "splash, splash, and splash." I dashed into the living room and peeked around the corner into the kitchen. I inadvertently left the faucet running! Water overflowed onto the floor and rapidly formed a rushing river headed toward me. Makenna, wide-eyed, stood frozen on the step stool above the rising flood.

I grabbed two afghans off the sofa, threw them over the kitchen floor, and shut the faucet off. I returned to my office to finish the call and my client never knew. However, I am now more careful about setting up my preschooler's activities.

Whether you work at home or just need a few minutes for yourself, here are 15 kid-tested, mother-approved activities for your preschoolers that don't cost a dime:

#### Arts and Crafts

1. Create jewelry by stringing colorful cereal (like Fruit Loops) or pasta onto a piece of yarn or thread.
2. Have your child take his toys for a bubble bath. Fill the tub with lots of floating toys, bath paints and plastic dishes.

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## Avoiding the Baby Bottle Blues

**We try to find articles of interest that may be beneficial to our parents. We found the following article in Pacific Care Dental Care Newsletter:**

When it comes to thumb sucking, babies are naturals -- maybe because they practice even before they are born. Children begin sucking on their thumb while in the womb to develop the skills necessary for breastfeeding. Not surprisingly swapping a thumb for a pacifier or baby bottle is an easy transition for many kids.

In a child's first few years, pacifier use generally doesn't cause problems. But constant, long-term pacifier use, especially once permanent teeth come in, can lead to dental complications. Constant sucking can cause top front teeth to slant out, and bottom front teeth to tilt in. It also can lead to jaw misalignment (such as an overbite) and a narrowing of the roof of the mouth.

It is generally advised that children stop or drastically reduce their pacifier use around age 3. If a child is dependent on the pacifier to be calmed and soothed, try giving it to him or her only when absolutely necessary and using positive reinforcement to wean them off the habit.

Many children also use a baby bottle longer than necessary. Apart from the risks associated with the sucking motion, bottles also carry a heavy risk of promoting tooth decay if they contain anything other than water.

Frequently sucking or sipping on milk or juice from a bottle over an extended period of time will increase your child's risk of tooth decay. When sugars and carbohydrates come in consistent contact with teeth they create an environment for decay-causing bacteria to thrive. Tooth decay can lead to painful infection and in extreme cases children may need to have a tooth extraction or dental treatment to extensively repair damaged teeth.

## Nutrition

One of the joys of heading home for the holidays is the anticipation of gathering around the table with loved ones and enjoying delicious foods. But we do well to indulge in the home cooked meal experience on non-holidays, as well. Foods prepared away from home, including fast food eaten at home and store prepared food eaten away from home, tend to fuel an increase in total calorie intake. Conversely, eating at home is linked with healthier choices.

According to research from the University of North Carolina at Chapel Hill recently published in the Journal of the American Dietetic Association, both the eating location and food source significantly impact the daily calorie intake of school age children and may be linked to rising rates of childhood obesity. The study found that the percentage of calories eaten away from home increased from 23.4 to 33.9 percent from 1977 to 2006.

A new study from McGill University, based on data from 160 women, further suggests that a home cooked meal can prompt people to make healthier and more nutritional food choices. The women in the study tended to reach more for the greens, rather than high calorie desserts.

Reporting in the American Journal of Clinical Nutrition, the researchers suggest that when we eat at home, emotionally rewarding factors like contentedness may help override our wired in preferences for high fat, sugary foods. The findings point to factors that may encourage healthy eating such as interpersonal communication, home design and atmospheric cues, including pleasing music, dining landscape and kitchen equipment; all have all been found to induce positive emotions.

## Yoghurt Crunch



### Makes

2 1/2 cups

### Ingredients (serves 6)

- 90g (1 cup) rolled oats
- 1 tbs light olive oil
- 2 tbs maple syrup
- 60g (1/3 cup) blanched almonds, coarsely chopped
- 45g (1/3 cup) pecans, chopped
- 25g (1/3 cup) chopped dried apples
- 70g (1/3 cup) chopped dried apricots.

### Method

1. Preheat oven to 180°C. Place rolled oats in a medium bowl and drizzle with 1 olive oil and maple syrup and stir to combine. Spread over a baking tray and bake in oven for 5 minutes.
2. Sprinkle blanched almonds, coarsely chopped and pecans, chopped over oat mixture and bake, stirring once during cooking, for 5-7 minutes or until nuts are golden brown and crisp.
3. Transfer oat mixture to a bowl to cool. Stir in dried apples and dried apricots. Store in an airtight container. Serve sprinkled over yoghurt or as a topping on tinned or stewed fruit.

## Winter Books

- [Winter Friends](#) by Carl R., II Sams and Jean Stoick (Jul 2003)
- [Winter: An Alphabet Acrostic](#) by [Steven Schnur](#) and Leslie Evans (Oct 21, 2002)
- [Winter Board Book](#) by Gerda Muller (Aug 2004)
- [Winter Woes](#) by [Marty Kelley](#) (Sep 2004)
- [One Winter's Day](#) by [M. Christina Butler](#) and Tina Macnaughton (Oct 2006)
- [The Story of Snow: The Science of Winter's Wonder](#) by [Mark Cassino](#) (Oct 7, 2009)
- [Animals in Winter \(Let's-Read-and-Find... Science 1\)](#) by [Henrietta Bancroft](#) and [Helen K. Davie](#) (Dec 13, 1996)
- [When Winter Comes](#) by [Nancy Van Laan](#) and Susan Gaber (Oct 1, 2000)
- [Winter \(Four Seasons\)](#) by [Núria Roca](#) (Jun 30, 2004)
- [It'S Winter \(Celebrate the Seasons!\)](#) by [Linda Glaser](#) (Sep 1, 2002)

## Visit us at our Web Page

For updates and other important information please visit our web page at:

[www.bonnieacademy.com](http://www.bonnieacademy.com)

Monthly lunch menus are posted on the web page with the Newsletter.

## Cont. I am Bored!

3. Prepare a giant art kit for your preschooler by filling a large box with art supplies that you find around your home: paper, memo pads, crayons, stickers, paint, brushes, sponges, washable markers, colored pencils, coloring books, glue sticks, tape and recyclable materials (cardboard tubes, buttons, scrap fabric, etc.).

4. Draw on the sidewalk with chalk.

Learning Activities:

5. Make picture books with old magazines and catalogs. Your child can cut out pictures with kid scissors and secure them in a blank notebook with a glue stick.

6. Record books on tape for your child.

### Mommy's Helper:

7. Fill the sink with sudsy water and let your child wash plastic plates and cups (be sure to turn off the faucet).

8. Give your child a feather duster to "dust" the house.

### Play Time:

9. Blow bubbles. It's easy to make a colorful bubble solution for your child:

- 1 cup granulated soap or soap powder
- 1 quart warm water
- liquid food coloring
- Dissolve soap in warm water. Stir in food coloring until desired color is attained.

10. Allow your child to make a fort by draping sheets across the couch and chairs.

11. Divide your child's toys into several containers and allow your child to play with one container at a time. Too many toys can overwhelm your child; and each time a new container is presented he or she can enjoy the rediscovery.

12. Save cardboard food boxes (like pudding, cereal, or cracker). Wash out milk and orange juice jugs. After you have a good stockpile, give your child space to set up his or her own grocery store. Have your child "sell" to his or her stuffed animals. Give your child paper sacks to pack sold items in.

13. Create a "dress up box" for your preschooler. Add old clothing and include hats, scarves, broken watches, necklaces, big shoes and old purses.

14. Help your child start a box town. Cover shoe boxes with paper. You can cut windows and decorations from construction paper for your child to glue on. Help cut doorways and tunnels. Make cone trees out of green paper. Building blocks, tiny dolls (or game pieces like Hasbro's Candy Land markers) and matchbox cars add to the fun of a box town.

15. Find a play date. By age 4, your child will play most of the date without needing you as a referee, (and half the time the date will be at the other child's house!).

## President's Birthday

### Martin Van Buren - December 5, 1782

**Martin Van Buren** was the eighth President of the United States (1837–1841). Before his presidency, he was the eighth Vice President (1833–1837) and the tenth Secretary of State, under Andrew Jackson (1829–1831).

He was a key organizer of the Democratic Party, a dominant figure in the Second Party System, and the first president not of British or Irish descent—his family was Dutch. He was the first president to be born an American citizen,<sup>[2]</sup> his predecessors having been born British subjects before the American Revolution. He is also the only president not to have spoken English as his first language, having grown up speaking Dutch,<sup>[3]</sup> and the first president from New York.

As Andrew Jackson's Secretary of State and then Vice President, he was a key figure in building the organizational structure for Jacksonian democracy, particularly in New York State. As president, he did not want the United States to annex Texas, an act which John Tyler would achieve eight years after Van Buren's initial rejection. Between the bloodless Aroostook War and the *Caroline* Affair, relations with Britain and its colonies in Canada also proved to be strained.

His administration was largely characterized by the economic hardship of his time, the Panic of 1837. He was scapegoat for the depression and called "Martin Van Ruin" by his political opponents. Van Buren was voted out of office after four years, losing to Whig candidate William Henry Harrison.

In 1848 he ran unsuccessfully for president on a third-party ticket, the Free Soil Party.

