

What's Inside

2 . . . *The View from HSC*

2 . . . *The View from UPC*

4 . . . *Ages and Stages: Supporting
Children throughout Development*

6 . . . *Parent Staff Organization News*

6 . . . *August Staff Anniversaries*

7 . . . *Meetings and Reports*



Photo of Good Little Travelers courtesy of the Quick Family

Summer Vacations with Young Children: How to be an Expert Traveler

It's summertime, which means many of our families will be taking a summer vacation over the next few months. Perhaps you will be having fun in the sun in Mexico or Hawaii, visiting family on the east coast or even traveling abroad. Although summer vacations are meant to be "all fun all the time," getting to these exciting destinations can sometimes be stressful. For our summer edition, we thought it would be nice to offer some travel tips, stories about other families' summer vacation experiences and recommendations for great destinations for families. We received a lot of input from our very own families for this article—read on to learn how to be an expert traveler with your young children.

Prepare Kids for the Trip

One of the first things you can do to make traveling smoother is talk with your kids about the trip beforehand, including how you are going to get there. Most of the time we focus on the destination, but kids

need to be prepared for the new experience of travel as well. If you're going to fly, take kids to the airport on a day you are not flying so they get familiar with the sights and sounds. If you are going to drive, start with a few short day trips before you make a longer drive. There are also many great books to read with your child to prepare them for travel (see a list of suggestions at the end of the article).

Keep Them Busy

No matter how you get there, the kids are going to need some form of entertainment for the trip. Many of our parents suggested stocking up on new, but inexpensive small toys, such as temporary tattoos, plastics bugs and animals, little coloring books and colorful string and beads. HSC parent, Melissa Wilson says, "No matter how cheap or short-lived, new toys are extra fun for kids." The 99 Cent Store or Big Lots are great places to find these. The toys can be separated into Ziploc bags (because everything is better in little baggies!) and



continued on page 3



Each program has presented some wonderful activities for the children this summer and fun events have taken place here at the center. You may have already read about them in our weekly Connect the Tots newsletter. Staff are currently planning for the fall and all that comes with this time of year: new children, fall parent meetings, an open house, curriculum plans for the year and fundraisers to add a bit more money to the amount each program has budgeted for the year. There is always something new and exciting the teachers plan to enhance play and make the days challenging and stimulating for the children.

One of our program goals this next year for the teachers and staff is to focus on the new NAEYC accreditation standards and criteria. We will work extensively to understand and familiarize ourselves with each of the new criteria by studying the new guides to each standard. Meetings with the teachers will be held where discussions and questions can take place about how to fully prepare for meeting the 400-plus criteria. We will anticipate the challenges that we may face in preparing to meet these new accreditation criteria, but we look forward to the benefits that our program will gain as we continue to provide high quality care for the children and families we serve.

I am excited to announce that our playground renovations will begin this summer starting with the installation of artificial turf in the infant and preschool yards. Once the master plan for our playground renovations is finalized, we will share this with all of you. A construction schedule will be announced and a plan of action for alternate play areas will be determined. The teachers are already anticipating the upcoming construction as they have started planning for the children during the construction period.

We all look forward to what the new play spaces and surfaces will look like once they are renovated. It will be wonderful for us to continue enhancing our outdoor curriculum in our well-designed playgrounds that are safe, nurturing and inviting for the children to play and explore.

I hope you enjoy the rest of the summer and all the wonderful things you plan to do with your children in these next few months.

Aileen Valino-Camcam
HSC Program Manager

How we help children find their own place in the world depends a lot on how we provide the best environment for children to learn. While we know that creating an environment that allows discovery and opportunity is important, I think we need to go back a step further and think about when children learn, or rather just how young they should be when we really begin to “plan” for their learning experiences.

Much has been learned in recent years as to how babies are impacted in utero by parent’s voices, music and other sounds and factors. Researchers used to look at elementary school years as the most important ones for teaching and then studies forced everyone to recognize what was happening for preschoolers.

In the past 20 years, there has been extensive research into the infant brain and how early experiences impact the entire lifespan. As we come to understand the importance of attachment and early relationships (as you will read more of in this issue) we cannot help but look at how all of this relates to learning as well as to the training of the teachers who work with children from their earliest years. It makes us stop and think about when learning first begins and the importance of parents being their child’s first teachers. It also forces us to look at the bigger picture including the importance of early environments that support learning, the interactions and daily experiences that early childhood educators strive to provide to promote cognitive development as well as nurturing and safe spaces.

What it all boils down to for me, as I work in an institution that supports the highest of learning experiences, is that the teachers of our youngest infants provide an environment that enriches the earliest learning experiences. Our toddler and preschool teachers continue to build and nurture both a sense of wonderment and the joy of learning. This supports what occurs in our school-age program as it continues to add a sense of balance to the world of academia and social growth and development of our oldest children’s world.

What this all does is create young adults who will one day sit in the desks at USC and other universities as the brightest and most inquisitive students of their time. It will create co-workers who have strong work ethics and a sense of commitment for their work.

So when you think of the teachers working with our children from infancy through school age, please think of them as those who provide not only loving and nurturing care but who provide the early learning experiences that are the foundation for all future learning experiences for your child. Their role is key to your child’s educational future!

Adrienne Schoen Gunn
UPC Program Manager

opened every hour or so depending on your child's attention span. A giant book of stickers was also suggested, in particular, the Puzzle Sticker Books that allow kids to create pictures using multiple stickers. DVD's have also become a staple in travel. Many parents feel uncomfortable letting small children watch TV at home, but when used sparingly, it can be a lifesaver on a long trip. UPC parent, Sue Chan, suggested downloading shows for the kids. Many shows for preschoolers can be downloaded from iTunes, such as Dora the Explorer, Thomas the Train, and Disney Club House. There aren't any commercials in these downloads and the shows are usually interactive. Other choices for young children could be Baby Einstein or Sesame Street. UPC parent, Sharon Ginchansky said, "When all else fails, a portable DVD player with 'The Best of Elmo' works well."

Older children can enjoy games such as "I Spy" or cloud watching or they can keep a travelogue and document all the new sights and sounds and even add illustrations if they want. It will keep them occupied during the trip and be a nice keepsake after the trip is over.

Kids on a Plane!

Traveling by plane with young children probably causes the most anxiety for parents. By far the most feedback we received was about flying. Although it can seem like you're starring in this summer's hottest blockbuster, it doesn't have to be a thriller. Your children will probably experience some of the same things many of us have experienced on planes—boredom, ear pain from the change in air pressure and the urge to get up and move around. We all know that familiar speech by the flight attendants: *Please keep your tray table in its upright and locked position and turn off all electronic devices until the pilot has signaled that it's safe to use them.* Many of the ways kids entertain themselves, such as drawing or coloring, card games or watching a DVD, aren't possible during take off and

landing. Here are some tips for entertaining the kids during take off, landing and throughout the flight:

- Allow toddlers to play with a roll of scotch tape or some Play-Doh in their seat (put a plastic bag on their lap or the seat when using Play-Doh).
- Flex kids' imaginations and take their mind off the changing air pressure by pretending to draw pictures on each other's hands and arms.
- Ask the attendant for a cup of crushed ice to occupy a little one. As they explore the cold sensation and texture, the chewing and swallowing help to relieve pressure on the ears.
- Make flying a special experience by bringing along some "Never seen before" books or toys or "Only when we fly treats." Because children will be expected to sit in a confined space, be sure treats aren't too sugary!
- Get a set of kid-sized padded headphones so that your child can hear over the airplane noise when listening to music or watching a DVD.
- For kids who love to draw, get Crayola Color Wonder markers so you don't have to worry about coloring on the airline seat.

Other great tips for air travel:

- Give yourself plenty of extra time to get to the airport and plan to arrive early.
- Since you can't bring drinks through the security screening and drinks aren't served until after take off, be sure to fill up the

bottles and sippy cups with water just before boarding the plane. You can use the public fountains or usually buy bottled water at the gift shops. Having something to drink helps children clear their ears—pacifiers help too.

- Bring more snacks and drinks on the plane than you think you'll need—you never know when you might get delayed!
- Fight germs! Use wipes to wipe down the seats and tray tables and put Neosporin around your child's nose to limit the number of bacteria getting in.
- Bring a couple pairs of earplugs.
- Air sickness and accidents happen so bring a change of clothes for yourself and a couple for the kids in your carry-on, plus a couple of empty plastic bags to keep the soiled clothing in.
- Dress infants in a "onesie" or zippered night outfit with feet—it's much easier to change than outfits with snaps.
- Wondering how to fit everything into two suitcases? Babies Travellite can ship necessities like diapers, formula and food ahead of time to your hotel or vacation spot.
- Lighten your load by renting baby gear. Baby's Away rents clean, quality equipment such as cribs, high chairs, car seats and strollers throughout the United States.
- If you can spend the extra money, it may be worth the comfort to purchase a seat for your little one. Some airlines offer a discount on the seat price for children under two.
- There are several options for dealing with strollers and car seats. A Sit 'n' Stroll combination stroller and car seat is easy to use and fits down the aisles of planes. Another option is the Travelmate by GoGo Kidz. It is lightweight and fits into the overhead bin. Your car seat snaps on the base, which has wheels and a handle and turns your car seat into stroller. The Pac Back, as the name implies, allows you to carry your car seat on your back like a backpack.
- If you do bring a stroller, check it at the



Ages and Stages: Supporting Children Throughout Development

By Adrienne Schoen Gunn

One of the most important goals we all share is to provide the strongest and most positive bonds of early attachment for the children whose lives we touch.

In order to support young children's attachments and transitions, the adults in a child's life continually must be aware of how they are developing—understanding temperament, family values, developmental stages and challenges, the overall culture and climate their children are entering and how they adapt to change as well as the impact of verbal and nonverbal interactions with others.

Nurturing + Consistency = Trust

Influential developmental psychologist Erik Erikson categorized a human's lifespan into eight stages of development. He noted that the first stage, "trust vs. mistrust," supplies a key element in forming a strong base for relationships. Through nurturing and responsive relationships, infants decide that the world is a safe place. When their needs are met inconsistently or insensitively, children may come to believe that the world is hostile and develop a sense of mistrust instead of trust, a view that could be carried into adulthood if no intervention strategies are provided.

Most parents naturally create positive attachments by responding to their infants' cries, cooing and first smiles. Responding with love and support in a timely manner is the most proactive way to foster trusting relationships. All caregivers play crucial roles in building on this earliest foundation, which will shape future relationships.

Child development research consistently shows that primary caregiving practices affect attachment. Limiting the number of adults who interact with the youngest children allows them to form stronger bonds of attachment, which helps them to form positive relationships later in life. This is one reason we often suggest that parents bring their children to child care as consistently as possible when they are working, rather than have their children in more than one caregiving setting. While being home with a parent or grandparent on some days holds other, indisputable advantages, it also can create confusing differences in the simplest experiences, such as diaper changing or feeding practices.

Even the youngest of children can be affected by the myriad ways the routine of diapering can take place. One adult may talk during the entire process, sing songs or otherwise engage the child. Another may not be as comfortable with the important social aspects of this early toileting process and view it as more of a necessity rather than the learning process that it could be. One adult may use a warm washcloth and another a cool wipe. These small details greatly affect both the experience and the associated memories of this routine that takes place so many times each day.

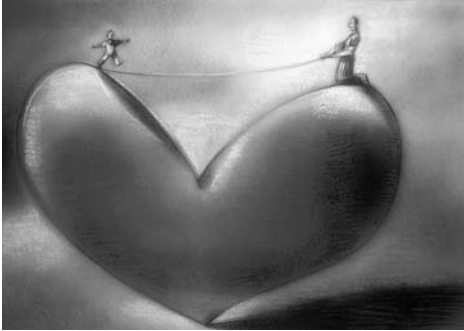
To ensure a consistent routine, a child's caregivers might discuss their child care beliefs and observe each other as they go through even the simplest of daily routines. Ideally, a parent could try to limit the number of caregivers interacting in the most intimate routines of feeding, toileting and related practices.

Helping Children Through Transitions

As infants transition to a more mobile stage, from about one year to three years old, they move into the stage that Erikson labeled "autonomy vs. shame and doubt." During this stage, children develop independence as they build skills in the areas of feeding and toileting. Emerging verbal and nonverbal communication allows them to develop a level of self-sufficiency that often can be surprising to the adults in their lives. Problems building on these emerging skills can lead children to question their self-sufficiency and doubt their abilities, and even to feel shame.

All of a child's caregivers need to support this most crucial time in a manner that meets developing social, emotional and physical needs. If all those caring for the child have provided a supportive atmosphere where a strong sense of trust (vs. mistrust) has been fostered, then going through transitions, like moving from one age-group classroom to another, is easier for the child. An emerging sense of autonomy kicks in and the child feels successful moving into another phase of development.





Even the most secure child may experience some emotional struggle during transitions, not always at first, but often shortly after a program change has occurred. Language is key in assisting children with this process. We have found that talking about changes, even when a child may not be able to express all of his or her thoughts, is crucial. Such discussion should come from the adults both in the home and at child care.

Connecting with your child's teachers and discussing plans well before a transition occurs is also helpful. Casual visits to the future classroom allow the child to build on previous experiences and help the adults become familiar with what is ahead. These steps take the fear of the unknown away from the process and allow a more relaxed and supportive interaction for everyone involved. The time and planning required will pay off.

A similar plan should continue as the child transitions to other programs in the early years, through elementary school and beyond. All stages of development bring growth and changes. By supporting transitions to and through these stages of life, we foster success for young children and for all involved in their care.

The Kaleidoscope of Learning

Young children naturally learn in what I like to call a "kaleidoscopic process." Colorful little pieces of experiences, knowledge and awareness collect in their minds, triggering responses in the memory

(or "limbic") part of the brain. What we don't completely understand is how these pieces connect to create the processing and learning that allow children to continuously grasp and store information.

Imagine your own thoughts as a kaleidoscope: As you go through experiences, the pieces shift to create different pictures, allowing your view to be reshaped and changed, creating new, exciting and different pictures—and continual learning—throughout your lifetime.

Young children are more open to these ongoing epiphanies, which is why they are so excited about their everyday experiences. Creating knowledge through new experiences is the most natural part of a child's world, fostering his or her emerging sense of self. What makes life so truly amazing for all of us is that we are always adding new pieces to the kaleidoscope. This is what is meant by the popular term "lifelong learning."

As we learn about emerging brain studies and early learning research, we need to be willing to move out of our comfort zones and apply this new knowledge, continually adapting and being willing to provide the best practices possible. Parents often do this as an ongoing process and are often not even aware of the changes they are making to accommodate the emerging personalities around them.

Working Together

When the adults in a child's life all work together to create the most positive foundations in the early years, they create a sense of community in which young children flourish, as well as creating partnerships that support the adult relationships.

When you create a strong foundation, you can build anything. At a time in the world when we often may feel that nothing is secure, we need only look into the eyes of young children and see their excitement and promise to know that there is much to be happy about.

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Parent Staff Organization News

University Park Campus

The UPC PSO met in February, March and May. The meeting location is now being alternated between the child care and an on-campus meeting space. Hot topics included the changes with the food program, enrichment activities and several special events. UPC discontinued its contract with NDK Foods and Chef Andy Hart was brought on board in May to act as the Nutrition Coordinator.

Adrienne has been exploring enrichment options such as music and gymnastics for the children. Parents were asked to make suggestions and provide any potential contacts either on or off campus for enrichment. In March, the Theater Arts Enrichment Program began for the preschool and school-age children at no additional cost to the parents. Thank you to UPC Parent, Anita Dashielle-Sparks, who provided the connection to the USC School of Theater.

There were several spring events that were discussed at the PSO meetings including the Earth Day Celebration, Week of the Young Child and Teacher and Staff Appreciation Week. April 22 was Earth Day, which coincided with the Week of the Young Child, so all of the children made recyclable artwork that was displayed throughout the center and a Family Fiesta was held as a culmination to the week. Teacher and Staff Appreciation Week was

held April 16 through 20. Thank you to all the parents for the wonderful goodies, gifts and luncheon you provided for all the staff. A special thank you goes to Robyn Scancich and Anita Dashielle-Sparks for co-chairing the event.

An update about NAEYC Accreditation was also discussed. The annual report was completed and noted the appointment of Adrienne as the new Program Manager, the renovation of play yards and the staff development initiative that began last year.

Michele White came to the May meeting to update parents on the emergency plan. All emergency drill reports are on file and available for parents review. Emergency contacts will all go through DPS; there is no longer a 24-hour out of state number. Telephone trees will be put in place. Parents were reminded that Lot 29B is the new evacuation location.

The next meeting will be held in August.

Health Sciences Campus

The HSC PSO met in February, April and June. The meetings centered mostly around the many special events that occurred this spring at the center. Two fundraisers for the center, the Valentine's Day Bake Sale and the Yard Sale, were both a success. Special thanks to Nancy Bagatell for organizing the Yard Sale that occurred in April. In March another fundraiser, the Trike-A-Thon,

raised monies for St. Jude's. Children rode their trikes and scooters in the CSC lot next to the center for the event.

The Week of the Young Child was April 22 through the 28. To celebrate, children's artwork was posted around Seaver's cafeteria and parents came in to conduct different activities with the children throughout the week. Teacher and Staff Appreciation Week occurred in May. Thanks to all the parents, especially Kami McClure for organizing everything. The Preschool Graduation was also discussed. It will occur on August 17th. Parents and staff discussed ideas for a graduation gift to the center from the parents, such as a listening center from Lakeshore. Other ideas included a mural or a "Wall of Tiles" fundraiser to create a wall for the graduating students that would enhance the front entrance.

At the June meeting, facilities improvement projects in the play yards and interior were discussed. Parents and staff also talked about the importance of communication as parents would like more information about their child's day from the teachers. It was suggested that a form or checklist be created that parents and teachers can use to communicate with each other.

The next meeting will be held in August.

August Staff Anniversaries

For our summer edition we thought it would be nice to honor some of our staff who are celebrating an anniversary of five years or more this summer. Here are three of our teachers who have anniversaries this August.

Annette Arenas, HSC Infant Program, 11 years

Annette began her career at HSC in August 1996 as a substitute teacher. In 1999, she was hired part-time for the Toddler program and in 2001, moved to full-time in the Infant program. Annette is a Los Angeles native and has four children of her own: Steven, 21; Stephanie, 20; Samantha, 9; and Sergio, 4. In her free time, Annette likes to work



with her hands making crafts, such as crocheted blankets and baking cookies and candies. She is also a huge USC fan and loves to tailgate at the Trojan football games. Currently Annette is taking courses at East Los Angeles Community College and is planning to pursue her Associates degree in Child Development. When asked what the best thing about her job is, Annette said, "I think being an infant teacher is the best position in the school. I love bonding with the families and seeing the children reach their first milestones. I get really attached to the babies and their families."

continued on page 7

**Nora Zenarosa,
UPC Infant Program,
11 years**

Nora began at UPC in August 1996 as a substitute teacher. A year later she was hired as an associate teacher and then became a teacher in 2000. Nora has always worked in the infant program. She is originally from the Philippines, but moved to Los Angeles in 1995. Nora has three children: Josemari, 35; Paolo, 27; and Dimples, 22. Paolo and Dimples are also part of the Trojan family as they are both graduates of USC. Nora is also a proud grandmother to Josemari's three children Kyle, Cassandra and Keeyan. Nora has been married for 36 years to her husband, Dan, who works for the L.A. County Fire Department. She says the secret behind her



long, happy marriage is lots of communication and never going to bed angry. In her free time, Nora likes to shop and now as an "empty-nester" she and her husband plan to do a lot more traveling. When asked what she likes best about her job, Nora said, "My reward is the children and being a part of their lives as they grow up. I love when I walk through the toddler room and the children remember me."

**Rose Qubain,
HSC Toddler Program,
6 years**

Rose started at HSC in August 2001 in the Younger Preschool program then she moved into the Toddler program 3 years later. Rose is originally from Jordan, but has lived in South Pasadena for 30 years



now. She recently returned from a month-long trip to Jordan to see her family, including her mother, who she hadn't seen in 9 years. Rose has two sons: Nader, 27 and Faris, 25. Nadar also has two sons, Ethan and Tyler, and Rose loves being a grandmother. Rose has been married for 30 years to her husband, Hani, who is now retired from JPL. In her free time, she enjoys walking, cooking, embroidery and dancing. Rose is currently taking classes at Pasadena City College. She said the best thing about her job is, "The kids are adorable and I love them so much. I really enjoy working with this age group."

Meetings and Reports

Program for Infant/Toddler Development and Care (PITC) Symposium, March 2, 2007

Both infant and toddler staff from UPC and HSC attended the symposium, which took place in Los Angeles. PITC is a program that was developed by WestEd and the California Department of Education and is a relationship-based approach to infant/toddler care. PITC recommends that primary caregivers, small groups, personalized care and cultural responsiveness are part of every infant's group care experience. Many of the staff at both HSC and UPC were previously trained in PITC. The symposium sessions included "Infant/Toddler Care in the United States: The Infant Care Teacher's Role in Facilitating Emotional Development and Partnering with Parents" and "If Infants Could Choose Their Own Care." Terry Brazelton, Professor of Psychiatry and Human Development at Brown University and Founder of the Brazelton Touchpoints Center in Boston and Joshua Sparrow, Assistant Professor of Psychiatry at Harvard Medical School and Supervisor of Outpatient Psychiatry

Services at Children's Hospital in Boston were among the guest speakers.

Orfalea Family Foundation Children's Center Retreat, May 3-5, 2007

Both UPC and HSC staff attended the retreat, which was held San Diego. The annual retreat is hosted by the Orfalea Foundation, which was founded by Paul Orfalea and his wife Natalie, who are public advocates for early childhood education and understanding learning differences. Each year, the foundation hosts the retreat for child care providers to network, attend educational workshops and share best practices. Staff attended workshop sessions such as "The Outdoor Classroom," "Planning Power-Packed Parent Events," and "Taking Care of the Caregiver." Staff also toured two children's centers at San Diego College and Grossmont College. In addition to workshops and networking, the retreat provided recreational activities, including a dinner cruise and Menopause the Musical! to help staff return to work feeling appreciated and rejuvenated.

UPC Biannual Earthquake Drill, March 28, 2007

An earthquake drill occurred at 10:00 a.m. on March 28th at UPC. Teachers received a center-wide earthquake scenario prior to the drill. Teachers prepared the children by reading stories and talking with them about earthquakes. Parents were encouraged to talk with their children at home as well. The children were outside when the shaking began. Older children ducked and covered their bodies and heads ("Rabbits in a Hole") under the climbing structures. Simulations including a first aid station and nutrition station were set-up. Recreation areas for infant, toddler and preschool were also set up (no school-age children were present). Privacy areas for sanitation were not set up, but staff reviewed the location of items and where they would be set up in the event of a real earthquake. After the drill, all staff received review forms for feedback about the process. It was determined that emergency supplies need to be reviewed and re-stocked and alternative storage locations need to be evaluated. A drill report was posted in each classroom for parents review.

gate instead of at ticketing. You will want it for security lines and wait time in the terminal. It's a good place for a nap!

- If you go the non-stroller route, try a baby carrier, which will keep your hands free and can make it a lot easier to get through security, buy a snack and navigate your way through the crowds.
- Children one year and older can fit into their own seats on the plane, but are too small for the seat belt alone. CARES are specially designed seatbelts that work in conjunction with the regular airline seatbelts. Check them out at:
www.kidsflysafe.com

Travel Tips for Nursing Mothers

When on a road trip, nursing in fast food and gas station parking lots can get old. UPC parent Ingrid Popper advises, "If you're traveling during daylight hours and see a public park or rest area, take it! Put a blanket down under a tree and let the baby enjoy the fresh air while you get to stretch out." Another option would be to pump in the car and then give a bottle. HSC parent, Melissa Ferguson suggested pumping shortly after your child falls asleep. You can keep the milk at room temperature so that it is ready to go when your little one wakes up because you never know where the next rest stop will be! If you are going to take a breast pump on the trip, think about a manual pump or a smaller electric pump such as the Medela Swing—either will be smaller and more convenient to carry. Whether traveling by car or plane, be sure to bring any nursing pillows, blankets or cover-ups that you usually use so that you and the baby are comfortable. On a plane, you may feel more comfortable if you get a seat near the window for more privacy.

Keep Some Consistency

Remember that traveling disrupts your family's normal routines. While this may be the best part about vacations for adults, it can affect children in negative ways.

Children are creatures of habit and their daily routines help them to feel safe and secure because they can predict what is going to happen next. Therefore, try to maintain some consistency during your travels. Bring along a favorite blanket or toy—even though new items can be fun, an old friend or a favorite book can make them feel closer to home. UPC teacher, Helen Garabedian suggests taking along a photo album of familiar faces to ward off homesickness. During the vacation, try to stick to your routines as much as possible so your children don't get overwhelmed. For example, if you always read the same bedtime story, be sure to bring it along on the trip. Try to travel during nap times or even bedtime and when you get to your destination, put your child to sleep around the same time you would at home.

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UPC Parents

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Madeline Pfahler
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HSC Parents

Gina McConnell
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Melissa Ferguson
Rachel Mead

UPC Staff

Helen Garabedian
Adrienne Schoen-Gunn

Resources

Websites:

www.goodlittletraveler.com
www.babiestravellite.com
www.travelingwithkids.com
www.onestepahead.com
www.pacback.com
www.kidsflysafe.com
www.babiesaway.com

Children's Books:

Road Trip with the Attitudes by S. Beallie
A Day at the Airport by Richard Scarry
The Noisy Airplane Ride by Mike Downs
Airport by Byron Barton
Lisa's Airplane Trip by Anne Gutman
Oh, the Places You'll Go! By Dr. Seuss
It Looked Like Spilt Milk by Charles Shaw

Family Friendly Destinations:

- UPC parent, Jackie Williams suggests **The Kahala Resort Beach, Honolulu**: Not crowded and the water is clear and calm, which is perfect for babies and toddlers. The resort itself is pricey, but the secret is you don't have to be a guest there to go to the beach. If you are a guest, the hotel has a natural lagoon with six dolphins that guests can get in the water and swim with!
- UPC parent Heidi Rudd suggests **Camp Nelson, Sequoia Forest**: No fast food joints, malls or busy traffic. Children can appreciate nature, pet horses, watch the stars, study bugs and roam among the trees. Kids can also enjoy the nearby river and the orange bubbly mud at soda springs.

