

Michigan State University - Child Development Lab

Parent Council NEWSLETTER

December/January, 2020/2021

Happy New Year!



Staying safe during the holiday season!

A reminder that in accordance with MSU policy, both MSU - CDL locations will remain closed for a portion or all of December (see pg. 11 for calendar). In addition to the normal holiday craze, many of us will now be balancing childcare and working from home. It is important to take some time for ourselves to stay grounded and to keep from feeling burned out. This newsletter issues will highlight some ways to combat burnout and some activities for kids as well as the adults in their lives. I wish everyone a happy and healthy end to this very crazy year! Here's to a new year filled with good health and happiness!

Celebrating Diversity!

December 3rd is International Day of Persons with Disabilities

A United Nations-sanctioned day that is celebrated internationally on Thursday, December 3rd, 2020. The following is from un.org.



Building Back Better: toward a disability-inclusive, accessible, and sustainable post COVID-19 World

Disability inclusion is an essential condition to upholding human rights, sustainable development, and peace and security. It is also central to the promise of the 2030 Agenda for Sustainable Development to leave no one behind. The commitment to realizing the rights of persons with disabilities is not only a matter of justice; it is an investment in a common future.

The global crisis of COVID-19 is deepening pre-existing inequalities, exposing the extent of exclusion and highlighting that work on disability inclusion is imperative. People with disabilities—one billion people— are one of the most excluded groups in our society and are among the hardest hit in this crisis in terms of fatalities.

Even under normal circumstances, persons with disabilities are less likely to access health care, education, employment and to participate in the community. An integrated approach is required to ensure that persons with disabilities are not left behind.

Disability inclusion will result in a COVID19 response and recovery that better serves everyone, more fully suppressing the virus, as well as building back better. It will provide for more agile systems capable of responding to complex situations, reaching the furthest behind first.



What Disability Means?

A disability is a condition or function judged to be significantly impaired relative to the usual standard of an individual of their group. The term is often used to refer to individual functioning, including physical impairment, sensory impairment, cognitive impairment, intellectual impairment, mental illness, and various types of chronic disease. This usage has been described by some disabled people as being associated with a medical model of disability.

Persons with disabilities, “the world’s largest minority”, have generally poorer health, lower education achievements, fewer economic opportunities and higher rates of poverty than people without disabilities. This is largely due to the lack of services available to them (like information and communications technology (ICT), justice or transportation) and the many obstacles they face in their everyday lives. These obstacles can take a variety of forms, including those relating to the physical environment, or those resulting from legislation or policy, or from societal attitudes or discrimination.

People with disabilities are at much higher risk of violence:

- Children with disabilities are almost four times more likely to experience violence than non-disabled children.
- Adults with some form of disability are 1.5 times more likely to be a victim of violence than those without a disability.
- Adults with mental health conditions are at nearly four times the risk of experiencing violence.

Factors which place people with disabilities at higher risk of violence include stigma, discrimination, and ignorance about disability, as well as a lack of social support for those who care for them.

In accordance with the CDL Program Philosophy, the Child Development Laboratories welcomes children and families representing many languages, countries of origin, income levels, family structures, and ability levels. We are proud of the collaborations we have with Haslett Public School District, C.A.C.S. Head Start and Ingham Intermediate School District with the Great Start Readiness Program. Our teachers work with a diverse population and exemplify high quality inclusion for all. Research tells us that early intervention has an impact on outcomes. Children with, and without disabilities benefit from being in inclusive settings.



Sarah Barth

Name: Sarah Barth

Title: Assistant Director

Campus: Haslett

What brought you to the East

Lansing/Lansing area and what has made

you stay: I came to the university to work with preservice teachers and to support teachers in their work with children, families, and students using best practices in Early Childhood Education.

Who was your childhood hero and why:

My parents, my brothers and aunts and uncles. I looked up to them they gave me advice and they were my role models.

What was your favorite age growing up and why: No specific age just great memories of playing in the neighborhood outside with friends and family.

Any COVID skills, hobbies, routines, etc you picked up: lots of fermenting projects, I'm still brewing kombucha each week.

Last TV show you binge-watched: Good Witch and The Mandalorian

Is a hot dog a sandwich, why or why not: I grew up eating Tony Packos hot dogs which started out as a sandwich and then was called the Hungarian Hot Dog. I prefer sour kraut on mine since a I was a child, now I eat tofu dogs, their just as tasty with toppings.



Kayla Bracy

Title: Assistant Teacher

Room (if applicable): Infant Room

Campus: East Lansing

What brought you to the East Lansing/Lansing area and what has made you stay:

I transferred to MSU in the spring of 2015 as an undergraduate child development major. I fell in love with the high quality programming and positive interactions with children that took place at the CDL. As graduation quickly approached, I knew I wasn't quite ready to leave this family yet! Here we are, a few years later!

Who was your childhood hero and why: My mother is my childhood hero. She has been an amazing example of what it means to be gentle but strong, fearless and kind, loving and nurturing regardless of what the world throws at you. Learning how to be true to myself has kept me grounded in kindness and love

What was your favorite age growing up and why: My favorite age was probably 16. I had the most beautiful Sweet 16 party of my dreams and got my driver's license and my first boyfriend all in the same year! I thought I was pretty cool!

Any COVID skills, hobbies, routines, etc you picked up: One of my new favorites pastimes thanks to quarantine is Painting! I never considered myself a super creative person but painting is such a fun way to express yourself and get inexpensive new home decor!

Last TV show you binge-watched: The last series I binged was The Cosmos on Disney Plus. Its host is American astrophysicist Neil Degraesse Tyson.

Is a hot dog a sandwich, why or why not: A hot dog is both a sandwich, sub and a taco! Because why not?! lol

Are you feeling exhausted, anxious or sad? 5 tips for handling ‘pandemic fatigue.’

By: [Katie Kerwin McCrimmon, UCHealth](#) October 30th, 2020 (edited by Allison Z. Shaw, PhD)



Pandemic fatigue is rampant among young and old alike. Photo: Getty Images.

Pandemic fatigue is gripping many of us.

If you are sick and tired of worrying about COVID-19, you’re probably suffering from pandemic fatigue, and you are not alone. While we all need to follow new, stricter public health guidelines to help drive down COVID-19 infections, we also need to find ways to take care of our

mental health.

Psychologist Justin Ross said pandemic fatigue is affecting a large majority of his patients at the UCHealth Integrative Medicine Center in Stapleton.

He views COVID-19 as a “three-headed monster” when it comes to mental health.

“Anxiety, sadness/depression, and fatigue are the three biggest impacts we’re seeing on mental health,” Ross said. “As the pandemic marches on, mental health is continuing to take a hit and we’re seeing that prolonged exposure is causing a myriad of problems.

Ross said it’s vital for people to keep taking care of themselves and to seek help from a health care professional if they need it. If you or someone you know is having suicidal thoughts, you can get help 24/7 through the National Suicide Prevention Lifeline at 800-273-8255. If you’d like to boost your self-care at home, Ross offers these five tips for handling pandemic fatigue.

1. Reflect and Accept. Take time to check in with yourself and reflect on how you are doing. If you feel irritated, impatient, angry, or are suffering from fatigue, anxiety or depression, accept that all of these responses are normal and understandable during such a difficult time.

“We can’t change what we’re not aware of. It all starts here,” Ross says. “Awareness has to be the cornerstone of any mental health toolkit. We need to give ourselves permission to acknowledge that what we’re feeling is 100% normal.

2. Breathe and Meditate. Ross suggests doing very simple deep breathing sessions at least three times a day. Schedule them and force yourself to slow down and breathe.

The physical level is how the body reacts physically. The physiological response centers

on the nervous system. And of course, our mental responses relate to how our brain is responding to stress.

Breathing deeply has the remarkable power to affect people on all three levels.

3. Monitor your media intake. His advice: deliberately stay off media. If you're hooked on checking your new feeds on your phone, remove the apps. Try scheduling two, 5-minute "check-in" sessions each day. Then, other than that, stay off social media. If you're purposely watching cable news shows that are stressing you out, cut the cord, read a book, listen to music or purposely watch shows or movies that transport you to calmer times and places.

4. Restore and replenish your energy. During difficult times, we need to deliberately carve out breaks to restore and replenish our reserves. Set reminders to take breaks during the day.

"Take a walk. Take a bath. Read a book. Do things that are deliberately calming. Sitting on the couch and binging Netflix can seem relaxing, but it also can be avoidance behavior that isn't actually restorative at all," Ross said.

In order to take care of ourselves in restorative ways, we need to make deliberate decisions.

5. Be active. Another way to replenish energy is through what's known as "active self-care."

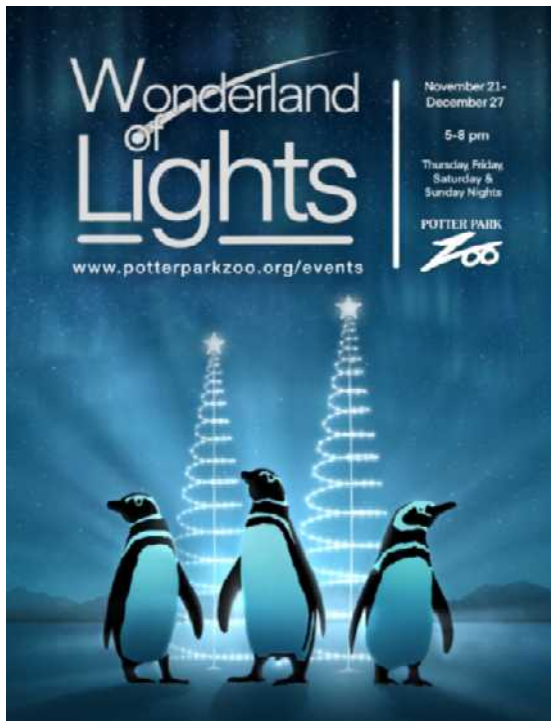
Finding balance and being deliberate about your choices is vital. If you're constantly going on runs, but aren't taking time to check in on your mental health or to rest and recharge, then you might not feel better, even after a long run.



Local Events

Although most of our favorite fall activities are on hiatus this year due to COVID-19, there are still a number of safe, socially-distanced events being offered in our community.

Potter Park Zoo - Wonderland of Lights



Wonderland of Lights is open Thursdays through Sundays from 5 p.m. – 8 p.m. Nov. 21 through Dec. 27, 2020

Wonderland of Lights ends at 8 p.m. Please plan your arrival time accordingly. The AniMall Gift Shop and Restaurant will close at 8 p.m.

Admissions Charged at the Gate:

\$9 adults

\$5 for kids 3-12, seniors (60+), and military

Free for kids under 3 years old

Socially Distanced Visit with Santa

Admission: Free; 1527 Stonehaven Drive, Holt, MI



MERRY CHRISTMAS 🎄

Come visit Santa, socially distanced of course. He'll be on the porch at a friend's home in Holt. Come on up to the garden's edge for a picture or while you drive past, toot your horn and wave.

📍 1527 Stonehaven Drive 📍

WEEKEND	HOURS
Nov. 28 & 29	12-2 & 3-5
Dec. 5 & 6	12-2 & 3-5
Dec. 12 & 13	11-1 & 2-4
Dec. 19 & 20	11-1 & 2-4

Activities to kick off winter

Coloring snow



Equipment

1. Bin or plate
2. Snow
3. Food coloring or colored condiments



Sugar cube igloos

Equipment

1. Flat surface
2. Sugar cubes
3. Alternatives: marshmallows, sliced bananas

Feed the Snowman

Equipment

1. Bottle
2. Tongs
3. Cotton balls
4. Colored paper to decorate the bottle



Pop up Snowman

1. Paper plate
2. Scissors
3. Crayons, markers, or other things to color



13 Self-Care Activities to Improve Emotional Health



1. **Read 20-30 Minutes a Day**
2. **Exercise 4-5 Times a Week**
3. **Invest in an adult coloring book**
4. **Start a gratitude journal**
5. **Play Your Favorite Music**
6. **Go for a Walk**
7. **Schedule “Me Time” in Your Agenda or Calendar**
8. **Learn to Play an Instrument**
9. **Take Up a New Hobby**
10. **Make a Meal for Yourself**
11. **Take a virtual Yoga Class**
12. **Create a Vision Board**
13. **Treat Yourself to Something Nice You’ve Wanted for a While**

December 2020

East Lansing – CDL will be closed between Monday 11/30/20 - Friday 12/11/20 and resume Monday 12/14/20.

East Lansing – CDL will be closed between Thursday 12/24/20 - Friday 1/1/21 and will resume Monday 01/04/21.

Haslett – CDL will be closed between Monday 11/30/20 - Thursday 12/10/20, which will conclude programming for the fall semester.

Haslett – CDL in person programming will resume on Monday 1/11/21.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 - Nov	30 - Nov CLOSED - EL CLOSED - HASLETT	1 CLOSED - EL CLOSED - HASLETT	2 CLOSED - EL CLOSED - HASLETT	3 CLOSED - EL CLOSED - HASLETT	4 CLOSED - EL CLOSED - HASLETT	5
6	7 CLOSED - EL CLOSED - HASLETT	8 CLOSED - EL CLOSED - HASLETT	9 CLOSED - EL CLOSED - HASLETT	10 CLOSED - EL CLOSED - HASLETT	11 CLOSED - EL CLOSED - HASLETT	12
13	14 CLOSED - HASLETT	15 CLOSED - HASLETT	16 CLOSED - HASLETT	17 CLOSED - HASLETT	18 CLOSED - HASLETT	19
20	21 CLOSED - HASLETT	22 CLOSED - HASLETT	23 CLOSED - HASLETT	24 CLOSED - EL CLOSED - HASLETT	25 CLOSED - EL CLOSED - HASLETT	26
27	28 CLOSED - EL CLOSED - HASLETT	29 CLOSED - EL CLOSED - HASLETT	30 CLOSED - EL CLOSED - HASLETT	31 CLOSED - EL CLOSED - HASLETT	1 - Jan CLOSED - EL CLOSED - HASLETT	2 - Jan

Flower Power

<http://msucdIPC.fundraising.com>

Bulbs range in price from \$8 to \$58, with the majority being between \$10-\$20.



15 Mixed Windflowers

\$8.00

Qty:

Add to Cart

[View Detail](#)



5 Pink Daffodils

\$13.00

Qty:

Add to Cart

[View Detail](#)



30 Mixed Rock Garden Allium

\$10.00

Qty:

Add to Cart

[View Detail](#)



15 Blue Muscari

\$10.00

Qty:

Add to Cart

[View Detail](#)



6 Healthy Herb Garden

\$12.00

Qty:

Add to Cart

[View Detail](#)



Red Lion Amaryllis Value Kits

\$58.00

Qty:

Add to Cart

[View Detail](#)

And if you are anything like me and do not have a green thumb, their website has lots of helpful information to assist the flower-challenged folx such as myself!

Help & FAQ's

What Does Hardy Zone Mean?

Hardy means they should return next year in the zones listed without having to do anything to them. While some items such as Gladiolus are indicated with higher hardiness zones (7-9), these items could also be planted in colder zones, but would need to be dug up in the fall and stored indoors for the winter. So, all Flower Power items will grow virtually anywhere in North America, but they will only return in the zones listed.

How Do I Find My Zone?

Use the color coded map to determine which zone you are located in. If your zone is listed as a "hardiness zone" for any of the products you can rest assured that they will be a perennial in your area. You can enjoy these blooms year after year! If your zone is listed as suitable but not hardy, these products will grow beautifully this summer in your garden, but may not survive the harsh winter.

Are There Planting Instructions?

Once you receive your order, you will be pleased to find that each item you purchased comes with a full color label that provides you with all the information you need to have success in the garden. Each label contains a bar code, the bulb size, plant height, proper spacing, where to plant, plus other features that will assist your customers in growing a beautiful bulb garden!

Zone Finder Map



Minted.com

Valid until Dec 31st, 2020

MINTED'S FUNDRAISING PROGRAM

You save 20%, We donate 15%

Use code FUNDRAISEMSU to support MSU Child Development Lab Parent Council



The image displays two Minted Christmas cards and a red envelope. The card on the left features a young girl in a red dress, surrounded by a holly wreath, with the text 'Merry CHRISTMAS' and 'The YANGS'. The card on the right shows a couple walking in a hallway, with the text 'happiest holidays' and 'with love from THE PARKERS'. The red envelope has the address 'The McKinley Family, 2021 Spruce Street, Chicago, Illinois, 60618' written in cursive. The website 'MINTED.COM' is printed at the bottom left of the card area.

MINTED.COM

CDL - Parent Council

The Parent Council meets 2nd Wednesday of every month at 6p on Zoom. Please join us!

2020-2021 Parent Council

Contact Information

First Name	Last Name	Phone	Email	Child(ren)	Campus/Teachers	Focus/Role
Laurie	Linscott	517-355-1900	linscott@msu.edu			Director
Phillip	Baumgarner	517-355-1900	baumgarn@hdfs.msu.edu			Assistant Director East Lansing
Sarah	Barth	517-339-6045	barthsar@msu.edu			Assistant Director Haslett
Cherlyn	Tay	517-355-1900	taycher1@msu.edu	Makoa, Kailee	East Lansing/Mowers and Huges	Office Manager
Courtney	Coscarelli	517-339-6045	passmor9@msu.edu			Administrative Assistant
Jordan	Sutton	517-862-1352	jordansutton@mac.com	Genevieve, Cecily	East Lansing/Graham and Huges	President
Terrah	Hanks	517-719-2198	thankssundance@gmail.com		Haslett/	Vice President
Erin	Cazal	517-230-1635	erincazal@gmail.com	Lauren	East Lansing/Huges	Treasurer
Fernanda	Jeffers	517-275-6946	jeffersf@msu.edu	Edward	East Lansing/Stark	Secretary
Terrah	Hanks	517-719-2198	thankssundance@gmail.com		Haslett/	Family Fun Night Chair
						Teacher Appreciation
Allison	Shaw	570-878-9300	allisonzshaw@gmail.com	Cameron	East Lansing/Stark	Communications
Ashley	Gilmour	563-340-1083	nursse91135@yahoo.com	Addiyn	Haslett/Ms. Colon	