



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

Helping your Child Adjust to Daycare or Preschool

When a child begins at a new day care center or preschool there is usually a period of adjustment to the new place and a new routine. The duration of this period and its intensity varies with each child but some adjustment time should be expected. The age and stage of development of each child also plays a role.

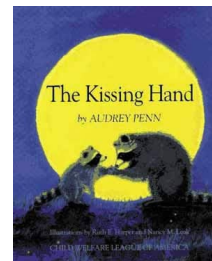
There are several things that parents and teachers can do to help prepare or calm a child who may be nervous or upset.

- Talk about school with your child, using the teachers' names and the names of some

of the other children in the classroom. Talk about activities that the children might do.

- When you arrive, plan on extra time for settling your child into the room. Walk your child into the room, and greet the teachers. Look around the room and find an activity that seems to interest your child. Play with your child for a few minutes
- Tell your child when you need to leave and that you will return. This will help build trust.
- It is helpful to have a

drop off routine. Involve your child in developing a routine that might include a good-bye song, a special hug, or a "secret" signal. Arrive at daycare around the same time each morning and go through your routine. Routines help young children feel secure. A great book about good-bye routines is *The Kissing Hand* by Audrey Penn.



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www.NCSEED.org

NOTES

- NC SEED has 314 families enrolled
- 244 families have finished the study activities

Baked Ziti

Ingredients:

- 6 to 8 oz dry ziti pasta
- 1/4 to 1/2 c chopped onion
- 1/2 lb lean ground beef
- 1 (26 oz) jar spaghetti sauce
- 2 to 4 oz provolone cheese, sliced
- 1/2 to 2/3 c sour cream
- 2 to 4 oz shredded mozzarella cheese
- 2 to 4 teaspoons grated Parmesan cheese



Directions:

1. Preheat oven to 350°F.
2. Cook ziti for about 8 minutes and drain; set aside.
3. In a large skillet, brown onion and ground beef over medium heat.
4. Add spaghetti sauce and simmer 15 minutes.
5. Butter bottom and sides of 9x9 or 9x13 baking dish.

6. Layer ingredients as follows:

- 1/2 of the ziti
 - Provolone Cheese
 - Sour Cream
 - 1/2 sauce mixture
 - Remaining ziti
 - Mozzarella cheese
 - Remaining sauce mixture
 - Top with Parmesan cheese
7. Bake 25 to 30 minutes or until cheeses are melted.
ENJOY!

