

Treehouse News

Vol. 3: September 2009 Dedicated to learning through play

Outdoor Play: positive effects of exposure to nature

Time spent outdoors has a tremendously positive effect on children's physical and emotional well-being. Regular exposure to nature and "green surroundings" has been shown to speed recovery from illness, injury and trauma. Concentration and ability to pay attention improve after spending time in nature. The Center for Disease Control, the U.S. Department of Health and Human Services and the American Academy of Pediatrics all recommend "daily doses" of outdoor play for children.

Being exposed to the sun increases our levels of Vitamin D, which greatly affects our ability to regulate emotions and lessen feelings of anxiety. In addition, playing outside allows children to discover that exercise can be fun and exciting and will help them develop good physical habits as they grow older.

Due to the limited amount of space and the presence of toys, indoor play is a different experience for kids than outdoor play. The openness of nature allows children's imaginations to run wild. It also provides so much hands-on, multi-sensory stimulus that it actually fosters brain development in early childhood.

Playing outside is not only fun, it is good for our bodies and minds. Slather on the sunscreen and pack a bag with water, snacks and any other necessities so that your family can take advantage of some fun in the sun before cool weather sets in again.

Visit Wave Hill Gardens and Cultural Center in the Bronx, Highland Park in Queens, Las Americas Botanical Gardens in Manhattan, or Prospect Park in Brooklyn, for some beautiful locations for outdoor family fun!

Whooooo loves live music?

Charlie Hope Concert
Thur, Sept. 3rd at 4:30p

Niko's Kids Concert
Sun, Oct. 4th at 3:30p

Drumming Circle
Sun, Sept. 20th at 5:00p
Sun, Dec. 20th at 5:00p

Rock-a-Baby Concerts
Sun, Sept. 13th at 3:30p
Sun, Oct. 18th at 3:30p



Upcoming Demo Classes

9/14 (M) Fun with Numbers, 4:00-4:45p

9/15 (Tu) Sharing & Caring, 2:00-3:00p

9/17 (Th) Ready to Read, 3:30-4:15p

9/21 (M) Look in a Book (Art), 3:30-4:15p

10/7 (W) Crafty Tots, 11:00-11:45a

10/8 (Th) Ready to Read, 3:30-4:15p

10/12 (M) Hebrew Birdies, 9:30-10:15a

10/12 (M) Fun with Numbers, 4:00-4:45p

10/13 (Tu) Storytime, 12:30-1:15p

10/13 (Tu) Sharing & Caring, 2:00-3:00p

10/20 (Tu) Baby Signs, 2:00-2:45p

10/22 (Th) Meeting of the Moms, 12:-2:00p

11/16 (M) Mandarin Birdies, 9:30-10:15a

Play Techniques to Try at Home

It's summertime so we think you should be adventurous. Take a nature walk or go fishing by the lake... in your very own home! Simulate these activities in your living room one evening with a family *camp-in*.

Scholastic Parents says that pretending builds skills in many essential developmental areas like language and cognition. So, go ahead! Build a fort using bed-sheets and furniture and break out the sleeping bags. Have a sing along around an imaginary camp fire. Enjoy classic cook-out foods like hamburgers, hot dogs, baked beans and corn for your special camp-in feast. And remember, it isn't a camp-in without the S'mores. Roast marshmallows under the broiler to create your gooey, tasty treat!



Sleep Strategies

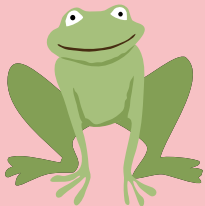
Wondering how to get your kids to stay in their rooms after bedtime? One technique is to establish an incentive program. Strike a deal with them. They might earn a "special" toy by staying in their room every night for at least a week. If they just can't seem to stay there, allow them one "get out of bed free" card per evening, providing more leniency for little ones. Make it worth their while staying in their rooms: build a "bed tent" and fill it with stuffed animals, blankets and pillows, a few of their favorite books and a flashlight. Make sure that they have enough water and use the potty before being tucked into bed.

If your child awakens in the middle of the night, let them self-soothe before rushing in to check on them. Also, we understand that many parents work full time so to avoid your child's yearning for more face-time, maximize every opportunity before bedtime and on weekends to share quality experiences together. Just remember to establish boundaries and stick to them.



Newsworthy – Sleepover Parties

Starting in October, City Treehouse will offer sleepover parties! Invite all your friends and enjoy a treehouse "camp out". Available for kids ages 6-12 years with chaperones. Guests will share music and stories around the "campfire" and have plenty of time to play at the water table and explore the treehouse and star cave. Hang out and talk or plan special activities such as treasure hunts, art projects, or making s'mores! Call (212)255-2050 for pricing or more information.



Nutrition

Instead of relying on unhealthy processed and expensive packaged snacks, why not try some delicious alternatives that you and your child can make in minutes! Here are four healthy recipes for you to create together. They're quick, simple and tasty. Even better—they travel well so you can bring them almost anywhere!

Trail Mix

Add as much or as little of any ingredient that you'd like into a bag and shake it up!

Sweet

- Favorite breakfast cereal (Chex, Cheerios are good choices)
- Plain or yogurt covered raisins
- Your choice of dried fruit (try cherries, mangos, blueberries, cranberries, or strawberries)
- Carob chips
- Mixed nuts or granola

Sweet & Salty

- Muesli
- Plain microwavable popcorn
- Mini whole wheat or spelt pretzels
- White chocolate chips
- Banana chips

Fancy Popcorn

Add as much or as little of anything you want into a bowl of plain, popped microwave popcorn and mix together. Let cool and pack into handy snack bags for on-the-go munching.

Sweet

- Melted peanut butter
- Melted honey
- Shaved coconut

Sweet & Salty

- Grated/powdered parmesan cheese
- Garlic powder
- Dried, crushed basil
- Salt & pepper to taste



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