



# Choices for Children



## Go Green, save your "green" and have fun with your kids!

Does that title sound like a win-win! It is! While the winter holiday season brings good cheer for most people, it also brings a lot more solid waste to the landfill, harm to the environment, and additional debt to the average American family. For many it adds additional stress that just cannot be absorbed into an already tight schedule.

The following is a list of suggestions that will help reduce some of the holiday waste, alleviating some of the stress put on the environment during the holidays, save you some money and allow you some good, quality time with your children. Now isn't that what holiday memories are about?

- 1- Avoid the cost and waste of wrapping paper. Ask for paper sacks when you get your groceries. Cut them, turn them inside out. Have your children decorate them. Take a pine branch and dip in paint. Or use a cookie cut dipped in paint. Or use a cookie cutter to trace a shape on a sponge. Cut out the shape and dip in paint. The result is a one-of-a-kind, sturdy wrapping paper that everyone will love! Need ribbon? No problem. Use fabric scraps or yarn from the thrift store. You could even teach you child how to braid or crochet and use the finished piece as ribbon.
- 2- Reuse those holiday cards. You may have tossed out last years, but save them this year. The kids can cut out the images they like most, hole punch- et voila, a fabulous gift tag! This also works well for those of you who like scrapbooking.
- 3- Make homemade ornaments. Ideas for homemade ornaments abound! One idea, reuse those holiday pie tins- the soft, aluminum ones from the grocery store. Use a cookies cutter as a template and cut out the shape. Use a wooden spoon to swirl patterns over the shape to give it eye appeal. Decorate with sequins, jewels, buttons, yarns- whatever you have around.
- 4- Make your own garland. What a great way to learn about patterning. One cranberry, 2 pieces of popcorn, 1 cranberry, 2 pieces of popcorn. Or use marshmallows which can be easier than popcorn for small children. Also remember construction paper loops and a stapler make great garland!
- 5- Save up those broken pieces of crayons. Place in small muffin tins or holiday shaped muffin pans and bake at 250 degrees until melted.
- 6- Make some fabulous foot soak as a gift. Mix Epson salts, essential oil fragrance, a little food coloring and place in jars (reuse your own from your pantry or pick some up at your local thrift store).
- 7- Need more ideas? Google "green holidays" for more great links.

This list is just a small list to get you thinking about how you can create more meaningful holidays with your family and reduce both the cost and resources used.

*Happy Holidays from Choices for Children!*

Our mission is to enrich children's lives through innovative support, education and enhanced family and provider services. Our programs put families at the center of a community of support services.

# Save the Date

Choices for Children *presents*  
A Free Community Concert

featuring **Bev Bos**  
and **Michael Leeman**

April 11, 2008  
at the Diamond Valley School Gym



**-available at our cost**

**Hard to find art supplies:**

- liquid water colors
- diffusion paper
- pipettes
- sunprint paper
- multicultural marker colors
- multicultural crayon colors
- mexican bandero paper
- origami paper

**All inclusive craft kits- great for gifts:**

- ceramic piggy banks
- rainsticks
- wooden dinosaurs
- folding hand-held paper fans
- wooden clackers
- fabric and button flower bouquets
- design your name/word bracelet

## New Resource Library Materials

*Materials by Bev Bos's Turn the Page Press*

**Chants, Fingerplays & Stories** book- Over 50 chants, fingerplays using dolls, animals and stuff you make with a hankkerchief or towel. Fourteen of Bev's best-loved stories for telling.

**Don't Move the Muffin Tins** book- a hands-off guide to art for the young child.

**Together We're Better** book- establishing a coactive learning environment.

**Tumbling Over the Edge** book: a rant for children's play by Bev Bos and Jenny Chapman.

**Come On and Sing** DVD- Bev Bos and Michael Leeman discuss the "hows and whys" of using music with young children.

**Starting at Square One** DVD- Bev Bos discusses creative art, music, language, and how to establish and environment that is child sensitive.

**Hand in Hand** music CD by Bev Bos, Tom Hunter, and Michael Leeman

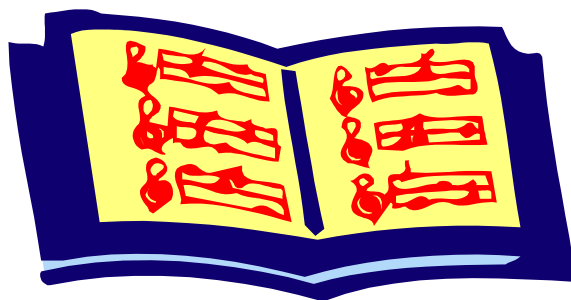
**Come on Over** music CD by Tom Hunter, Michael Leeman and Bev Bos

**Still Growing** music SD by Tom Hunter

**Unconditional Parenting** DVD by Alfie Kohn- Asks the question, "What are our long-term goals for our children?" How can we work with them, rather than do things to them to help them reach those goals?

**In Their Own Way** book- by Thomas Armstrong. A widely acclaimed book that shows parents and teachers how to understand children's individual styles of learning.

**The New Speaking of Sex** book- by Meg Hinkling. What your children need to know and when they need to know it.

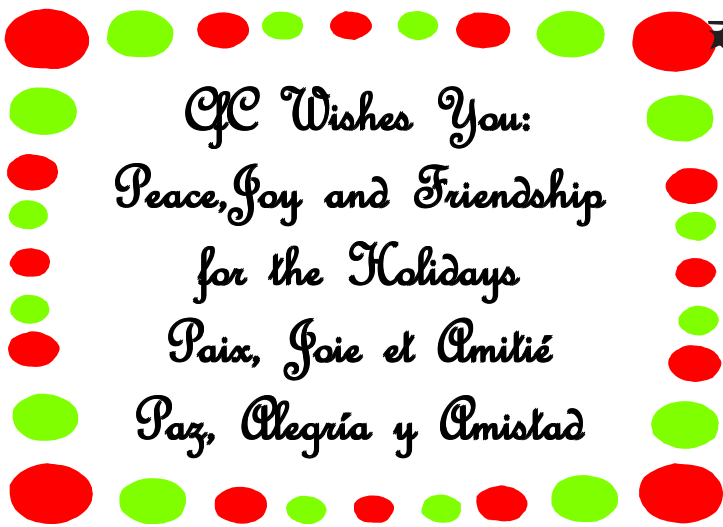


December

- 1- **Babysitting 411**, 9 am to 3:30 pm at Choices for Children office in South Lake Tahoe. Cost is \$20 to cover the cost of lunch. All participants will receive a babysitting busy bag. Call 1-877-541-5848 to register.
- 6- **Play & Learn: Your worst nightmare, a guide to safety.** Finding the hidden dangers that may be lurking in your home. 10:30 am to 12:30 pm at the Woodfords Choices for Children office. Come and join the discussion, enjoy lunch, and take home a free activity.
- 14- **Annual CfC Winter Party 2:15-4:15** at the Diamond Valley School. FREE  
Come for pictures with Santa, crafts, food and conversation.
- 21- Office closes at 2 pm
- 25- Office closed

January

- 1- Office closed
- 10- **Play & Learn: Health Wealth**, strategies for healthy lifestyles to enrich the lives of adults and children. 10:30 am to 12:30 pm at the Woodfords Choices for Children office. Come and join the discussion, enjoy lunch, and take home a free activity.
- 24- **Play & Learn: Do What I Tell You or Else:** Threats, spanking, and time-out. How to avoid negative consequences of these common forms of punishment. 10:30 am to 12:30 pm at the Woodfords Choices for Children office. Come and join the discussion, enjoy lunch, and take home a free activity.



The California Child Care Referral Network has compiled data about the state of California and each of its 58 counties to provide critical information about child care supply and demand. The bi-annual release of this information is published in the 2007 California Child Care Portfolio and will be available to the public on December 5, 2007. This year's publication has a special focus on infant and toddler child care needs. For more information on the portfolio or to obtain a copy of our county information, access our website at [www.choices4children-alpine.org](http://www.choices4children-alpine.org) or contact our office at 530-694-2129.

**Child-Centered Art Idea**

Shiny & Glamorous Collages:

Use materials such as foil, sequins, velvet, ribbons, etc. to create holiday collages. This activity can be done on holiday shaped paper, paper plates cut into wreaths, jar lids, old holiday cards, etc.

*Child-centered art activities are creative, unique, and original. They are diverse and individual like the children who create them. They are open-ended and unstructured. They involve self-expression. They are process-oriented. They please the child. They foster autonomy. They require open blocks of time.*



**ANNUAL CHOICES FOR CHILDREN  
WINTER PARTY**

**FRIDAY**

**DECEMBER 14**

**2:15 PM — 4:15 PM**

**IN THE DIAMOND VALLEY SCHOOL GYM**



**FREE!**

Come for pictures with Santa, crafts, food,  
and fun with friends

*All children must be accompanied by a supervising adult.*

Call Rachael at 530-694-2129 for more information



100 Foothill Rd. Suite D-6  
Markleeville, CA 96120

Visit our "new" website at [www.choices4children-alpine.org](http://www.choices4children-alpine.org)