



# ELC November News!

## ELC Aquatic Safety Sessions Begin in November!

Aquatic Safety Sessions begin in November! In our Pre-K and Kindergarten classrooms, children will work with an Emilson YMCA aquatics instructor in the pool to learn basic water safety and some basic swim strokes. The main goals of this program are to help children learn basic water safety skills. Children do not wear flotation devices in this program. In our Preschool classrooms, children work with our teachers, Miss Katie and Miss Anne, in the zero depth entry pool wearing Puddle Jumpers. The main goal of this program is to help our youngest swimmers to feel more comfortable in and around the water. Please note, that in order to plan appropriately for swim groups, all children must be signed in to their classrooms by 9:00am.

### **November SSYMCA Cause Highlight: Water Safety**



**The Y is "America's Swim Instructor" and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. The South Shore Y is committed to providing access to lifesaving water safety education and skills to all members of the South Shore community, empowering all to swim safely and confidently. If you would like to make a donation to our ELC SSYMCA November Cause Highlight please go to <http://ssymca.org/give/donate/>**



## **ELC Exclusive Live Facebook Question and Answer Session about All Things Sleep!**

Is your baby not consistently sleeping through the night? Does your child sleep all night but struggles to take restorative naps during the day? Does your toddler push boundaries at bedtime and you're at your wits end? If you are challenged by your child's sleep and are looking for answers, join Certified Pediatric Sleep Consultant Kate Woodard for a live Q and A Facebook session where you can ask all your burning sleep questions and receive expert advice to help your family get the sleep you all so desperately need!

## **ELC Family Play Date and New Family Mentor Program**

ELC is kicking off a new program geared toward helping our "seasoned" families to share their expertise and knowledge about the ELC with our new families! We are hoping to connect our new families with our seasoned ELC mentor families with the goal of helping to facilitate new family relationships with one another. As a kick off, we will be holding an ELC family play date in the Kidzone on Saturday, November 10th from 9:00-10:00am. We welcome all to join us!

## **Help Us To Honor Our American Heroes at the ELC this Veteran's Day!**



Once again, we will be using our front foyer to recognize all of the Veteran's in our ELC community. If you would like to honor a family member or friend by including them on our board of honor, please email a photograph to Maureen at [mmelone@ssymca.org](mailto:mmelone@ssymca.org) or bring it to the office. Don't forget to write a brief explanation of who the person is and their role in the U.S. military.

**Save the Dates!**



- \* **Family Play Date in the KidZone**  
**Saturday, November 10th 9:00-10:00am**
  
- \* **Live Facebook Question and Answer on All Things Sleep**  
**Thursday, November 15th 8:00-9:00pm**
  
- \* **ELC Closure on Thanksgiving weekend**  
**Closed November 22nd and 23rd**
  
- \* **An Evening with Santa**  
**Friday, December 14th at 6:00pm**

### **ELC Food Drive for the Hanover Food Pantry During the Month of November**

Please join us in gathering non-perishable food items to donate for the Hanover Food Pantry. We will have a bin located in the lobby area to collect donations. Thank you for helping your community!



**In recognition of our Aquatic Safety Sessions beginning this month, below are some aquatic safety tips for keeping children safe in and around the water.**

### **The Hard Facts**

**Drowning is the leading cause of injury-related death among children between 1 and 4 years old. And it's the third leading cause of death among children.**

### **Top Tips**

**\*Never leave your child unattended around water. Always remain within arms distance of your child when in water.**

**\*Put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water.**

**\*Empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach.**

**\*Keep toilet lids closed and use toilet seat locks to prevent drowning. It's also a good idea to keep doors to bathrooms and laundry rooms closed.**

**\*At pool parties, adults take turns watching the water and pass a whistle.**