Elmer Wolfe Elementary

We want to take this opportunity to say THANK YOU — we are so grateful to have the opportunity to work with all of our amazing Judy Center families. It is all of you who make our Judy Center so successful. We appreciate the dedication and commitment each family shows by being active participants in our programs. It is because of all of you we feel fortunate to work for the EWE Judy Center. We hope everyone has a wonderful holiday season!

Amy, Cathy, Brandy, Robin, and Lynn

Cranberry Station Elementary

Cranberry Station is looking forward to seeing families at our Gingerbread Night on December 12th! We’ll make Gingerbread houses, enjoy a snack, and take pictures in our photo booth! Please be sure to RSVP if your family is able to attend. (There is no dinner served on this night.)

We wish you all a joyful holiday with lots of meaningful family time! See you in January!

Becky, Kathy, and Janet

Robert Moton Elementary

WOW, we can’t believe it is already December! This month, we are looking forward to Gingerbread Night, Cooking Class & Pre-K Breakfast. The Judy Center staff would like to wish you and yours a very happy holiday season. Enjoy your time with family and friends!

~The RME Judy Center Team~

Taneytown Elementary

If you haven’t checked us out on Facebook yet, take a look at the wonderful things happening at the JC! ~Happy Holidays from Diana and Wendy!

Please RSVP for:

Gingerbread Family Fun Night
Dec. 10th 6:00-7:30
(Snow date Dec. 11th)

Judy Center Baby Shower
Lunch, games, gifts, parenting information (For expecting parents and with babies 8 months and younger)
January 24th 11:30-1:00
(Snow date Jan. 31st)
Adult Education

ABE, GED, and ESOL
Family

Literacy classes are open to parents and other family members of pre-school age children. Call 410-857-0629. Classes held at RME on Monday and Wednesday evenings.

Shredded Paper Snowman

Who knew that shredded paper could be so cute! This little Shredded Paper Snowman is so easy to make, and your kids will love the process! If you don’t have shredded paper, substitute! You can have them pull apart cotton balls, rip up tissue paper, or cut up plain paper into small pieces – all of these activities will build their fine motor skills!

To make your own Shredded Paper Snowman, you will need:
- 2 paper plates stapled together
- shredded paper
- black paper for a hat, circles for eyes, mouth, and buttons
* orange paper for a triangle nose
* white glue

Staple two paper plates together into a simple snowman shape. To make cleanup easier, protect your table with paper. Next, encourage little ones to squeeze glue all over the paper plates. Once the plates are nice and “gluey,” have them start pressing handfuls of shredded paper onto their plates. You may end up with bits of paper everywhere, but it sweeps up easily. To make your snowman fluffier, add a second layer of glue and more shredded paper on top of the first layer. Next, have your little one cut out black circles for the eyes, mouth, and buttons and an orange triangle nose (if they are able). Help them draw and cut out a hat. Glue on the eyes, nose, mouth, hat, and buttons. Let dry and hang!

Adapted from http://www.housingaforest.com/shredded-paper-snowman/

What’s Happening at the Library?

Go to Currents or the Calendar of Events site for dates and times of specific children’s programs. Some programs may require registration.

Westminster

- Holiday Concert in the Park 12/7 at 12
- Busy Hands, Busy Brains 12/13 at 10
- Sunday Afternoon at the Movies: The Nightmare Before Christmas 12/15 at 2
- All Aboard the Polar Express 12/20 at 10
- New Year’s at Noon 12/31 at 11:30

Taneytown

- ABCs & 123s: The Nutcracker 12/6 at 11
- All Wrapped Up: Drop-In Holiday Crafts 12/7 at 1
- Santa Visits the Library 12/7 at 1
- Messy Masterpieces: Holiday Art 12/12 at 1:30
- Itty Bitty Scientists: Explore Science 12/13 at 11
- Preschool STEAM Tales: Gingerbread Fun 12/20 at 10
- Gretchen and the Winter Whirlwinds Puppet Show 12/27 at 10:30

The Judy Center Partnership Includes:

Building Blocks Early Care and Education
Business and Employment Resource Center (BERC)
Carroll Child Care Centers Inc.
Carroll Community College Child Development Center – Littlest Learners
Carroll Community College Continuing Education
Carroll County Department of Social Services
Carroll County Health Department
Carroll County Literacy Council
Carroll County Public Library
Carroll County Youth Services Bureau, Inc.
Carroll Hospital Center
ESMART- Carroll County
Carroll Transit
Catholic Charities Early Head Start of Carroll County
CCPS Birth through Five Program
Celebrbee Learning Center– WMC Drive and Tech Ct.
Childcare Choices- Childcare Resource Center
Circuit Court Family Law Administration
Get Connected Family Resource Center
Grace United Learning Center
Human Services Programs of Carroll County Inc.
Judy Center Programs:
  - Weekly Playgroups- Come Learn With Me
  - Parents as Teachers Home Visitation (PAT)
  - Family Engagement at the Judy Center
  - Little People’s Place Child Development Center

Local Management Board
MD State Department of Education, Division of Early Childhood Development Office of Childcare
New Beginnings Christian Learning Center
Potomac Case Management
The Carroll County Family Center
Uniontown Bible Church
University of MD Extension Center/ Carroll County
Y Chipmunks Pre-school
Young Lives- Carroll County

NOTICE OF NON-DISCRIMINATION

The Board of Education of Carroll County does not engage in discrimination that is unlawful or contrary to Maryland State Department of Education guidance on the basis of age, color, genetic information, marital status, mental or physical disability, ancestry or national origin, race, religion, sex, sexual orientation, gender identity, or gender expression.

The Board of Education of Carroll County is firmly committed to creating equal employment and educational opportunities for all persons by providing an environment that supports optimal academic achievement and productive work and is free from any form of unlawful discrimination, including access to school facilities, educational programs, and extracurricular activities.

The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of Human Resources, 125 North Court Street, Westminster, Maryland 21157, (410) 751-3070.
Thank You, Sue Mitchell!  
Happy Retirement!

The Judy Center Staff would like to thank you for your 18 years of dedicated service to the early childhood community in Carroll County!  
You will be missed!
HOLIDAY STRESS & SOLUTIONS FOR PARENTS

The holidays are a time for family and friends...but sometimes we let stress overshadow the good times. If you find yourself stressed this year, following these tips may help you and your family enjoy the holidays with less stress and more fun!

<table>
<thead>
<tr>
<th>STRESS: UNREALISTIC EXPECTATIONS</th>
<th>SOLUTION: Just relax! The holidays are about being with friends and family and none of us are perfect. Be yourself and enjoy the people around you for who they are.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holidays can be stressful when people put pressure on themselves to have a “perfect” holiday.</td>
<td></td>
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<tr>
<td>STRESS: TOO MANY RESPONSIBILITIES</td>
<td>SOLUTION: Don’t take on more than you can handle, learn to say “No,” and do not overcommit yourself or your family. Don’t be afraid to ask for help! What children really want is to spend time with you!</td>
</tr>
<tr>
<td>Scheduling too many activities during the holidays can put a big strain on both you and your family.</td>
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<tr>
<td>STRESS: TRAVEL STRESS</td>
<td>SOLUTION: Plan your trips in advance, and do not be afraid to limit the stay of your own guests. Plan for the unexpected and remember traveling can be hard on kids, too. Bring games, books, magazines, and snacks.</td>
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<tr>
<td>Traveling during the holidays (or having guests at your home) can cause extra stress due to traffic, lack of sleep, and more responsibility such as packing.</td>
<td></td>
</tr>
<tr>
<td>STRESS: UNPLEASANT MEMORIES</td>
<td>SOLUTION: Surround yourself and your children with safe, supportive people. Being with others can provide strength and nurturing during a difficult time.</td>
</tr>
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<td>Negative memories of past seasons sometimes resurface during the holidays, often adding more stress.</td>
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<tr>
<td>STRESS: FINANCIAL PRESSURE</td>
<td>SOLUTION: Your family and friends do not want you to go into debt due to holiday gifts or events! Buy smaller gifts, create handmade gifts...remember it’s the thought that counts!</td>
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<tr>
<td>Overspending adds stress and can ruin the holiday spirit.</td>
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<tr>
<td>STRESS: USING TO COPE</td>
<td>SOLUTION: Take good care of yourself and your family! Get proper rest, eat healthy foods, and avoid alcohol or drugs.</td>
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<tr>
<td>During the busy holiday season, many people increase their use of alcohol and drugs, decrease sleep, and consume more food than usual.</td>
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</tbody>
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See the complete article at https://www.scanva.org/support-for-parents/parent-resource-center-2/holiday-stress/

Partner Spotlight

Carroll County Youth Service Bureau

Carroll County Youth Service Bureau is a private, non-profit organization that has provided outpatient mental health services in Carroll County for over 45 years and has grown into a multi-disciplinary behavioral health service practice that offers a range of outpatient treatment services. Funding is provided by local, state and other funding sources, including support from our community.

Our mission is to provide a full continuum of community-based mental health and substance abuse services for children, adults and families in Carroll County. We use a multidisciplinary approach to deliver prevention, intervention and treatment services in the least restrictive and most cost-effective manner. In the true spirit of the helping profession, we are dedicated to excellence in service, innovation in programming, and responsiveness to our community.

CCYSB offers several evidenced-based treatment options, including Parent-Child Interaction Therapy for the early childhood population. The goal of the program is to increase attachment between the child and caregiver(s), while decreasing highly problematic and defiant behaviors. PCIT is a treatment for caregivers and children between the ages of 2-7. Information about this program or any other services can be obtained by calling 410-848-2500.