



**Our Mission: "To put Christian principles into practice, through programs that build healthy spirit, mind, and body for all."**

## Welcome to Turner Creek Early Arrivals

Our 2010 format is based on the YMCA's core values and mission of building a healthy spirit, mind and body. Our activities are guided by the core values of Caring, Respect, Responsibility, Honesty and Faith. We feel these are tools children need to build a future with strong kids, strong families and strong communities.

### How does the Rides In System work?

Rides In starts at 7:00 a.m. and parents can drop off their children in the bus loop lane by the gym. A leadership staff member will be there to greet your child and help them out of the car. After 7:45 a.m. parents can walk their child into the gym room and a staff member will be directly inside the door to check them in.

### Where do they go when they get to the YMCA?

A counselor will be waiting for your children in the gym with a variety of rides in games and activities.

### Is breakfast provided during Early Arrivals?

The YMCA does not provide breakfast for your child. However, children may bring their breakfast from home and eat it once they arrive at the EA program. When we arrive at Adams Elementary children are allowed to purchase school breakfast before they head off to class.

### What if the start time for school is delayed due to inclement weather?

If schools are delayed, all morning YMCA programs are delayed by the same amount of time (i.e. if school starts 2 hours late, Early Arrivals will start 2 hours late).

### 2010 Early Arrivals (EA) Staff

#### Leadership Team:

- Nichole Hampton, Youth Director

#### Counselors:

- Jimmy Simpson

### Monday – Friday Schedule

Time	Activity
7 - 7:45 a.m.	Rides In Quiet Games
7:45 - 8:30 a.m.	Activity Time
8:30 - 8:45 a.m.	Closing Assembly School Dismissal

### CONTACT INFORMATION

<b>Nichole Hampton</b> Youth Director	469-9622 ext. 158 919-815-7397 = cell Nichole.Hampton@ymcatriangle.org
<b>Austin Branch</b> Site Director	919-815-3529 Austin.Branch@ymcatriangle.org
Turner Creek YMCA <b>EA and AFS Programs</b>	919-815-3529

## WakeMed Moment

### Picky Eaters

Most children will refuse nutritious foods at some point in their development. Some children are more picky than others, but there are some helpful tricks to maintain adequate nutrition in your youngsters. Try some of these suggestions:



- Add grated veggies like carrots and zucchini to favorite foods like spaghetti, soup, omelets, muffins, or lasagna
- Substitute low fat chocolate milk for white milk if your child will not drink it
- Try the same food in a different form. If your child does not like bananas try a smoothie with bananas and yogurt. Often, foods that aren't so appealing in their natural state can take on a whole new appeal when "repackaged" to suit kids' tastes.
- Serve foods time and again...its takes several tries for a new food to catch on so don't give up.
- Serve a food your child had refused along with a food he or she enjoys
- Cut foods into interesting shapes or make faces out of veggie sticks (cucumbers as eyes, ½ cherry tomato for the nose, and carrots for the mouth...get creative...add sprouts as hair, and peppers as ears)
- Always be a good example! Your child is watching you make food choices so be mindful of what you eat.

Try to eat as a family as often as possible. Think of dinner as an opportunity for quality time rather than a chance to focus on the food selections of your picky child. This way there is less pressure on the child to please you and more on sharing the details of his day and quality family time.

### Questions & Concerns?

The YMCA of the Triangle welcomes parental feedback. Should you have concerns, comments or questions, please contact the director of your child's program. If your concern is of a confidential matter, please call 919 719 9690, ext 9500 and leave a message. Someone will return your call promptly.

**One big community for fun, for health, for family, for life.**

