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MARCH 2023

Here's What We'll Be Up To...

Hello Toddler Town Families &
WELCOME to March! The month of CHANGES!

March's themes are:

1. Dr. Seuss

- ✓ Rhyming
- ✓ Sorting
- ✓ Matching
- ✓ Different shapes and sizes
- ✓ Patterns

2. All Green Everything

3. When the Sun is Out...

4. All About Spring

Here are some Special Dates to remember:

1st -Share a Smile Day

2nd - Dr. Seuss Birthday and Read Across America Day

3rd - National Anthem Day

7TH -National Cereal Day

8th International Women's Day

12th Girl Scout Day

12th Daylight Savings Begins

14th Commonwealth Day and PI Day

15th Absolutely Incredible Kid Day

17th St.. Patrick's Day

20th First day of Spring

21st Children Poetry Day and Single Parents Day

30th Doctors Day





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Announcements

Important Info!

We are approaching the spring Season and the cold weather is finally leaving us! Please dress your child accordingly and please be sure to update your child's cubby bin.

Keep In mind that Students go outside daily as long as it's between 32 and 92 degrees.

If possible, please label your children's belongings.

At Toddler Town Daycare, outside/home food and outside/home toys are not allowed or permitted at our center. Please keep home toys at home or in your vehicle, and, if you want your child to eat food outside our center, please have your child finish it in the car, but do not take it further in the school, or it will be tossed out. Also, cups allowed in the center are only cups that have water or that are empty, if you bring a cup or bottle containing anything else, we will send it back home. Please refer to your Toddler Town Parent policy handbook regarding these rules.

PROCARE ENGAGEMENT PROVIDES ALL THE SOURCES TO BE UP TO DATE WITH EVERYTHING GOING ON IN OUR CENTER. This includes Paying through the app, receiving documents, receiving important updates, communicating with teachers, and so much more. Ask us about ProCare Engagement!

REMINDERS!

Toddler Town Too closes promptly at 5PM. Any time after that, families get charged \$15 every 10 minutes.

Tuition

Please Don't forget that payments must be made on the 1st & 15th of every month. On the first you either pay full tuition, or half of the tuition. If you pay only half on the 1st, you have until the 15th to pay the other half. Late fees will be applied for no payments after the first and to unpaid balances after the 15th .

Payment Reminders for March 2023:

REMINDER: MARCH HAS 5 WEEKS

March 1st, 2023

Payment Option One: Pay in Full

Payment Option Two: Pay Half of Tuition Balance

March 15th, 2023

*All balances must be fully paid in order to avoid any interruption during Drop off. *



Highlights of the Month Of February 2023!





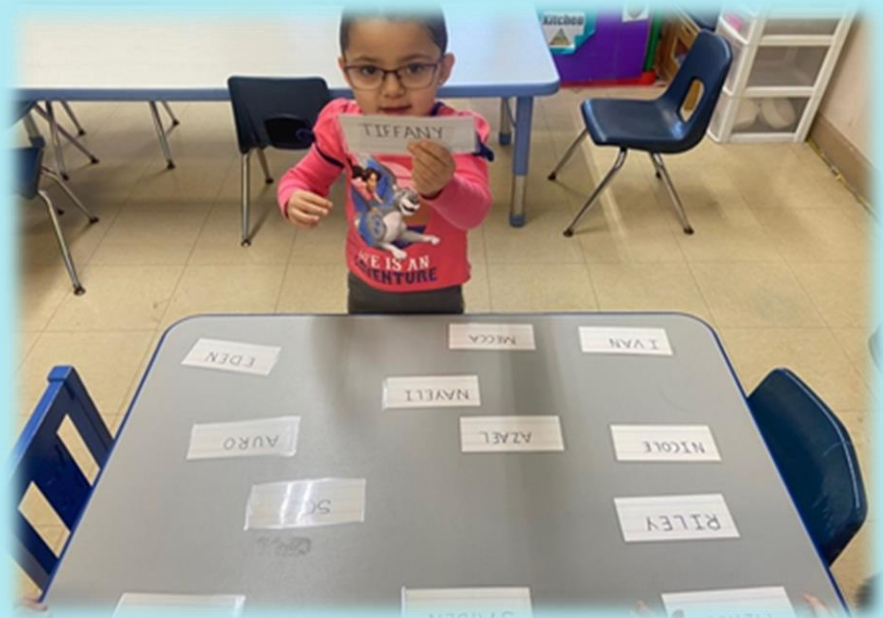
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Tips and Ideas for Home

5 Ways to Prep Your Kids for Daylight Saving Time

From: www.parents.com

The "spring forward/fall back" switch messes up everyone's schedule! Here's how to get your little one on track so you can all get a good night's sleep.

Daylight saving time is no fun for anyone. That groggy, "I *really* don't want to get out of bed" feeling lingers for days after you change your clocks, and it can make any [already sleep-deprived parent](#) feel exhausted. But the change in sleep patterns can be even tougher on your kids. "Young children need more sleep and don't tolerate sleep deprivation as well as adults," explains Daniel Lewin, Ph.D., former associate director of sleep medicine at Children's National Hospital in Washington, D.C. "The loss of just one hour can really affect a child's attention span, appetite, and overall mood."

The good news: You can take steps to help mitigate the effects of daylight saving time. These five tips will help you do just that.

Take Baby Steps

In the spring, don't just set the clock forward an hour one night and expect your child to get right back in sync; It takes some time to adapt to that loss of sleep. To help adjust, Dr. Lewin suggests gradually shifting [your kid's bedtime](#) in preparation for daylight saving time. So if your child goes to bed at 8 p.m., about four days before the time change, put them to bed at 7:45 p.m., then 7:30 p.m., and so on until they're going to bed as close to 7 p.m. as possible. If possible, wake them up a little earlier, as well. "Doing this step-by-step is not as much a shock to the system as it is when you abruptly expect your child to fall asleep an hour earlier after the time change," Dr. Lewin says. "If it's too difficult to get your child to bed earlier, which is often the case in older kids, then just focus on advancing the wake up time a bit instead."

Control the Lights

[Melatonin is a hormone](#) that helps regulate your body's internal circadian clock. It increases in the evening as it becomes dark, which helps induce sleep, and shuts down when it's light out, which can then increase wakefulness and alertness. But daylight saving time throws that natural cycle out of whack a bit, and that can be particularly difficult for kids. (Are *yours* eager to go to sleep when it's light outside or to wake up when it's dark out? We didn't think so!)

With all the focus on your kid's sleep, don't forget to take care of yourself, too! Many adults feel sluggish and cranky themselves after the daylight saving time switch, so make sure you're getting the rest you need as well, so you're not overly irritable with your child. And remember: These effects are short-lived—within a week or so, everything should be back to normal.



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Tips and Ideas for Home

To help, Dr. Lewin recommends dimming the lights in your child's bedroom and turning off all electronics about 30 minutes to an hour before bedtime. (According to [The National Sleep Foundation](#), such devices can reduce sleep time, sleep quality, and daytime alertness because of the light exposure as well as the fact that they engage the brain right before bedtime.) In the morning, get your child in the light as much as possible. Natural sunlight is best, so if weather permits, have breakfast outside or have your child help walk the dog. If that's not an option, turn on the lights in the house so it's nice and bright.

Stick with a Routine

When daylight saving time begins or ends, it's especially important to stick with a bedtime routine, as your child is now dealing with a change in schedule that might throw them off. "For young children, it's absolutely critical that they have a routine during bedtime," says Dr. Lewin. "That's what helps create a powerful signal for sleep." One option: giving your child a warm bath, [reading them a book](#), and snuggling together before lights out.

Get Enough Sleep Now

Also, in the days before you change your clocks, make sure your child is getting plenty of shut-eye. "Sleep begets sleep," explains Dr. Lewin. "So going into daylight saving time well-rested will greatly help your child because they won't be cranky and overtired, which can make falling asleep even harder."

Be Sympathetic

In the days following daylight saving time, try to be more forgiving if your child is throwing extra [temper tantrums](#) and seems to be particularly frustrated or difficult in any way. "The time change can cause such short-term changes in your child's mood, but your understanding and support will help him or her adjust a little better," Dr. Lewin says.



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Koalas (5 Year Old's)

Hello Families!

Our children had a wonderful month of learning! In the month of February, the children studied; Teeth, Friendship, Famous African Americans during Black History Month, and Dr. Seuss's Birthday. We had some fun projects along with these themes like drawing to jazz music. We learned 4 new words this month; go, to, my, and can. We had a great month, and we can't wait to see what next month brings!

In the month of March, we will be soaring to new heights with education! The children will learn about rhyming words, sorting, matching, shapes, sizes, and patterns. We will have fun activities along with these themes which will include matching rhyming words. We will learn new words as well like; WE, SEE, UP, and AND.

If you have any questions or concerns, please contact me at 773-622-9433 ext. 27 KOALAS or megan@toddlertownchicago.com

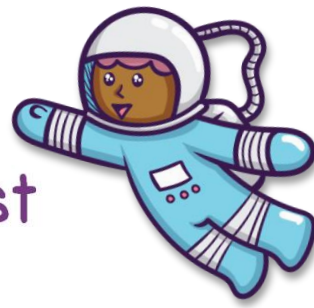
Thank You,
Mrs. Megan



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The Explorers (3 to 4 Year Old's)

Happy March!

The children and I had a great month in February! We learned about teeth, famous African Americans during Black History month and friendship. The children continued their other lessons as well like writing their full names and numbers. We were all about love during the month of February and we created cute crafts which included Valentine's Day cards for loved ones.

March will be a month of fresh new beginnings! We will be studying patterns, shapes and sizes, sorting and matching, and Dr. Seuss books. There will be fun projects with these themes like making birthday cards for Dr. Seuss. We will continue our basic lessons as well, like writing letters and numbers.

If you have any questions or concerns, you can contact me at 773-622-9433 ext. 25 Explorers.

Thank you,
Ms. Aracely



Happy Valentine's Day



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The Bumblebees (3-year-olds)

Hello, families,

I hope everyone stayed warm during February! Although it was cold outside, our bumblebees still had the chance to enjoy the month with their friends and have great gross motor activities such as exercises, dancing freely, and playing musical chairs! Our children also explored themes such as; friendship, Black History Month and healthy teeth. Of course, we will also continue with our basic skills which include practicing the alphabet and math skills such as sorting, matching different shapes/sizes and building new vocabulary.

In the month of March, we will be covering Dr. Seuss's birthday, Rhyming words, sorting and matching shapes and sizes, and last but not least, patterns! Please stay in tuned with ProCare for all the cool activities planned! Some activities will be sorting different kinds of large buttons.

If you have any questions, please feel free to send a message via ProCare or call us at extension 24! Thank you

Mrs. Nataly



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The Butterflies (3 Year Old's)

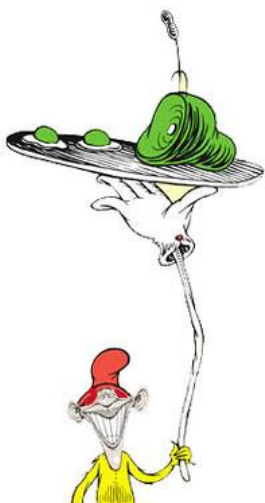
Hello Families,

Our children learned so much during the month of February. We studied; famous African Americans, healthy teeth, and friendship. The children also created some great projects like a friendship poster. Each child placed handprints on a poster as a promise to always be a best friend to everyone in the classroom. We had a great month of adventures in education, and we can't wait to see what next month brings.

The month of March will bring awesome new themes! The children will learn about books by Dr. Seuss, rhyming words, sorting, shapes, sizes and patterns. We will have fun activities and projects associated with these themes like creating patterns using various items in the classroom that use the ideas of shapes and sizes.

Parents, if you have any questions or concerns you can contact me at selena@toddlertownchicago.com or 773-622-9433 ext. 23 Butterflies.

Thank you,
Ms. Selena and Ms. Karla.



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Toucans (2 Year Old's)

Hello families!

Our class had a fantastic month! The children learned about teeth, friendship and we talked about black history month. The children had great activities with these themes like practicing brushing pretend teeth. The teachers had discussions about the colors of the African American flag and made a group flag with our handprints. We continued our basic skill lessons like colors, letter, and numbers.

In the month of March, we will be welcoming new themes and a new season. The children will learn about Dr.

Seuss books, shapes, and sizes, sorting and matching, and patterns. There will be fun projects with these lessons as well like color matching. The children will find different objects in the classroom and place the object on the color mat it is.

Ms. Yvonne & Ms. Bienca, Ms. Megan

If anyone has any questions or concerns, please email Ms. Yvonne at yvonne@toddlertownchicago.com or Ms. Bienca at Bienca@toddlertownchicago.com
Or call (773) 622-9433 Ext. 22



773-622-9433

5934 West Diversey Ave.
Chicago, IL 60639

