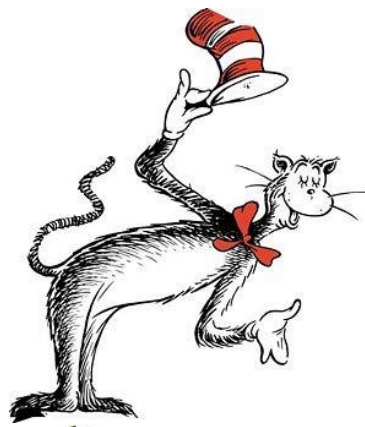




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MARCH 2024

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:

12th Daylight Savings Begins

29th – Good Friday CENTER IS CLOSED!

17th St.. Patrick's Day

19th First day of Spring

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

14th Commonwealth Day and PI Day

15th Absolutely Incredible Kid Day

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 2024:

March 1st, 2024

Payment Option One: Pay in Full

Payment Option Two: Pay Half of Tuition
Balance

March 15th, 2024

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

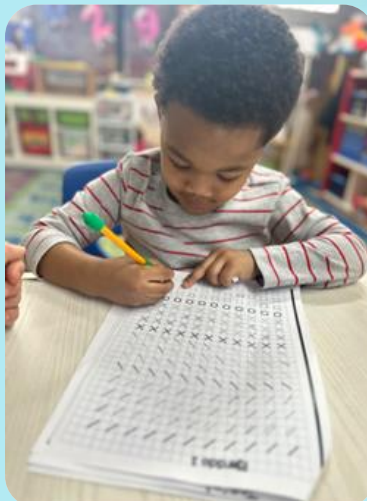



Highlights of the Month Of February 2024!





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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)

Happy Spring Y'all!

Our class had a wonderful month of learning! During the month of February, the children learned about, friendship, celebrating men and women in Black History and Dr. Seuss's birthday! We also had some fun projects associated with these themes like making friendship bracelets for the besties in our lives! We continued our sight word lesson by studying the words MY, CAN, SEE, and IN. We had a great month of learning, and we can't wait to see what next month will bring with Spring!

For March, we will welcome new themes and concepts to learn! The children will learn about Sorting and Matching, Rhyming Words, Shapes and Sizes and Patterns. We will have fun projects associated with these themes like matching green eggs and ham rhyming words.

Parents, please be sure to update your child's wardrobe in their cubbies, a lot of our children have sprung in size!

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

Thank you,
Mrs. Megan and Ms. Karla

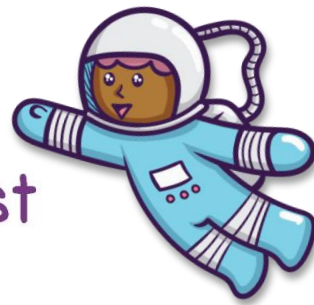


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The Explorers (3 to 4 Year Old's)

Hello Explorers Families,

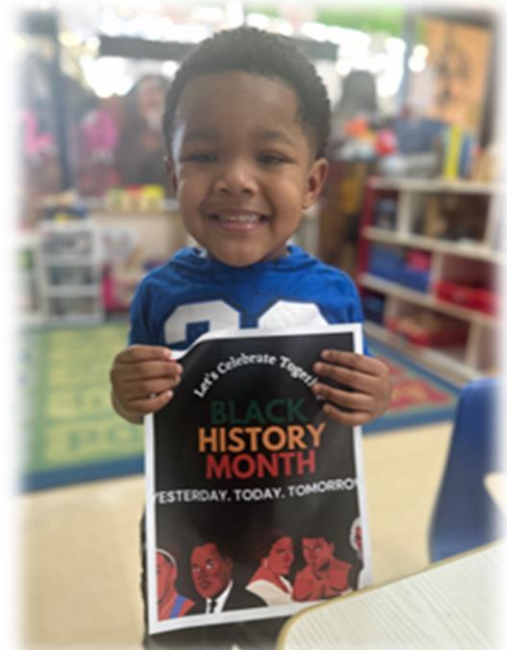
I hope you all enjoyed the month of Love and Friendship with your family and friends! The month of February we focused on letter and number recognition, strengthening fine motor development through writing, how to manage and acknowledge our emotions, sharing and being kind with friends. We also explored topics about Healthy Teeth through conversations of healthy foods to keep our teeth strong. We used our Black History Month topic weeks to explore important characters in our history.

In March we will have a month full of new activities and fun where we will explore new topics like Patterns, Matching and Sorting, and more. We will also explore March Celebrations like Easter. The Explorers will be focusing on tracing to help build their confidence with writing independently. Please be sure to support at home by reviewing letters and their sounds, numbers and their quantities, and writing practice.

With the weather beginning to change, please be sure to update your child's cubby and ensure they have enough extra clothing. Please be sure you are dressing them in weather appropriate clothing as we begin to spend more time outdoors with our nature walks and on the playground. Also, please supply your child with a reusable water bottle.

As always, you can reach me via the Procare App, phone at ext. 25, or email (aracely@toddertownchicago.com).

Thank you,
Ms. Aracely





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The Bumblebees (3-year-olds)

Hola families!

Can you believe March is here? Time is flying and our kiddos are blooming. With this in mind, I am sad but happy to see some of our bumblebees moving to the next classroom and happy to meet new friends. Before I get ahead of myself with the cool themes we will discuss in March, allow me to do a quick recap of what we did in February. During the month of friendship, we learned about the importance of brushing our teeth and celebrated Black History Month. Let's also not forget about our Valentine's Day party! We had so much fun playing indoor games using balloons and musical chairs. Now let's talk about what March will bring to our class. Throughout March we are going to learn about Rhyming, Sorting and Matching, Shapes and Sizes, and last but not least Patterns. To make all these fun themes entertaining we are going to have fun crafts such as matching colors, baa baa black sheep, and create cars using shapes!

If you have any questions or concerns please feel free to call extension 24 or email me at nataly@toddlertownchicago.com.

Thank you!
Mrs. Nataly



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The Butterflies (3 Year Old's)

Hello Families,

It's time to say goodbye to the month of love and welcome the month of luck! We expressed our love and peace in the classroom with fun activities and readings about being friends and having peace and respect for our peers. We have learned about friendship, how to keep our teeth healthy, and about black history, a great time to learn since Dr. Martin Luther King Day recently passed. We read a short history of Martin Luther King and Rosa Parks. Students also showed that they knew what foods were healthy and beneficial for our teeth and discussed what foods were unhealthy and could damage our teeth. Children enjoyed this activity because they could create mouths and view foods. We are also excited to celebrate Dr. Seuss's birthday this month with all his famous stories that children love. For March, we are eager to learn math concepts such as sorting and matching, shapes and sizes, and vocabulary like rhyming words, which will be incorporated with Dr. Seuss's books. We are also excited to learn about March celebrations such as St. Patrick's Day!

Please take this reminder to check your child's cubby and be sure they are fully stocked with weather appropriate clothing. We will be spending more time outside with the weather finally warming up so please send your child dressed accordingly.

If you have any questions or concerns, please message via the ProCare app, email (yvonne@toddlertownchicago.com and selena@toddlertownchicago.com) or call ext. 23.

Thank you,
Ms. Yvonne and Ms. Selena



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Toucans (2 Year Old's)

Hello Toucans Families!

This month was such a month full of love and laughter! We have finally gotten back outdoors with temperatures going up, enjoying many trips to the playground and around the neighborhood with our nature walks! During the month of February, we explored the topic of Friendship, Healthy Teeth and ended our month with Dr. Seuss's Birthday! We also spent two weeks learning about Black History Month where we discussed famous African Americans and their impact on the U.S., their inventions, or their achievements.

During March, we will explore Rhyming Words through new fun stories, and focus on Sorting, Matching, Shapes, Sizes and Patterns. We will also be Learning about St. Patrick's Day with a story and special craft.

We are so excited for this next month ahead and can't wait to see what our Toucans learn. Please continue the learning at home through color and shapes review. If you need support with how to do this, please ask and we can help as best possible! Thank you for your constant support outside of the classroom! Happy March!

You can always reach us via the Procure App, email (marta@toddlertownchicago.com and liz@toddlertownchicago.com) or phone at ext. 22.



Thank you,
Ms. Marta and Ms. Liz



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5934 West Diversey Ave.
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