



Hello Toddler Town Families
&

WELCOME November!!!

November theme is:

HEALTHY NOVEMBER

During the month Of November, we will be discussing the
following:

1. Healthy Eating
2. Fruits
3. Veggies
4. Being thankful
5. Pilgrims
6. Native Americans
7. Day and Night

Here are some Special Dates to remember:

November 10th – Teacher Training,
Center will Open at 6am and close at 12:30 pm.

November 11th –Veterans Day (Center Closed)

November 24th & 25th –

Thanksgiving Break (Center Closed)

November 22nd -Picture Day

Monthly Observance and Celebration

- Academic Writing Month
- American Indian and Alaska Native Heritage Month





Where Your Child
Always Comes First



Announcements!

Important Info!

Beginning November 1, 2022. Toddler Town Families are no longer required to fill out the morning CrisisGo questionnaire.

We are now in the Autumn/Fall Season and the Hot weather is officially gone! 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 also to unpaid balances after the 15th .

Payment Reminders for November 2022:

November 1st, 2022

Payment Option One: Pay in Full
Payment Option Two: Pay Half of Tuition Balance

November 15th, 2022

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



Highlights of the Month Of October 2022!





Where Your Child
Always Comes First

Highlights of the Month Of October 2022!





Where Your Child
Always Comes First



Highlights of the Month Of October 2022!



Highlights of the Month Of October 2022!





Where Your Child
Always Comes First



Tips and Ideas for Home

Info was taken directly from: [Good Nutrition For Preschoolers \(webmd.com\)](http://www.webmd.com)

Preschoolers are active, spirited tykes. And while they're generally adorable and fun, it's perfectly normal for 3, 4, and 5-year-olds to be opinionated -- especially about eating.

Here's some advice from the experts on how to avoid preschool food fights.

What's On the Menu?

"Preschoolers can eat what the rest of the family eats," says Melinda Johnson, MS, RD, a pediatric **nutrition** expert and spokesperson for the American Dietetic Association. That's provided family meals feature a variety of healthy foods, in moderation.

Depending on their age, an active preschooler's energy needs rival those of some grown women. While there's no need to track a youngster's calorie consumption, it is important to make calories count.

A young child's eating plan should consist mostly of healthy foods, such as lean meats, poultry, seafood, eggs, and legumes; whole grains, such as whole-wheat bread and cereals; at least two servings of dairy foods daily; and fresh or lightly processed **fruits and vegetables**.

There is room for treats, but it's limited, says Kathy Mitchell, MD, a practicing pediatrician at Harvard Vanguard Medical Associates in Watertown, Mass.

"Keep junk foods like cookies and candy out of the house to reduce temptation," she advises. "But don't go overboard. Kids can become intensely attracted to forbidden foods."

Make Time for Meals

Regular family meals provide opportunities for good nutrition, and much more. Dining together encourages proper table manners and fosters language development and conversational skills. When you minimize distractions by turning off the TV and turning on the answering machine, you show your child that mealtime is reserved for savoring healthy food and nurturing meaningful relationships.



Where Your Child
Always Comes First



Tips and Ideas for Home

While the ritual of regular meals is comforting to kids, dining with preschoolers can be chaotic and messy. Expect spills and some sloppy eating as your youngster hones their self-feeding skills. Refrain from being a "clean freak" to minimize mealtime stress.

"Being too strict about neatness at the dinner table may cause your little one to feel bad about knocking over his milk or getting food on his clothes," Johnson says.

Monkey See, Monkey Do

Want your child to accept baked potatoes instead of fries, and to prefer milk to sugary soft drinks? Then you must, too.

"Studies show that children adopt their parents' eating habits starting early in life," Johnson says. "Don't expect your child to eat better than you do."

Little ones love to imitate adults, and they will mimic your eating habits, whether they are good or in need of improvement. Capitalize on a youngster's natural curiosity by substituting healthier foods at the dinner table. Chances are, they'll have what you're having, and you'll be broadening their food horizons while arousing a minimum of suspicion.

.Fend Off Food Fits

Preschoolers can be picky eaters. They may favor the same few foods for weeks on end, in spite of your attempts at variety. You can't stop children from fussing about food, but you can control the way you react to their demands for chicken nuggets or macaroni and cheese every day.

The temptation is to prepare only the foods you are sure your young child will accept. But resist that urge.

Johnson, also a mom, recommends playing down entrenched food preferences while continuing to offer a variety of choices.

"Most children will eventually get bored and at least start picking at the other foods you offer, as long as you don't engage them in a power struggle at the table," she says.

It's normal to become concerned when a child continues to choose the same limited diet. While you're waiting for your child to snap out of their eating rut, put your mind at ease by offering a daily multivitamin appropriate for your child's age. Multivitamins fill in small nutrient gaps in a picky eater's diet, particularly for iron -- a nutrient that's critical to a child's brain development, immune system and energy level.



Where Your Child
Always Comes First



Tips and Ideas for Home

Here are some suggested stand-ins that offer variety and good nutrition:

- Couscous instead of white rice
- Sweet potatoes for white potatoes
- Canadian bacon for bacon
- Mashed potatoes made with reduced-fat milk for French fries
- Fig bars for high-fat cookies
- Tube yogurt (freeze first for easier handling) for ice cream
- Reduced-fat cheddar for regular cheese.
- Snacks Fill Nutrient Gaps
- Scheduling meals and snacks helps ensure a healthy diet for preschoolers. Problem is, young children don't always follow a rigid eating plan. Illnesses, including ear infections and colds; fatigue; and growth spurts can temporarily change the frequency and amount your young child consumes

Healthy between-meal snacks help fill in nutrient gaps in a little one's diet. The best snacks are nutritious foods eaten in amounts that take the edge off your son or daughter's hunger. Don't worry if they're not ravenous at their next meal.

"When you offer nutritious snacks, your child gets what they need, so it doesn't matter if they don't eat a lot at dinner," says Mitchell.

Feed your child in a designated area, preferably a kitchen or dining room table. Sitting down to eat, and only to eat, helps children pay attention to their feelings of fullness, Mitchell says.



Where Your Child
Always Comes First



Tips and Ideas for Home

Try these nutritious and delicious snack options for your preschooler:

- 1/2 sandwich
- Well-cooked vegetables and low-fat dip
- Whole grain crackers and cheese
- Yogurt
- Fruit smoothies
- Milk
- Chopped hard-boiled eggs or scrambled eggs
- Dry cereal; cereal with milk
- Low-fat microwave popcorn (starting at age 4).

Encourage a Healthy Weight

Your child is still young, but it's not too early to help them achieve a healthy weight. Respecting a preschooler's ability to decide how much to eat and when is central to that effort. An American Journal of Clinical Nutrition study suggests how capable children are of regulating their intake – and how adults can interfere with that innate ability.

When researchers served preschoolers a double portion of macaroni and cheese, the children took bigger bites and ate more. But when the researchers placed the double-sized portion in a serving bowl and let the children serve themselves, the children chose an appropriate amount of food for their ages: about a 1/2-cup portion for 3-year-olds and 3/4 cup for 4 and 5-year-olds.

Limiting television -- even educational shows -- also improves preschoolers' chances for a healthy weight. Three-year-olds who watched two or more hours of television daily were nearly three times more likely to be overweight than children who watched less, according to recent research in the Archives of Pediatric and Adolescent Medicine.

"It's tempting to allow a preschooler to watch TV so that you can get a few minutes to yourself, but it's a tough habit to break," Mitchell says. And while Mitchell, a mother of two, does not expect parents to banish television, she is adamant about separating eating and the television set.

What's the problem with eating in front of the TV? Writing in the Journal of the American Dietetic Association, researchers recently found that preschoolers of normal weight who often eat while watching television tend to eat more, possibly because they are distracted from normal cues for fullness.



Where Your Child
Always Comes First



Koalas (5 Year Old's)

Hello Families!

Our kids had an awesome month of learning in the month of October! The children learned about fire safety, apples, trees, pumpkins and celebrated the season of fall. We had some great projects associated with these themes which included exploring the inside of a pumpkin. We also had a great time at our Fall Fest Party! Thank you, parents, for making our party awesome!

For the month of November, we will be discovering new themes such as emotions, healthy eating, The history of Thanksgiving and having some fun with science. Along with these themes, we will have great activities like dancing colors experiment, where the children will have skittles placed around a plate with warm water placed in the middle, they will then dip dish soap and see what happens to the colors.

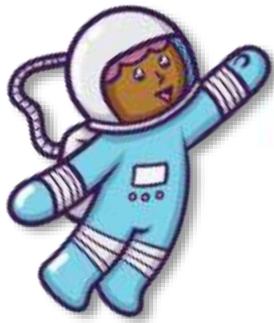
Parents, please be sure to update your child's cubbie with new clothes that are appropriate for the upcoming season.

If you have any questions or concerns, please reach me through email at megan@toddlertownchicago.com or via phone at 773-622-9433 ext. 27 Koalas Classroom or message us through the ProCare App.

Thank You,
Mrs. Megan



www.toddlertownchicago.com



Where Your Child
Always Comes First

The Explorers (3 to 4 Year Old's)

The month of October was a spectacular month for the Explorers class! The children learned great new themes which included the season of fall, pumpkins, apples and fire safety. The children enjoyed decorating a pumpkin for our lesson plan about pumpkins. We also continued working on basic skills such as our ABC'S, numbers, shapes, and tracing the children's names. Lastly, we ended the month with a fun Fall Fest party in which the children dressed up in costumes and we made creepy spider webs for a craft. I want to thank all the parents for making our Fall Fest fun and delicious!

For the Month of November, we will be working on emotions, being thankful, and the history of Thanksgiving. We will continue working on spelling, tracing, and writing the children's name. Children also will learn how to count and trace the numbers 1 to 6. We are going to create a lot of fun projects along with the topics of the month which will include Native American headdresses.

If you have any questions, please feel free to call us
at 773-622-9433 Ext 25 or via email at: cintya@toddlertownchicago.com Once again thank you
for all your support!

Ms. Cintya





Where Your Child
Always Comes First



The Bumblebees (3-year-olds)

Hello Families!

I hope everyone had a great October! I would like to start off by congratulating Ms. Nataly on baby Oliver's arrival! He is healthy and happy! We will miss her and expect to see her soon!

During the month of October, we encouraged our children to learn how to spell out their full name and how to write them as well. In the month of October, we covered the following themes Fire Safety, Trees, Pumpkins, and Apples. We created fun activities based on our topics which included creating paper ripped pumpkins.

For the Month of November, we will continue on our name recognition and work on our fine motor skills. We will also be exploring the following themes; emotions, being thankful, the history of thanksgiving, and experiment with science. We will have some awesome crafts and activities instore like jumping colors where the children will see how different colored towels blend in with each other.

Please stay tuned for all the exciting, excellent activities we are planning for this upcoming month.

If you have any questions, please feel free to email me at karla@toddlertownchicago.com, or call 773-622-9433 extension 24 Bumblebee's class!

Ms. Karla





Where Your Child
Always Comes First



The Butterflies (3 Year Old's)

Hello November!

We had lots of fun in October. We focused on our writing skills and studied our alphabet and numbers 1-10. We also learned about our safety, the season of fall, pumpkins, trees and apples. The butterflies made some beautiful crafts like our fall leaf handprints. Our Fall Fest Party was a wonderful time as well! Thank you, parents, for your contributions.

For the month of November, we are going to focus on our shapes, healthy eating, emotions and being thankful. We will be having some fun activities and crafts for the butterflies classroom to pair with these themes. For example, the children will create healthy plates where they will organize what foods are good for you and what foods aren't good for you.

Thank you in advance for your collaboration!

If you have any questions, please feel free to call us at 773-622-9433 EXT 23

Or email me at selena@toddlertownchicago.com

-Ms. Selena and Ms. Irene





Where Your Child
Always Comes First



Toucans (2 Year Old's)

Hello families!

Our class had a great month of learning! We learned about trees, apples, pumpkins and fire safety. We had some great activities and crafts that went along with these lesson plans. Like creating a finger print tree project, where the children used various colors of fall and placed different finger dots around the branches to create a festive fall project! Sadly, we announce that Ms. Fatima's last day at Toddler Town Daycare was on Friday October 28th. We wish her the best of luck in her future endeavors!

For the month of November, the children will be learning some awesome new themes! The children will be studying emotions, healthy eating habits, how to be thankful, Native Americans and experimenting with science projects. There will be some fun projects and activities associated with these themes like singing songs about different kinds of emotions.

Thank You,
Ms. Yvonne

If anyone has any questions or concerns, please email Ms. Yvonne at yvonne@toddlertownchicago.com or Ms. Megan at Megan@toddlertownchicago.com

Or call (773) 622-9433 Ext. 22



773-622-9433
5934 West Diversey Ave.
Chicago, IL 60639

