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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/ Indigenous peoples of America
7. Day and Night

Here are some Special Dates to remember:

November 5th Daylight Savings Time ends

**November 10th –Veterans Day Observance
(Center Closed)**

November 21st –SCHOOL PICTURE DAY

November 23rd & 24^h –

Thanksgiving Break (Center Closed)

Monthly Observance and Celebration

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





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Announcements!

Important Info!

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 NEEDED 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 2023

Friendly Reminder: November is a 5-week month!

November 1st, 2023

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

November 15th, 2023

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



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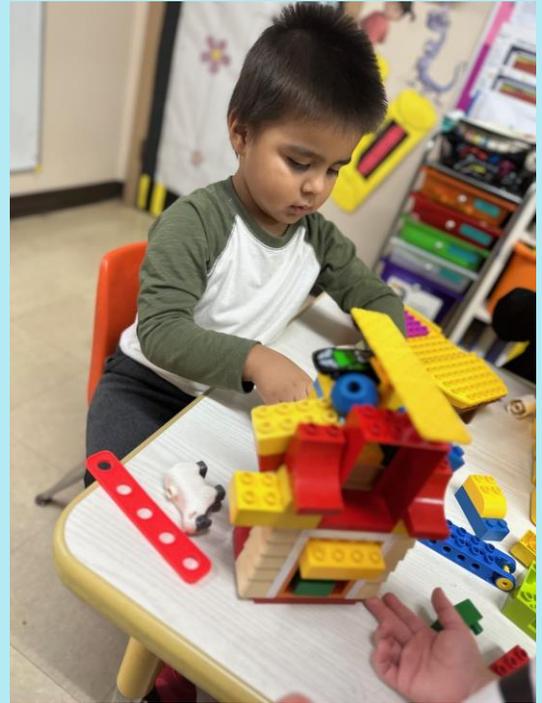


Highlights of the Month Of October 2023!





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Tips and Ideas for Home

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



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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.



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.



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.



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Koalas (5 Year Old's)

Hello Families!

October was a spooktacular month of learning! The children studied Trees, Apples, Pumpkins and all things Fall! We enjoyed great activities like apple tasting! It was awesome to see the variety of apple flavors there are in the world! We continued our work with letters by writing, reading and practicing sound and letter recognition. Thank you to all the families that helped with the Fall Fest Party! The children had a wonderful time! This month has been amazing, and we can't wait to see what next month will bring.

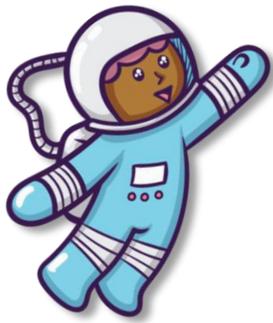
In the month of November, the children will be full of knowledge! The children will learn about healthy eating, emotions, being thankful, the history of Thanksgiving, and fun with science. We will have fun activities associated with these lessons like exploring different kinds of experiments that help challenge our knowledge of cause and effect. We will be wrapping up our letters lessons and moving into numbers. We will practice writing and recognizing them.

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

Thank you,
Mrs. Megan and Ms. Karla



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The Explorers (3 to 4 Year Old's)

Hello families,

Autumn is here!

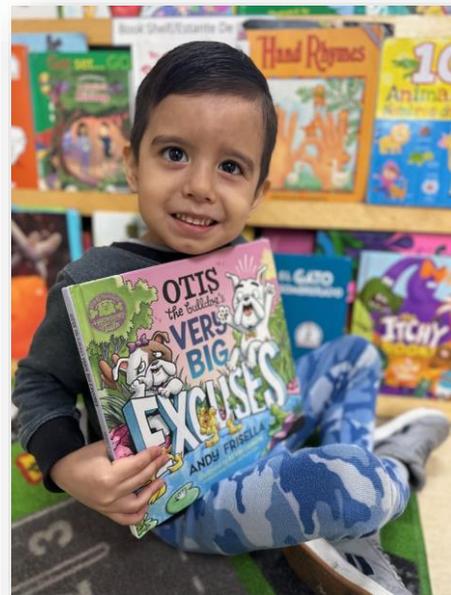
In the month of October, we worked very hard and had a lot of fun! We studied how to stay safe during a fire and what steps to follow during a fire emergency. We performed a small training session with the children on how to dial the emergency number 911. We explored and had fun discovering a pumpkin. We reviewed numbers and letters and their pronunciation. We talked about Trees and the importance of taking care of them for the well-being of humans. There was so much to learn in the month of October, and we can't wait to see what next month brings!

For the month of November, we will have several activities, a beautiful month in climate and new themes for our children. We will work on how to take care of our diet, how to control our emotions, and how to be grateful. We will work on how to form words like our first and last name, Papa Mama, etc., We will have fun activities with these themes like cutting out different foods from a magazine to make a healthy plate.

Don't forget to put weather-appropriate clothing on your children, and please don't forget to check their cubbies if your children need extra clothing.

If you have any questions or concerns, you can contact me at 773-622-9433 Ext 25, EXPLORERS or aracely@toddlertownchicago.com

Thank You,
Ms. Aracely



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The Bumblebees (3-year-olds)

Howdy Parents!

Leaves are falling and Winter's calling and just like that, 2023 is almost over! I am beyond thankful to be part of your children's lives and extremely thankful to work together as a team to help our children achieve new goals. October was full of great treats and no tricks! We learned about pumpkins, apples, trees and the season of Fall.

We created fun projects as well like our Fall tree that we decorated with our DIY Fall ornaments.

In November, our kids are going to learn about the importance of eating healthy by doing an all-green food tasting (please let me know of any food allergies) and describe which food was the most delicious or if it tasted bitter or sour. As many of you may know, learning how to properly use our words to express ourselves is important. So, for this month, we are going to focus on emotions and how to control them. To make this theme a success we will be using the book "A Little Spot of Emotion" By Diane Alber. To conclude with the fun, the Bumblebees are going to have fun with baking soda, white vinegar, and a balloon to see the chemical reaction of these two items mixed for our Fun with Science topic.

If you have any questions, please call 773-622-9433 ext 24 or nataly@toddlertownchicago.com

Thank you!

Mrs. Nataly



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The Butterflies (3 Year Old's)

Hello Families,

We are saying goodbye to the crunchy Autumn leaves and falling into family gatherings and cold fun nights. Throughout October, children learned about the growing cycle of apples, pumpkins, and trees to the importance of fire safety. The students were able to taste various types of apples and explore the inside of a pumpkin while assisting their teacher with a pumpkin carving activity. They had fun-filled activities from counting, sorting, and identifying the different parts of these fruits and living things from our environment. During our Fire Safety week the students engaged in different scenarios to prepare them for what to do in case of a fire, this includes learning “Stop, Drop, and Roll. The Butterflies really enjoyed watching their teacher's demonstration of “Stop, Drop, and Roll”. We also discussed who to call in an emergency and introduced “911”.

In November, our class will explore topics on Healthy Eating Habits, Emotions, and Reasons for Being Thankful. We will learn how to appropriately express our feelings through the use of words or emotion posters. We will also be working on a “health plate”, discussing the difference in a healthy food choice versus an unhealthy food choice. We will take time to explore different cultures and their cuisine choices during this topic.

If you have any questions or concerns, you can contact us at 773-622-9433 ext. 23 Butterflies or selena@toddlertownchicago.com or yvonne@toddlertownchicago.com

Thank You,
Ms. Selena and Ms. Yvonne





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Toucans (2 Year Old's)

Greetings Toucans Families,

October was the official kick start to our festive holiday fun in the Toucans classroom! We enjoyed some fun and Fall related topics throughout the month, like Trees, Apples, and Pumpkins. We also had a blast during our 3-day Fall Fest, where we celebrated the Spooky season with a Goodie Bag Decorating Party, we threw a Spooky Party where we dressed in our favorite spooky attire and ended our spooky-filled days with a Pajama Party! Thank you to all our parents who helped make this 3-Day party event possible. It has been such an incredible month with fun crafts and sensory experiences. We enjoyed the beautiful Autumn weather with lots of walks and playground time, and when weather wasn't on our side we enjoyed playing inside with the tunnels, ball pit balls, and fun dancing songs!

Next month, we will introduce ways for our Toucans to identify and better understand their feelings with an Emotions week, we will have a week all about being thankful, and leading up to Thanksgiving our Toucans will learn about its history. We will close out November with a week of Science Fun!

With Chicago weather finally cooling down, please be sure to dress your child accordingly. Slippers are NOT permitted at ANY TIME. Please check your child's cubby to ensure they have extra clothes (this includes socks) that are weather appropriate.

If you have any questions or concerns, please contact us at 773-622-9433 ext. 22. Toucans or Marta@toddlertownchicago.com or Liz@toddlertownchicago.com

Thank you,

Ms. Marta and Ms. Liz



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