



Where Your Child
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September 2023

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

**Hello Toddler Town Families &
WELCOME September!!!**

**September theme is:
All About Me!**

**During the month Of September, we will
be discussing the following:**

1. My 5 senses
2. All about me
3. All about my Body
4. My Name
5. Autumn/Fall
6. Family

**Here are some Special Dates to
remember:**

**September 4th – Labor Day
(Center Closed)**

September 11th – 9-1-1 remembrance Day

**September 23rd – First day of
Autumn/Fall**

Monthly Observance and Celebration

- Hispanic Heritage Month
- National Yoga Month



Highlights of the Month Of August 2023!



Highlights of the Month Of August 2023!



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Tips and Ideas for Home

An Overview of Seasonal Allergies in Kids

By [Kathi Valeji](#)

Published on September 09, 2021

Medically reviewed by [Jurairat J. Molina, MD](#)



While not often serious, [seasonal allergies](#) in kids can be very unpleasant. Your child may experience symptoms such as coughing, sneezing, red eyes, or a runny nose. Knowing the symptoms, you can treat allergies before they become more bothersome.

What Are Seasonal Allergies?

Seasonal allergies are reactions to things that are only around during certain times of the year. These are also known as pollen allergies or [hay fever](#).

Pollen is a powdery substance that plants release to reproduce. When a person has a [pollen allergy](#), their body reacts to the pollen as a foreign substance, then attacks it.¹ Seasonal allergies affect a person only during certain seasons. For instance:

- **Tree pollen:** If your child has an allergy to tree pollen, they will have allergy symptoms in the spring.
- **Grass pollen:** If they have a grass pollen allergy, their symptoms will occur in the summer.
- **Weeds and mold:** Weed pollen and mold spore allergies crop up in the fall.

Some people have allergies to all kinds of pollen. If your child has tree, grass, weed, and mold allergies, seasonal allergies may bother them for much of the year.



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Common Seasonal Allergies in Kids

Seasonal allergies often run in families.¹ That means if you or your child's other parent has seasonal allergies, your kids are more likely to have them, too.

- **Seasonal Allergies**

- Common seasonal allergies in kids include tree pollen, plant pollen, and even [insect bites and stings](#).³

In addition, some allergy triggers may seem seasonal but really aren't. For instance, if your child is exposed to allergens such as a school pet or mold at school, their symptoms may only occur during the school year.

Signs and Symptoms of Seasonal Allergies

Seasonal allergy symptoms in kids are the same as in adults. However, depending on your child's age, they may not be able to tell you about their symptoms. So, it may take a bit of detective work to determine whether your child's symptoms are from allergies.

Seasonal allergy symptoms include:

- Sneezing
- Stuffy nose
- Runny nose
- Itchy nose
- Itchy, watery eyes
- Frequent sinus or [ear infections](#)
- Trouble sleeping



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Telltale Signs in Kids

If your child is doing any of the following, you might suspect allergies:

- Rubbing their face
- Exhibiting a red line on their nose from pushing up on it
- Having trouble concentrating at school or other activities
- Sounding stuffy and congested
- Eating with their mouth open because they can't breathe

Diagnosis and Treatment of Seasonal Allergies in Kids

[Allergies are diagnosed](#) by a physical exam, taking a medical history, evaluating symptoms, and [allergy testing](#). If you suspect your child has allergies, your child's pediatrician may refer them to an allergist—a doctor specializing in allergies—for testing.

Diagnosis

Diagnosis of allergies requires tests that can confirm the presence of an allergy and pinpoint what allergen is causing your child problems. The most common test is a skin test, but blood tests may also be used.

- **Skin test:** A small amount of allergen is scratched into the skin. The area is then observed to see if a raised bump appears. If so, it indicates an allergy. Skin tests are painless and can be done on very young children.⁶
- **Blood test:** Blood tests are considered less reliable than skin tests. They measure IgE antibodies in the blood to determine whether a person may have allergies.⁷



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Treatment

Treating seasonal allergies in kids begins with avoiding the allergen. This can be challenging with seasonal allergies, however, since pollen is prolific when kids most want to play outside.

Here are some things to try:⁸

- **Test:** Have your child tested for allergies, so you know which triggers to avoid.
- **Close windows:** During peak pollen periods, keep windows closed and use central air with filters instead.
- **Bathe:** Have your child shower or bathe at the end of the day to remove allergens from their hair and body.
- **Stay inside:** Try to keep your child indoors when mowing the lawn if they are allergic to grass and have them avoid playing in piles of leaves if they are allergic to mold. Keep an eye on pollen counts and consider keeping your child inside when counts are high.

In addition to at-home prevention strategies, talk to your child's doctor about medications and [therapies that may help your child's symptoms](#). These include:

- [Antihistamines](#)
- [Nasal corticosteroids](#)
- [Allergy immunotherapy](#) (allergy shots)

Ways to Control Seasonal Allergies

Seasonal allergies often appear in childhood. Sometimes kids outgrow allergies, but they can be a lifelong condition, thus learning how to control them is important.

Statistics

Seasonal allergies in kids are common. According to the Centers for Disease Control and Prevention (CDC), 5.2 million kids in the United States have hay fever.⁹

Unfortunately, there is no cure for allergies. However, it is possible to control symptoms. Not only does managing symptoms keep your child more comfortable, but it may also keep them safer.

That's because kids with allergies are at higher risk of developing [asthma](#). Therefore, controlling allergy symptoms may help prevent asthma attacks.¹⁰

You can help control your child's allergies by:

- Limiting their exposure to pollen and molds
- Using medication and other therapies to treat their symptoms

Summary

Seasonal allergies in children are often due to tree pollen, grass pollen, weeds, or mold. Symptoms may include sneezing, runny nose, watery eyes, and frequent ear infections. Allergies can be diagnosed by physical examination, history, and testing. Lifestyle tactics can help reduce exposure to allergens, and medications are available.



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Koalas (5 Year Old's)

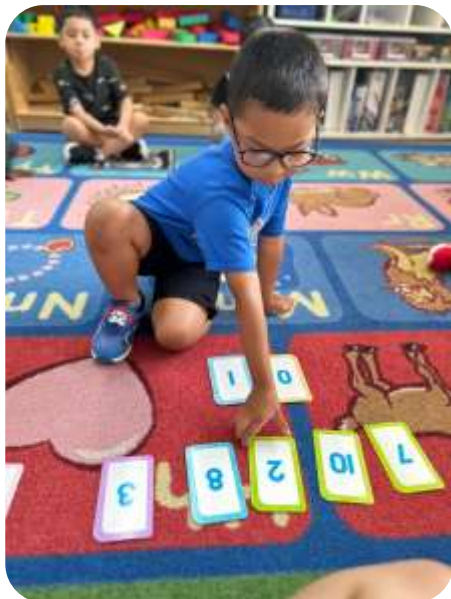
Hello families!

We closed out our summer with a smash! Our kids learned about shapes, 3d shapes, colors and mixing colors. We also finished our summer with a School Olympics and a picnic send off for our graduates. The children had fun activities they conducted each day during the last week before our school year started like a hula hoop contest and musical chairs! We wish our CPS children the best of luck this coming school year!

September kicks off our school year! We will start our first month of learning with an All About Me week, My Family, and My 5 senses and Fall Fun. There will be fun projects with these themes like exploring our 5 senses with touch and feel box, sensory bag, and I spy. We are so excited for the fun and educational year ahead! Just a reminder to check your child's cubby that they have a change of clothes, this includes a shirt, bottoms, socks, and underwear. Also, be sure to check the weather daily and dress your child accordingly in closed-toed, properly fitted shoes to ensure their safety on the playground or during class walks.

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

Thank you,
Mrs. Megan and Ms. Karla



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The Explorers (3 to 4 Year Old's)

Hello families,

Due to the fluctuating weather, extreme heat and excessive rain, this month we have had to move some activities indoors but that has not stopped our class from having great days! We danced, did indoor friendly exercises, and various art activities. Please be sure to check the weather daily and dress your child accordingly with closed-toed shoes to ensure their safety on the playground and/or during class walks around the neighborhood.

In the last month, we had a focus on colors and shapes with topics like 'Basic Shapes', '3D Shapes', 'Colors', and 'Mixing Colors'. Our class is proud to have parent involvement and support with helping their student to write and recognize the letters of their name and write and recognize the numbers from 1 to 20.

We closed out August with some friendly competition during the TTDC Olympics!

In September we will switch our focus to the students as we explore topics like 'All About Me', 'My Family', '5 Senses' and closing out the month with some 'Fall Fun'. There are so many activities planned, like dramatic play where the students will dress up as moms and dads! We will also continue our practice with writing and identifying letters, numbers, and our names.

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

Thank You,
Ms. Aracely



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The Bumblebees (3-year-olds)

Hello families!

We say goodbye to August and hello September!

This month has been busy! From setting up our school for the new school year to meeting new friends, although this did not stop us from learning! Throughout the month, we learned the importance of keeping our hands to ourselves and using kind words such as "help me, please" and "I need help". Moreover, we talked about Shapes, 3D shapes, and colors!

For September, we are going to explore our 5 senses, practice our gross motor by having our toddler town daycare Olympics, and last but not least we are going to talk about families! As a friendly reminder, with weather changing please be sure to check the weather daily and dress your child accordingly with closed-toed and properly fitted shoes.

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)

Goodbye Summer, Hello Fall!

This is the time of year when our students begin to transition to their new classrooms and the weather begins to change. We are happy and sad to have our children transition. Still, it is the most essential part of growing, and we are happy to say our children are ready for their next journey after a month of exciting experiments and activities such as color mixing, shaping collages, and exploring the sensory table. Our children enjoyed the beautiful weather outside and various activities throughout the month.

Now, we will welcome new friends into our classroom, and we share with the children our routine, schedule, and classroom rules. The Butterfly Classroom is excited to see our new three-year-olds grow, develop, and explore to be their best and most confident self. We will get to know our new and current students for the upcoming month through All About Me activities, family read-a-loud, and close out the month with exploring the Chicago Fall weather.

As a friendly reminder please be sure to check your child's cubby to see that they are not missing the essentials (i.e., extra clothes including shirts, bottoms, socks, and underwear). Also, be sure to check the weather daily and dress your child appropriately with closed-toed and properly fitted shoes to ensure their safety during outside exploration times.

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)

That is a wrap on Summer 2023! Our classroom had such a great summer together as we played and danced a lot, welcomed new friends into our Toucans Family, did so many fun crafts, had a class party, held the TTDC Olympics, and watched as our kiddos grow smarter and stronger each day.

To close out summer and bring in the new school year we focused on Basic Shapes, 3D Shapes, Colors, and Mixing Colors! We did crafts like a Rectangle Robot and Shapes Stamps. We participated in experiments during Mixing Colors week by using our hands and fingers to mix together red, blue and yellow paint colors to see what other colors we would get. We enjoyed our classroom party and ate so many yummy snacks and participated in our own TTDC Toucans Olympics! Next month we will get to know our friends a little better with a week "All About Me", their family with a "My Family" week, and teach our friends all about themselves with a "5 Senses" week!

With the weather being literally hot and cold in Chicago, be sure to dress your student in appropriate weather clothing and shoes and that their extra clothes in class are good for warm or cool weather.

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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