

November

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

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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 16th –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 Daycare closes promptly at 5:30PM. 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 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. *

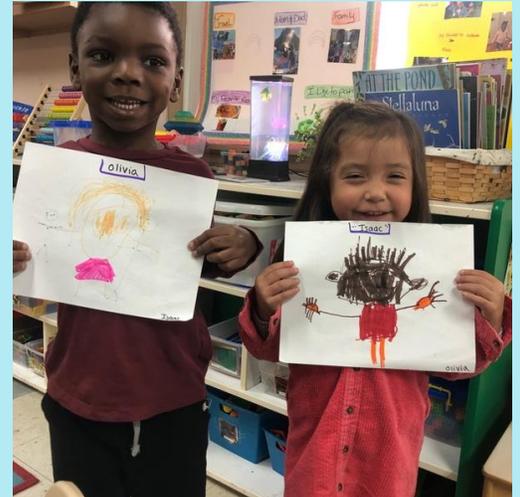


Highlights of the Month Of October 2023!





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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.



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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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Sharks (3-5 Year Old's)

Hello Parents,

Welcome to the month of November! I want to thank all my families for their family involvement, it means a lot for us and really makes a huge impact on the children's learning. Our "Día de los Muertos Unit" was such a hit with the students. They enjoyed it so much and were able to appreciate traditions and art from another country. I shall say that "Alebrijes" and "Sugar skulls" were their favorite. Students really enjoyed our units from the past month. Students have also improved their fine motor skills and mastered writing their name. We will continue to practice and improve these skills daily.

During this month, we will continue to learn about FALL/ AUTUMN and Pumpkins. Our pumpkin unit is fun filled with sensory and science activities. I encourage parents to take their child to a pumpkin patch and share pictures with us. We are working on creating our own pumpkin patch in the classroom to make our learning experience more effective. We will need a few pumpkins in the classroom for science projects. I will continue to create a flyer of the unit for our families so you can know more in detail what we will be learning.

If you have any questions, you can contact us through the ProCare engagement app or via email.

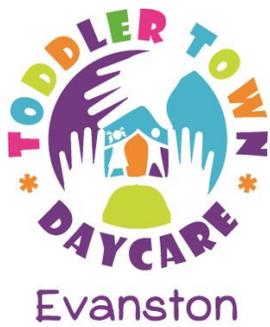
Email: (Mrs. Maritza) Maritza@toddlertownevanston.com OR (Mrs. Julissa) at Julissa@toddlertownevanston.com
Or You can reach us at 847-475-1467 Extension 15,

Thank you!

Mrs. Maritza and Mrs. Julissa



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Chipmunks (3 Year Old's)

Wow Time is sure flying!!! And we are ready to say welcome November. The Chipmunk's classroom is so excited to be part of your child's development. The weather is getting chilly, but we are ready for those chilly days, also we are ready to learn and increase our knowledge day by day next to our teachers and peers.

Last month we had been talking about

- Trees: Colors of the trees, Parts of the tree, Uppercase and Lowercase Tt.
- Fire Safety & School bus Safety: What we need to do. Emergency number 911, and what to do if you are on fire ("stop, drop and roll").
- Pumpkins: Colors, Pumpkin's parts, Uppercase and Lowercase Pp.
- Apples: Where do they grow? Colors, Uppercase and Lowercase Aa.

Students have been doing some projects and activities that support fine and gross motor skills, activities such as making arts & crafts, tracing lines, coloring, painting, cutting paper, dancing, exercising, jumping and more.

Students love exploring our classroom and learning through free play. During free play students love finding new books in the library, exploring great toys in the Dramatic Play, relaxing at our Sensory table, building in our Block Area, practicing fine motor skills at our Writing Table, playing at the Sand table, imagining with Doll Houses, and/or adventuring in the Large Group Area.

We can't wait to discuss many different topics during the month of November, these topics are:

- Healthy eating
- Fruits and vegetables
- Being Thankful
- Turkey
- Day and Night

P.S. This is a friendly reminder to take a look inside your child's cubby and take all the work projects, dirty clothes and switch the clothes when needed. Please remember that it is a requirement to have two sets of clothing in your child's bin. If you have any questions, please contact us at ext. 13 or email us at Cesar@toddlertownevanston.com or prisque@toddlertownevanston.com.



Thank you,

Mr. Cesar and Ms. Prisque



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Bumblebees (2 Year Old's)

Goodbye October & Welcome November! During the month of October, we discussed different themes such as Trees, School Bus & Fire Safety, Pumpkins and Apples. Students LOVED the topics of this month. They learned about matching, sorting, counting, graphing, discussion bubbles, patterns, big and small and so much more, all while discussing some of their favorite topics! The tree unit was the most popular for the fact that from the tree unit, we were able to discuss so much more such as SEASONS, changes, what a tree can grow (LIKE APPLES) and Leaves. Ending the month with pumpkins and October Fun!

For the month of November, our focus will be teaching the kids about Healthy Eating, Fruits, Vegetables, Being Thankful, Turkey, Day and Night. Be sure to always point out the Changes you see when your child is with you and have discussions of what we cover at school each week. This will help them expand their Language and Knowledge and they will gain confidence in answering questions for our discussion bubbles during circle time.

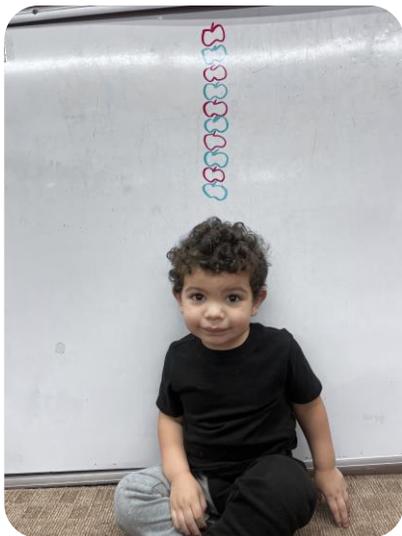
I want all parents to please build a habit of interacting through the ProCare engagement app. MS. NORMA LOVES SHARING ALL THE SMILES HAPPENING DURING MY TEACHINGS AND INTERACTIONS WITH MY STUDENTS. Even if I do not share LIVE, I ALWAYS share, even during the weekend and over night. I sometimes get caught up with other things from the office, since I'm not only the Head Teacher of the Bumblebees classroom but also the assistant director of Toddler Town. In all posts, I try to leave individual comments after explaining each activity and goal. Please pay attention and message me with questions, comments, concerns and/or ideas to better help your child grow and develop.

Towards the end of the month, the class will be having a harvest party. During this harvest party, students will be making their own veggie salad and their own fruit salad. Please stay tuned, Ms. Norma, Ms. Nessa and Ms. Becca will be needing your help.

If you have any questions or concerns, feel free to e-mail Ms. Norma at Norma@toddlertownevanston.com or Ms. Rebecca at Rebecca@toddlertownevanston.com or call us by Phone at 847-475-1467 Ext. 12 or contact us via the ProCare engagement app.

Thank you all,

--Ms. Norma <3, Ms. Rebecca and Ms. Nessa!



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