



Where Your Child
Always Comes First

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





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Announcements!

Important Info

September is the month when we officially begin to introduce, **SWEATER WEATHER**. We have already experience new weather and we will begin to introduce **AUTUMN/FALL**. 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!

SPECIAL REMINDER ABOUT PARKING RULES!

Please be sure there is no double parking, parking opposite direction, blocking alleys and or driveways and no standing in the loading zone longer than 15 minutes. Also, be sure you have your hazards on.



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 September 2023:

September 1st, 2023

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

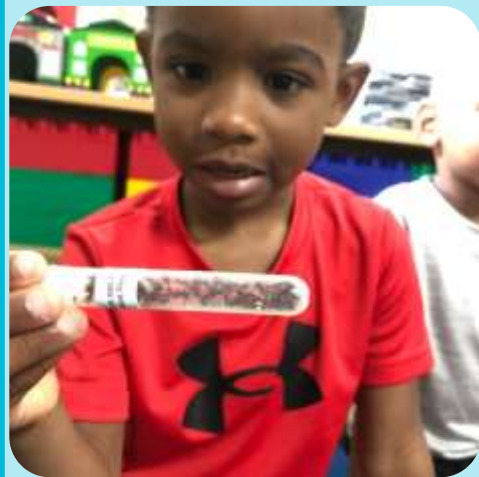
September 15th, 2023

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

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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Sharks (3-5 Year Old's)

Hello parents!

Time has flown this year; can you believe its September already?

During the month of August, students finished their insect unit. This unit had the students so engaged! They learned so much and experienced real-life insects and their life cycle. After our insect unit, students jumped into the plant unit. The plant unit has also engaged students so much. They have also had opportunities to grow their knowledge with science, math and literacy activities; students love their science table!!!!

In the month of September, the classroom will start their All About Me unit. All About Me gives children the opportunities to learn about one another. Students come and go throughout the year especially around this time, and it's a perfect way to learn from one another and make friends. It also gives teachers the same opportunity to learn about them and their family.

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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Butterflies (3-5 Year Old's)

It is the official school year, and we welcome September with open arms! We have our official PFA class, and we are eager to start this year on the right track with new and fun learning activities. During the first weeks of September, we will be discovering amphibians with the focus of frogs, toads, and salamanders. We will be discussing their habitats, their food preferences, life cycles, and fun facts. Towards the middle to end of the month we will start our All About Me unit. Teachers will keep you posted with upcoming family projects. Our students have been doing an awesome job at hand washing so please continue to enforce adequate handwashing at home.

If you would like to donate some wipes for children to keep in their cubby, we will be very thankful

If you all have any questions, please don't hesitate on emailing us either at
Carina@toddlertownevanston.com or Robert@toddlertownchicago.com

You can also reach us by phone at (847) 475-1467 Ext.14

Thank you!

Ms. Carina and Mr. Robert



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Chipmunks (3 Year Old's)

See you next year, dear August. During this amazing month we said "Welcome to the Chipmunk's Classroom" to all the new children. Children are ready to learn, to explore a new environment, to meet new friends, and to increase their knowledge. Chipmunk's classroom has many surprises for you guys!

During this month we also learned some amazing things such as:

- **All about shapes and colors which included:**

Triangle, Square, Rectangle, Circle, Star, Diamond and, more shapes.
Blue, green, yellow, Purple, red, orange, gray, pink, black, white, etc.

- **All about my classroom and School**

What is school? What it has? What is the classroom?

- **Worms,** and

Where do the worms live? The word "Worm" starts with the letter "w" like w...
watermelon,
w... waffle.

- **Ants.**

Where do Ants live? The word "Ant" starts with the letter "A" like a... apple, a... arm, a...
acorn.

Also, children have been doing many projects, and have been gaining new abilities. Students have worked on strengthening their fine and gross motor skills while students make art crafts, tracing lines, coloring, painting, cutting paper and more.

Students love to explore our classroom because they find new things every single day in the different areas such as- Library, Dramatic Play, Sensory area, Block Area, Writing Table, Sand table, Doll House, Large Group Area and more.

The Chipmunk's teachers are so excited to being part of your child's growth and development. We are going to have so much fun every day with our students by introducing:

- **My 5 senses.**
- **All about me and my body.**
 - **My name.**
 - **Fall, and**
 - **Family.**

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 me at Cesar@toddlertownevanston.com.

Thank you,

Mr. Cesar

www.toddlertownevanston.com





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Bumblebees (2 Year Old's)

Welcome September!!!! The Month of August was all about the beginning of the school year. During the month of August, we discussed different themes such as; All about shapes and colors, All about my classroom and school, worms and ants. All about my classroom was our main topic, the children had learned how to use their gentle hands, walking feet, quiet mouth, listening ears and how to properly sit down.

For this month of September, we will continue to focus on communication, classroom routine, classroom rules, nice actions and not so nice actions, gross and fine motor skills and social emotional skills. We have many new students in our classroom and these skills are important in order for learning to happen. Please reach out to the classroom teachers so that you can see how you can help your child's growth and development at home as well.

With open arms We welcome the month of September and the Fall season. We can not wait to see all the changes that are coming.

If you have any questions, comments or concerns, feel free to e-mail me at Norma@toddlertownevanston.com and Rebecca@toddlertownevanston.com or call us by Phone at 847-475-1467 Ext. 12 or Ext 16.

Thank you all again,

...stay safe, and please continue practicing social distancing!

--Ms. Norma, Ms. Vanessa and Ms. Becca!



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