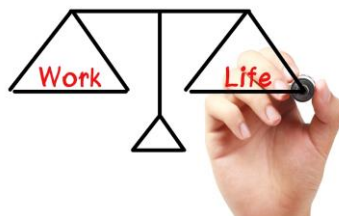




Control the Balance

Today the boundaries between home and work are often blurred, making it harder and harder to keep personal lives and work lives separate. A poor work/life balance can result in fatigue, no time for friends or loved ones, poor health, and can lead to more responsibility and an even worse balance between work and home.



The good news is there are ways to try and get the balance under control. One good tip is to keep track of where your time goes. Pay attention to your everyday personal and work related duties and make decisions as to which you find most satisfying and necessary.

You also need to take care of yourself and ensure that you are living a healthy lifestyle. To this end, it is vital that your diet is a healthy one.

The Mediterranean diet is especially good for wellbeing and stamina in addition to increasing the ability of the brain to retain information and emphasizes lean protein as well as fresh vegetables and fruits.

Simple Tips for Budget Healthy Eating

Healthy eating can be difficult at the best of times with all of the conflicting information out there, but when you are on a tight budget, it can be even more difficult, with the foods that are best for you often far more expensive than the less nutritious alternatives. The good news is there are ways to shop wiser and eat healthier.



One good tip is to make a point of emphasizing produce that is currently in-season. The price of in-season fruits and vegetables drops during these times because they are more readily available. Happily, they are also at their most nutritious and flavorful during this period. Melons, organic strawberries, apricots, cherries, peaches, and plums are in-season during summer.

Another good tip is to buy in bulk. Purchasing enormous quantities of staple food requirements such as beans, grains, nut butters, olive oils, and spices can help save a lot of money in the long term as well as cutting down waste and spoilage and eliminating unnecessary packaging. Grains like barley, quinoa, and rice are particularly good to buy in bulk as they double in size after cooking.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Doubling Down

Two friends were watching a movie one night over a few beers.

During a car chase, Joe turned to Mike and said, "I'll bet you \$20 he drives that car off the bridge."

"You're on," Mike said, shaking hands.

Two minutes later, the car went off the bridge, and Mike handed Joe \$20.

A few minutes after that, Joe confessed, "I've got to tell you, I shouldn't have bet you that money. I've seen this movie before."

Mike shrugged.

"Me, too. I just didn't think that driver would be stupid enough to do it again."

Monthly Quote

*"You're not obligated to win.
You're obligated to keep trying.
To do the best you can do
everyday."*

— Jason Mraz

Are These Items On Your Calendar?

Adopt-A-Dog Month. Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.

National Bullying Prevention Month. National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

Emergency Nurses Week, Oct. 11-17. Sponsored by the Emergency Nurses Association, which represents the approximately 180,000 emergency nurses in the U.S. who save lives and render aid on a 24/7 basis.

Earth Science Week, Oct. 11-17. An international event to help the public gain a better understanding and appreciation for the Earth sciences and to encourage stewardship of the Earth.

Respiratory Care Week, Oct. 25-31. An annual event that recognizes the respiratory care profession and promotes awareness of lung health issues and practices.

International Music Day, Oct. 1. Initiated in 1975 by Yehudi Menuhin to encourage and foster musical diversity worldwide.

World Teachers' Day, Oct. 5. Celebrating the dedication and commitment of the world's teachers, and spotlighting the shortage of teachers needed to achieve the goal of universal primary education by 2030.

Fun Things To Do In The Fall

Every season of the year provides great opportunities for families to have fun, learn about the world around them, and just spend time with each other. While summer is often the time most associated with doing outdoor activities, the cooler days of autumn offer some great outdoor things to do.

Celebrate the Harvest

For children raised in the city, or even in a smaller suburban area, getting out into the country and experiencing the harvest is an ideal way to learn more about where their food comes from.

In all areas of the United States, you will find farms that are open to visitors. They typically allow you to pick your own apples or pumpkins or harvest nuts right from the trees. Many of these farms also have activities you can take part in such as making apple cider, jam and jelly making, or even learning how to carve a pumpkin.

If you don't have the ability to get to the farm, why not let the farm come to you? Going to a local farmer's market in your community in the fall is an excellent time to find organically grown produce and vegetables as well as homemade preserves, pickles and local specialty items.

Outdoor Fun

Spending time just looking at the changes in nature is also a lot of fun. Plan a fall picnic at your local park and collect different fall leaves, look for migratory bird species, or try to spot all the differences as the seasons change.

Parents and kids can also build bird and squirrel feeders for the upcoming winter months. These can be made from recycled items around the home, or you can also buy kits at most hobby supply stores, hardware stores, and even toy stores.

The whole family can work together to get the yard ready for fall. Kids and parents alike can take part in raking the leaves, getting the plants ready for winter and preparing the gardens for the spring.

Don't forget to take in local Fall Festivals which include a range of family-based activities and events. As these are typically free they are a great way to spend a Saturday, and they are also very budget friendly.



Keep the Kids Learning While At Home

Learning does not have to stop when the school day ends. There are many ways to help your children to learn faster at home.

The world itself is a classroom of sorts, and you can explore important concepts right in your own home – for instance, measuring cups that you keep in your kitchen cupboard.



Get your child used to playing games with an educational slant. This not only allows them to learn things but also to grow up with the idea that education is fun. Take the time to visit aquariums and museums with your children, and even the local park can be an education in itself.

Music lessons can also help to round out a child's education and assist with building self-confidence, imparting cultural values, and improving motor skills.

Instruments can be rented from many music stores in order to test out the interest and commitment level of your child, and there are even free music tutorials available online these days.

Music, games, and other activities help keep kids learning all day long and having fun while doing so.

Finding Joy in Work

Work can too often seem like a drain on our energy and existence, but it does not have to be that way.

Work can actually be a source of joy, and there are a few helpful tips that can assist you with finding the joy in your own employment.

One of the most important tips is to find out what gives you motivation and passion and work on that.



You are obviously going to do a better job if you are working on something that you actually care about.

You should also never give up. Failure should never deter you, as sooner or later you will succeed in whatever it is you are trying to achieve. Also important is learning to manage your time, as deadlines are likely to be crucial – the end result has to be delivered on time.

It is a very good idea to keep an open mind and attempt to learn as much as possible from managers, supervisors, and colleagues. Do not be afraid, however, to listen to your own instincts

Ignoring Bad Advice



There is a lot of financial advice around these days and much of it unfortunately just isn't true.

There are a number of common financial tips that do not work in this day and age, if they ever did.

One of those tips is to save ten percent for retirement. This may have been true in the past, but in the 21st century most experts seem to think we will need to set aside a good deal more than ten percent of our net income in order to be able to retire comfortably, particularly with the average lifespan getting longer.

People should start saving as early as they can.

Another oft-quoted piece of advice is that people should start saving right away for their child's education.

Although this is important, saving for retirement should actually still remain the number one priority for most people – otherwise you may end up living off your kids in the future.

Another top tip that may not be all it seems is that everyone needs a financial planner.

The truth is, if you have uncomplicated assets and are comfortable managing them on your own, then all professional help will do is cost you money.



TODDLER TOWN

Evanston (847) 475-1467
Chicago (773) 622-9433

"Where Your Child Always Comes First"

Toddler Town Daycare Too
5934 W. Diversey Ave.
Chicago, IL 60639
Phone: 773-622-9433 Fax: 773-804-1273

Website: <http://toddlertownchicago.com/>

GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

OCTOBER 2015

KOALAS: 5 YEAR OLDS

Hi Parents! The month of September was such an exciting month. We celebrated the end of summer with a bunch of outdoor activities. We started our year off right by introducing ourselves to our classmates. Finally, we discussed some safety tips both in school as well at home. Here is one of the projects during our "All About Me" lesson plan! For the month of October we will be exploring some fun topics! We will discuss fall activities like the falling of leaves, apples, and pumpkins. We will also dip our toes into our sight words list.

Parents: Please be sure to check your child's binder frequently. I do assign homework which is intended to prepare your child for the 1st grade or kindergarten.



BEARS: 4 YEAR OLDS

To recap the month of September, we began our school year by discussing "All About Me." We also reviewed animals, fall, and bugs. We also began our fall projects. For the month of October, we will review our colors, dinosaurs, emotions and celebrate the Fall Fest. We will also continue incorporating fall items in our sensory table as well as expressing our art. We will have a Fall Fest party at the end of the month! It should be a fun month!



Acorn Painting

Travel Tips for Parents

Traveling can be a lot of fun but also a lot of hassle, particularly for parents of small children. The good news is that there are a number of tips that can help to cut down on the stress level of moms and dads on vacation with the little ones.



One good tip is to come up with a general pack list. This should include items relevant to all family members and include everything from a first aid kit to coloring books, to socks and underwear.

Have it typed up and then printed out just prior to setting off on your trip. This will help to make packing more organized and less frantic, and once the basics have all been included, you can then add items specific to the trip you are taking, such as scarves or bathing suits.

Another good tip is to provide the kids with bags of goodies.

These bags should be full of items such as small toys, activity books, and favorite snacks, and can be helpful both for making the child feel important in the arrangements and hopefully stave off boredom on the journey.

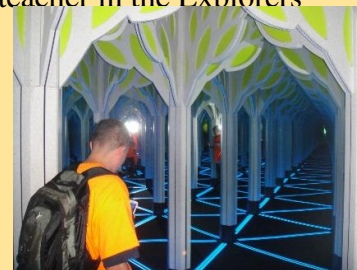
MS. BARBER'S BUMBLEBEES: 4 YEAR OLDS

To recap the month of September, we discussed and learned about ourselves and our family. This month has been "All about me" and "All about our families." We talked about who lives in our homes and their full names. We learned about what city and state we live in, as well as, worked on letters "F and M" for Family and Me. For the month of October we will begin to work on Fall Harvest. We will discuss why the leaves change colors, why it's called fall, what holidays are in the fall, and the things we do in the fall. We will also review our alphabets, our numbers from 1-5, and continue to work on recognition. We will also began a safety project and learn some safety tips. It will be a fun, interesting month!



MR. TEMOK'S EXPLORERS: 4 YEAR OLDS

Welcome to the new school year parents, students, and staff. I am Mr. Temok, the teacher in the Explorers classroom. The children started off September with a field trip to the Museum of Science and Industry. One of their favorite places was the mirror maze. This month the children did a brief introduction of themselves: their name, birthday, and age. The children also worked on "All About Me" posters and took new pictures for their cubbies. For October, the Explorers will explore the solar system and the Fall season. We will also have a Fall Festival. Because we are entering a new season, please be sure to update the clothes in your child's cubby. Lastly parents, remember to take your child's blankets home for cleaning and bring them back every Monday.



BUTTERFLIES: 3 YEAR OLDS

Goodbye September! Oh what a fun month it was as the children entered this month with a fun field trip to the Museum of Science and Industry. We also welcomed new friends and said goodbye to old ones as transitions happened this month. Because of so many new faces in the classroom, what best way to focus this month on an "All About Me" lesson. In this lesson the children learned many between them and their friends. And of course we got straight to work as we also focused on academics: the alphabet (letter/sound recognition), counting 1-31, identifying numbers 1-12, the calendar, shapes, colors (in English and Spanish), and identifying the first letter in our names.



This October will consist of the same academics along with learning to write, specifically our names. We will also work on fine motor skills such as coloring and scissor cutting. In addition we will learn about Fall and all it entails, along with fun Fall projects. And let's not forget our Fall Fest that the children will be asked to come to school dressed in their costumes. Lastly parents, check your child's cubby daily as class work and/or homework will be going home. We ask that you please take the time to work with your child at home with their homework. Remember, consistency is key to success!

TOUCANS: 2 YEAR OLDS

Thanks for a wonderful September! Our time was spent finishing up our *Sea Life* unit, on a field trip to the Museum of Science and Industry, saying goodbye to our 3 year old friends, and welcoming new 2 year old ones! In October we will focus on our *All About Me* unit, as well as, several fall themes. Some of what The Toucans will learn are: what makes each of them unique, family dynamics, fire prevention, what fall is, and what happens in fall. We will also learn about Fall Fest as it pertains to a two year old, of course. Look for surveys to go home. We would ask that you complete them with your child. This will help us gauge their answers during *All About Me* activities. We will also send more information home about the Fall Fest extravaganza we will be having at the end of the month. Here's to the festive month ahead!

