

# November 2011

## Child and Family Center

With Thanksgiving on the way, here are some tips on how to establish healthy eating habits. Many toddlers and preschoolers are picky eaters, but don't worry, there is light at the end of the tunnel. As children age they tend to accept a larger variety of foods. The MayoClinic published an article about children's nutrition. I hope you find some of these suggestions helpful.

1. Respect your child's appetite—or lack of one. Don't force a meal or snack and don't bribe your child to eat foods. Serve small portions and encourage your child to ask for more.
2. Stick to a routine. Serve meals and snacks at regular times. Also, serve milk or juice with meals/snacks and offer water in between times.
3. Be Patient with new foods. It is likely for your child to need many experiences with a new food to decide whether or not she likes it.
4. Involve your child. Allow them to help choose fruits and vegetables at the grocery store. Invite them to be a part of cooking. Children love to help stir and rinse vegetables.

5. Set a good example. If your child sees you eating healthy foods, he is more likely to do the same.
6. Minimize distractions. Turn off the TV, Computer, etc.
7. Don't offer dessert as a reward. This sends the message that dessert is the best food. Serve dessert once or twice a week or redefine dessert as fruit, yogurt, or another healthy alternative.
8. Don't be a short order cook. Preparing another meal after your child rejects the first one, can contribute to picky eating.

If you are concerned that your child's nutrition is being affected by what they eat or don't eat, try keeping a log throughout the week. An overall picture may help to ease concerns. If you still have concerns, talk with your child's physician.

Please join us for our Thanksgiving potluck celebration on November 14<sup>th</sup> at 6:00pm. Come visit with teachers and families while the kids enjoy some organized activities.

Happy Thanksgiving,

Ms. Stephanie

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## Toddler A

Our favorite activity this month was our visit from the firefighters! We climbed in and around the fire trucks and ambulance. We even saw a firefighter all dressed in their gear! We also participated in a mini march for Cystic Fibrosis around the playground to our favorite music. Since we have been busy learning about fire safety, we made "fire painting" and practiced stepping through a ladder.

We also learned about pets this month! When we weren't busy following animals prints, we were making dog transfer pictures. For our color unit we made and enjoyed lime jello to learn about the color green. We worked on color mixing, explored sensory bags, splashed with measuring cups in colored water in the water table. Our ice cube and finger paintings are phenomenal! Check out the bulletin boards in our room to see our work.

Next month, we will be learning about shapes, healthy foods, sports and exercise, Thanksgiving, general safety and playground safety.

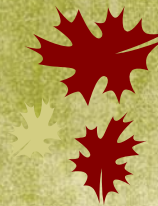
If you ask us our favorite song, we will sing Tiny Tim: "I had a little turtle, his name was Tiny Tim, I put him in the bathtub to see if he could swim. He drank up all the water and ate up all the soap and when he tried to swallow he had bubbles in his throat. Bubble bubble bubble, bubble bubble bubble, bubble bubble bubble, bubble bubble bubble!"

So long October,

Ms. Kim and Toddler A



Making  
ice cube  
paintings



*If you would like to volunteer or help out in toddler A, please speak with Ms. Kim or stop by anytime! Please remember warm jackets and extra clothes for fall weather.*

## Toddler B



*As always, if you have any questions or concerns, or if you would like to volunteer in the classroom, please see Ms. Mindy! Make sure your child has proper fall attire, including long sleeves for playing outside.*



Sitting on the fire truck

We had a great October in Toddler B and look forward to more learning and fun coming up in November! Our fire safety unit came to life as we climbed inside fire trucks, held a fire hose and saw a firefighter all dressed up. We learned that fire fighters are our friends even though they look a little scary with their masks on.

We also enjoyed our exploration of fall, including a nature walk, apple paintings, nature collage and examining gourds. We discovered pumpkin innards are slimy and full of seeds. "Pooh and the falling leaves" was our favorite book this month and our pumpkin pudding didn't last very long! Our ice cube paintings are super cool and our fire dog craft left us howling.

Tune in next month to hear about our units on shapes, sports, healthy eating, safety and Thanksgiving. Thank you for your support on our mini march! We marched all around the playground to our favorite music.

Happy leaf jumping!

Ms. Mindy & Toddler B

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even even jangles. St. fan  
and one point master*

## Preschool A

This month has been full of fire trucks and numbers, colors and shapes! After we met real firefighters and got to climb up in the fire trucks, we dressed up as firefighters in our dramatic play center and put out pretend fires with water. We also put spots on a fire dog Dalmatian!

During our colors unit, we played red light green light and experimented with water and tissue paper. We also noticed the colors of fall and sang a song called "colors" to the tune of head, shoulder, knees and toes: "Red, yellow, green and blue, green and blue. Red, yellow, green and blue, green and blue. Purple, orange, brown and black. Red, yellow, green and blue, green and blue." "My Crayons Talk" was our favorite book. Then, we made patterns with blocks and circle seats during our shapes unit. Check out our shape artwork and family cut out crafts!



During our alphabet unit, we sang our ABC's and made letter collages. Our favorite pastime this month was doing laundry with the washer and dryer, as well as matching socks and tossing them in a laundry basket. Ask us to help at home sometime, because we love our laundry!

Outside on the playground, we played a game called jumping for bananas. We took turns jumping to reach banana cutouts hanging from streamers.

Upcoming units include reviewing numbers, shapes, colors and letters, fall, healthy eating habits, sports and Thanksgiving.

Thanks for raising money for our mini march for the Cystic Fibrosis Foundation!

If you haven't said hello to our practicums yet, stop by to see Ms. Brittney and Ms. Vanessa. They are with us until the middle of December.

Gobble gobble,

Ms. Kristi, Ms. Lisa, Ms. Brittney, Ms. Vanessa & Preschool A



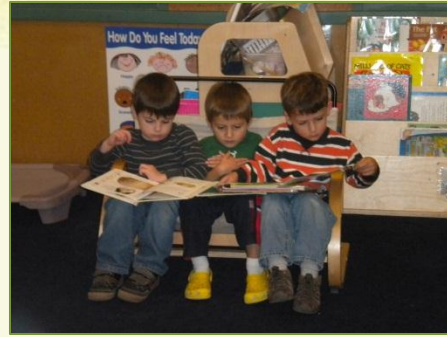
In the Fire truck

## Preschool B



Alphabet soup was the highlight of the month. We used foam letters and water to make soup in a pot. Then we served our soup and identified the letter we got in our bowls. While we read "Chicka, Chicka, Boom, Boom," we placed letters on a coconut tree just like in the book. Our alphabet dig was A to Z fun! We dug letters out of the sandbox to identify and created a letter mosaic with letters from magazine.

We also enjoyed a special treat of pumpkin seeds and mini pumpkin muffins, as well as a nature collection and observation walk to notice the changes of fall. After that, we carved pumpkins in small groups and designed our own "shape" pumpkins that are hanging up on our "pumpkin patch" bulletin board.



Our counting skills are greatly improving with the help of songs like, "the Donut Shop." The children get to buy a donut from the bakery shop as we count down from 10 all the way to 1. We also went on a number hunt around the room to collect and arrange numbers in the correct order and each student worked on a page for our class number book. Next month you will hear all about our units on color and shape review week and Thanksgiving.

Preschool B did a great job during the trike-a-thon! Don't forget about our trick or treating and our fall party! Get a jump start on your holiday shopping and give the gift of reading to your child. Our Scholastic book orders are full of great deals and classic stories. The newest forms are due November 6<sup>th</sup> and orders will be here in time for the holidays. We look forward to seeing you all at our Thanksgiving Potluck in November! If you are interested in volunteering in our classroom, please let us know. We love having visitors!

Don't blow away,

Ms. Erin, Mr. Nick & Preschool B

### Special Notes:

*Make sure your child has extra clothes in their extra clothing supply. They need warmer clothing for fall and winter!*

## School Age

This month we have been having a blast with our fall crafts and activities! We made “magic” paintings, decorated pumpkins and made wooden fall ornaments. Our pumpkin spice play dough was a hit as well.

Crafts aren't the only thing we love to do after school. We made up a game of golf in the gym and put on puppet shows in the library. Sometimes we even go outside and play on the playground with the younger kids. We taught them how to play duck duck goose. On sunny days we hop in the sandbox or play basketball.

Our favorite book to read together this month is called “Skippy Jones Lost in Space.”



Next month we will learn about thanksgiving! Have a happy and safe trick or treat and enjoy the rest of fall!

Ms. Katie & School age





## Teacher Feature ~ Ms. Mindy

Ms. Mindy joined us at the CFC in September in the Toddler B classroom. She has a degree in history from Hood College and a teaching certification from Wilson College. Living in Carlisle with her husband, 8 month old daughter and two labs, Ms. Mindy enjoys reading, scrapbooking, swimming, being outside and playing with her daughter.



Ms. Mindy loves anything chocolate and summertime because there is so much to do outside. She has 4 siblings and owns her own event planning business. If she could travel anywhere in the world, she would love to visit Poland and Ireland, but she has already seen most of Europe and Hong Kong. If you haven't already, stop by and introduce yourself to Ms. Mindy!

