

August Newsletter

School Safety

Please help us keep our school as safe as possible. We wanted to remind you about a few of the daily operations that help keep our school safe;

- When you open the front door please do not let another family you don't know walk in with you. Every family that is enrolled has door codes.
- Please remember to check in and out at the front desk every day. If you have not set up your finger prints please let Heather or Lizz know, and they will set them up for you.
- Please refrain from using the parking lot in the back of the school. The driveway is too narrow for cars to pass each other. The back parking lot is for our staff, and with fall approaching we will have more teachers starting.

Important Dates Coming Up.

Solar Eclipse Aug. 21st

Closed for Labor Day Sept. 4th

Fall Fest Sept 9th



Infants: Solid Foods

Around six months your infant may start eating their first solid foods. Most babies begin with rice cereal and some vegetable purees. After your baby has mastered the art of the puree they may be ready to move to more solid foods. There are two methods for transitioning your baby to solid foods. The first method is to slightly thicken the purees you are giving them each week by simply not blending them as much. This works best if you are the one making their food, but pouches and jarred foods also have levels of blended baby food. You can also offer small chunks of soft and mushy food alongside the chunky puree.

The second method, is to just go straight from the purees to the solid food. Babies like to use their fingers to touch and explore their world. Food is just another part of that, and can be a fun sensory experience for them. When your baby has made this transition, you are able to feed them for the most part what you are eating. This creates a little less meal prep. There are two ways to introduce the solid foods to your baby. One way of introducing those solid foods is to cut up small pieces of soft fruits, vegetables, grains, and meats. The baby will work to use their fingers to pick up the pieces of food. Another method is large sized pieces of soft fruits, vegetables, and grains. The child is able to hold the foods, and self-feed and take small bites. This method is sometimes known as baby led weaning.

*Once your baby is at least 12 months old we can add them to our Healthy Organic Kids Meal plan for an additional \$35 a week. Once your child has transitioned into the toddler room their meals will be included with the tuition



Infants: Solid Food Ideas

Bananas Bites

Crush up some cereal in a plastic baggie.

Place cut up banana pieces into the bag and shake!

The cereal coating helps keep the shape of the banana, and makes the pieces easier to pick up for your baby.

(This can be used for Avocado too
– Use toast for a different taste)

Sneaky Pancakes

Add pureed beets, carrots, spinach or blueberries, to some pancake batter for some fun colored mini pancakes!

Teething Carrot

One LARGE peeled carrot placed in the refrigerator/freezer. This makes for an edible teether. Carrot should be large, and not taper at the ends



Toddler & Twos: Potty Training

Knowing when to start potty training is the first step. Kids will start talking about going potty. They will recognize and let you know that they need to be changed. Finally, they will seek out specific places or stances that they have deemed "the potty spot". Recognizing how it feels and needing to be changed are important because it shows that they are uncomfortable with how it feels. This means they will be less likely to want to go in their underwear. Having a special "potty spot" shows their awareness of their body's needs and can recognize the signs of needing to go to the bathroom.

Make a special trip to the store so they can pick out their own underwear. This puts the power in their hands because they are making the decision to wear underwear (also they will be more excited to wear them and less likely to want to get them dirty). As soon as they start wearing underwear use a 45-min schedule to try and use the potty. They won't go every time, but they will get used to sitting on the potty, and have some books nearby for them to read and let them be in charge of pressing the button that resets the timer.

Children will all eventually learn to use the potty it is just going to be on their own schedule. Sometimes the biggest influencer is peer pressure. When all their friends are doing it, they are going to do it too.

*Helpful Hint: pull-ups aren't really necessary. One issue with pull-ups is that they draw the wet sensation away but that lessens the discomfort for the child. They are also confusing for children because kids forget whether they are wearing pull-ups or underwear and this is when accidents happen. Once you take the underwear step don't go back. — Bedtime or nighttime pull ups or diapers are still something that can be used to prevent overnight accidents without hindering the progress that has been made.





Preschool: Reading and Writing

Your little baby has made it to preschool. You have seen them grow up right before your eyes. They have mastered so many skills, and are learning new ones every day. When they reach the preschool classroom, they are starting to get ready for Kindergarten. This is where they begin to work on their reading and writing skills. Just like with everything practice makes perfect.

There are many different ways reading and writing practice can manifest. Reading with your child at bedtime, and having them tell you the story, even if it's from them memorizing the books they have been read so many times.

Having a child sign their name on everything they do is one of the first ways they learn about writing. Even when they write seemingly unrecognizable squiggles they are developing their first ideas about language. They recognize these squiggles as their name.

Preschoolers will start matching sounds with their corresponding letters. They will start to identify the letters in their name first followed by areas of interest. If your child has a special attachment to a bear they may begin to identify the letter B rather quickly as well.

Fun ways to encourage reading are to find the letters in your child's name in signs and shapes on a walk around the neighborhood.

