



FEBRUARY 2020

NEWSLETTER



Infants



The topic this month is a project topic. This means we will be doing the same interest the whole month. The topic we chose is food because kids love to play with toy food, kitchen sets and new small fridge toy outside. We will introduce the names of food items and what is good to eat.



Art: Paint with fruit and vegetables, paper plate pizza, food out of tissue paper

Circle Time: Apples and bananas, name food in play bin, show our menu for the day or week

Dramatic: Have a picnic, feed baby dolls, "cook" with kitchen set

Language and Literacy: Tasha's tea party, lollipop eats lunch, names of food items

Math: Sort fruits and vegetables, round and not round, big and small

Music and Movement: Johnny Appleseed, hungry hungry I'm so hungry, do you like broccoli ice cream

Nature and Science: What grows on trees, what comes from the ground, grow something

Outdoor Learning: Explore nature, play with kitchen set, circle time outside

Sensory Learning: Fruit sensory, crinkly tissue paper, identify food by sight



Toddlers



Welcome February! What a cold, cold month January has been. Due to the freezing temperatures, we were unable to get outside many of the days, but that did not stop us from exploring the snow. We brought the snow inside by the bucket full. The kids loved it as they scooped, filled, dumped and played in the cold snow. We even added colour to our snow using food colouring. We have decided to move on and explore colours a little more. We have brought out more books on colours and are teaching some new colour songs. We will continue by painting and mixing colours together.



Preschoolers

Transitioning to a new classroom can be both challenging and exciting as your child leaves the comfort of one classroom and moves on to new learning experiences in the next!

Transition readiness to prepare your child for the change, we gradually introduce them to their new classroom. The weeks before their first "official day" in Pre-primary are spent transitioning from their Toddler classroom into their new Pre-primary classroom. They are able to visit their new room for scheduled regular intervals that build over the course of a few weeks before the anticipated transition date. This time allows them to become familiar with the environment, teachers and students in their classroom at a gradual, slow pace.

Here are some tips to help transitions and separations:

- **Know Your Child, and Realize that Each Child's Response Is Different.** We all want our children to take to their caregivers with eager enthusiasm, but children's responses to transition and separation depend upon their age, temperament, and experience.
- **Be Positive.** Our children have incredible intuitive skills. They sense our anxiety and hesitation. As the first day for transition draws near, begin talking to your child about what to expect and about any concerns or fears they might have. Present school as a place where he'll learn new things and make friends.



- **Establish a Drop-Off Ritual.** Developing a quick, simple way to say "good-bye" and reassuring our children that we will return will help separation go more smoothly. Sneaking out creates a sense of mistrust.
- **Tune-In to Your Child's Behaviour.** During times of change, our children may have behaviour regressions, delayed reactions or even outbursts at pick-up time. It's all normal. We can reassure them with positive comments, physical affection, and love.
- **Make a Connection between Home and School.** Little things from home may make our children feel more comfortable: a blanket, a stuffed animal, or for infants, a scarf with mommy's smell. Photographs also help. Try laminating a favourite picture or compile a little photo album.
- **Contact the Program to See How the Day Is Going.** If our children are upset when we leave them, we can feel uneasy or guilty. Just knowing they are okay can help us settle down and have a good day.

Supervisor



It's February, the month of family and Valentine's ... Depending on where you live, possibly very cold temperatures like Canada. Nothing's better on a chilly evening than holding a mug of something warm and sweet in your hands. To make it more fun, get the kids in the kitchen to help you make homemade hot chocolate or hot cider. A family game is also great for some bonding time, let's show and tell people how much you love and care about them!

Event Calendar



Groundhog Day



Winter Carnival



Valentine's Day



Family Day - Centre is closed

Centre Reminder



We are pleased to announce that on Thursday February 13th we will be hosting our second annual Winter Carnival!

The Winter Carnival is based on Quebec's Carnaval D'hiver, a long-standing tradition and one of the largest winter festivals in the world. Our focus will be on outdoor activities that day, but we will also be doing winter-themed indoor activities in each classroom. If the weather does not permit outdoor play on the day of the carnival, it will proceed as an indoor event instead. Remember to dress your child in their favourite winter sweater on the day of the event. We are so excited to put together this fun-filled carnival!

We will also be welcoming Soccer Shots! They are excited to offer a free fun day of soccer and character development for the children at Lullaboo! Soccer Shots is an engaging children's soccer program with a focus on character development. Their caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. The coaches are the best-trained in the business and their expert-approved curriculum is age-appropriate and aligns with early childhood education standards. Please stay tuned for the official date and time of their visit.

For the month of February we recognize Black History Month. The 2020 Theme for Black History Month is: Canadians of African Decent: Going forward guided by the past. Throughout the month you will see displays on classroom doors, throughout the classrooms that showcase the history and achievements. Related activities will continue to be part of daily programming all month long.

Reviews



My son attended Lullaboo for 2.5 years, from infant to preschool. The staff are wonderful and showed him so much love. Now that he can talk, he further confirms that.

My son loved every care-giver. Every time he graduated to an older class, I was concerned about the transition. But the staff were amazing. They did things like putting him with former classmates and had a transition plan over a few days similar to our first enrolment.

The facilities are great. I like the big outdoor playground (larger than most day cares) and filled with lots of outdoor toys. The food is great and they accommodate special requests (my son only drinks organic milk).

One of the reviews talked about the lack of learning. I am generally satisfied with the learning agenda. At their age, they should learn through play. It's about exposing them to things, rather than teaching formally. Kids will pick things up at their own pace. I caught my son counting in French one day (he loves reading and languages)...I never speak French to him, so he could have only picked it up at Lullaboo. But my son hates math... no surprise, he hasn't grasped addition, even under my careful tutelage and daily number games at home.

I cannot say enough good things about Lullaboo. They were a big part of our lives for the last 2.5 years and I am grateful for our time there!

Director

Why children should use cups?

A study of over 6,000 children discovered that toddlers over the age 2 who continue to drink out of a bottle up to age 5 are more likely to be overweight.

According to research 1 in 5 children who were still using the bottle at the age of 24 months -either all of the time, or just at night were considered to be overweight, versus 1 in 6 who were weaned earlier. Prolonged bottle feeding also does so much harm to a child's dental health development. Milk and juices contain an excessive amount of sugar that can cause tooth decay and cavities, along with anterior open bite they can also contribute to speech difficulties. Doctors suggest that parents wean their children off bottles between the ages of 12 – 18 months.

It is encouraged for children to use cups to drink once they are able to sit up and hold a cup. Children mimic the people around them, using this as an advantage can help children foster independence and encourage self-confidence.

Sippy cups are encouraged to be used as a buffer between bottles and regular cups the over use of Sippy cups can cause the same negative effects as a bottle. Children are developmentally ready to get rid of the sippy cups between the age of 2-3 years. Try to look at how your children use utensils to eat we need to look at it like the same way. Might be a little messy, but eventually they will master it.

Here are a few links to help guide parents in the changes to cups and encourage the switch.

[-https://maryannjacobsen.com/5-things-parents-should-know-about-starting-and-stopping-sippy-cups/](https://maryannjacobsen.com/5-things-parents-should-know-about-starting-and-stopping-sippy-cups/)

[-https://www.whattoexpect.com/toddler-nutrition/sippy-cup.aspx](https://www.whattoexpect.com/toddler-nutrition/sippy-cup.aspx)



This month, Lullaboo started a new YouTube series called "Learning with Lullaboo". These short videos will aim to bring us all together as a community, creating a sense of belonging with each other and a sense of pride to call ourselves Lullabooians. When our family is closely bonded, it will allow us to better educate our children, allowing them to flourish and grow as responsible members of society.

I am proud to feature the preschool One class at Lullaboo's Queen Campus in Brampton in our first video:



<https://youtu.be/6jp3MGbMLSU>



<https://www.facebook.com/lullaboochildcare/>



<https://www.instagram.com/lullaboo.childcare/>



VAUGHAN
Maple Campus
5:30pm to 6:30pm

FEB 11
MAR 10
APR 14

COMMUNITY WORKSHOP FOR LULLABOO FAMILIES

LIMITED
SEATING

SPEAKER:

Sonia Cacciacarro, R.P.Q

Connected Parenting Therapist



FEB 11

Limbic Bonding and The C.A.L.M. Technique:

Learn about the brain and the neuroscience of Love and Empathy and how baby play and mirroring are fundamental in healthy brain development. The power behind Connected Parenting is having more harmony in the home and reducing stress on the entire family.

MAR 10

Setting Healthy Boundaries:

Parents are the architects of their child's brain! Come to understand why children need their parents to provide containment, setting effective and loving limits in order to feel safe, secure, reducing anxiety and building emotional resilience. Learn how to do this in a neutral, meaningful way and feel great as a parent.

APR 14

Parenting Today:

Parenting has shifted in recent years from a parent-centered model to a child-centered model. Sonia shares Connected Parenting's understanding of this shift and how overparenting is robbing children of healthy adversity. Healthy adversity helps children build the necessary neurological hardware to handle trouble when it comes and in some form or other trouble always comes.

To Register please email your centre supervisor. Registration is \$10/Session to be included on your EFT. All funds are donated to SickKids foundation.

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