



Infants



During the month of January, the infants will be focusing on the importance of outdoor play. Outdoor play is an important part of children's health, giving them exercise, fresh air and vitamin D. We will be encouraging the children to explore the outdoor space as the weather changes. Outdoor play helps children learn about different surroundings and can make them feel more comfortable with the world around them. Some ideas for outdoor play with infants include

- Enjoying circle time on a mat outside
- Crawling, cruising and walking outdoors
- Watching tree leaves and branches move and listening to birds

Looking at different coloured cars, street signs or traffic light signals.



Toddlers



The toddlers will be focusing on friendship and kindness for the month of January. Making friends is an important part of being a toddler, helping them develop their own identity and is part of their social and emotional development. Friendship also has a positive influence on the children's health, giving them someone to look up to and repeat their positive approach. We will be helping our toddlers focus on friendship by giving them activities to work together, encouraging them to help friends when in need.



Preschoolers

During the month of January, the preschoolers will be focusing on language. Using language and communication with young children is crucial for their success in school and beyond. Preschool language development activities should be part of each day in the classroom, and also in the home.

Some ideas include:

- Playing group games
- Following small groups
- Recite favourite finger-plays.
- Using a phone in the dramatic centre
- Creating story baskets
- Play I spy
- Making an experience book
- Singing songs to encourage speech
- Provide listening activities to build language skills
- Build letter sounds



Centre Reminder



Happy New Year to all our Lullaboo families! This month we are focusing on wellbeing so we can start the year off right. Lullaboo believes it is vital to support children's holistic wellbeing in all domains throughout each day. Healthy minds and healthy bodies are interconnected and it's important that we find a balance between the two.

Each classroom team creates a community that is welcoming and celebrates each child's individuality. Our educators support children's mental health by helping them to build social and emotional skills such as self-regulation, resilient self-esteem and confidence, positive body image, open communication and strong trusting relationships. We support children's physical health through encouraging healthy eating and proper hygiene habits. Throughout the week, we incorporate physical movement into our programming through both fine and gross motor activities.

To support children to build healthy lifelong habits, it's important that families and educators work together. At home, encourage healthy eating and good hygiene habits by setting a good example. Try going on walks through the neighbourhood or in a nearby park. Play indoor games that keep your child moving throughout the winter months. Try winter activities like sledding, skating, or building a snowman.

Together, let's make 2020 great!

Event Calendar



Jan
7th



Orthodox Christmas



Jan
25th



Chinese New Year 2020

Director



\$55,327

A big thank you to our Lullabooian community both parents and educators for helping us support SickKids foundation raising \$55,327 in 2019 looking forward to 2020

IN SUPPORT OF
SickKids

Each year Lullaboo recognizes an educator from each centre who stands out in the crowd, with passion, dedication and a genuine love for what they have achieved for the children each day. I have such an admiration for the individuals whom we are going to recognize here tonight.

You have brains in your head. you have feet in your shoes. you can steer yourself any direction you choose. Dr. Seuss

This year's educator opened up our first preschool room at our Beaches campus and has been so flexible and consistent with her standard of care ever since day one! This Educator has always welcomed and ensured a smooth transition for all new lullabooian, educators, children and their families. This staff has always involved herself with special events like our Pumpkin patch, Christmas concerts and the Sick Kids BBQ to make it extra special for the children to enjoy. She has a special bond with all her children and this is evident as they run into her arms every morning. She personalizes something special for each of their birthdays! She is so kind, patient, loving and is truly an outstanding role model.

I am proud to share with all of you this year's educator of the year, Ms. Mia.S

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Irini Mikhael, RECE, P.Eng, PMP

Chief Operating Officer

irini@lullaboo.ca



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