

Child Care Plus Learning Center
Infant & Toddler

February

Children's Nutrition

As your children are getting older their food choices are becoming more vast. We have put a list together of great foods your children can have.

Finger Food ideas

Fruits ~ Oranges, apples, bananas, strawberries, peaches, pears

Vegetables ~ Cucumber, carrot, avocado

Grains ~ Bread sticks/rolls, finger sandwiches, crackers, bagels

Pasta ~ Macaroni and cheese, pasta with sauce

Meats ~ Low sodium ham, turkey lunchmeat, chicken cut into small pieces

Cheeses ~



Infant Corner



February is already upon us and the weather is still unpredictable so please check your child's spare clothing bin to be sure we have seasonal as well as size appropriate clothing provided – the little ones do grow quickly! Remember to bring jackets and hats as well so on those warmer days we can get outside for some fresh air!

As usual, the children are busy and constantly progressing. Our new friends Gueric and Brooklyn have Settled into the routine and we have two more friends joining us in February – welcome Anna and Lucas! A new teacher has joined the infant room too – welcome to Miss Becky! She works every afternoon and is a wonderful addition to our room!

Always new and exciting things happening in the infant room!

Save the Date!

President's Day
February 19th

Child Care Plus will be closed on Monday, Feb 19th in observance of President's Day.

Winter student evaluations are complete. If you would like to see your child's report, please see their classroom teacher in the morning or at pickup.

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The Mail Must Go Through

The first week is a theme entitled Post Office. Color, shape, and letter recognition will be reinforced as we sort "mail" by colors, shapes, and our names. We will learn how the mail goes from one place to another and learn about the jobs of a mail courier as we pretend to deliver the mail during dramatic play.



Happy Healthy Hearts

Our "chef combo" puppet will visit during circle time to discuss the difference between healthy foods and "sometimes" foods. We'll create a healthy food collage and play games like pizza party and food matching. We'll learn the importance of exercise to promote good health with creative movement fun set to music.

Olympics

Next in Toddler Town we will be discussing the winter Olympics. We will show pictures of and discuss winter sports such as ice skating, hockey, and skiing. We will root on Team USA as they chase their gold medals!



Dental Week

We end our month with Dental Week. We will discuss the importance of eating healthy foods and brushing our teeth daily as ways to promote healthy teeth. We'll practice brushing and counting using a set of plastic teeth and a large toothbrush, sing tooth brushing songs, and have some fun with toothbrush painting during craft time.

