

# Discovery Gardens Families

Visit us at: [www.childcarediscovery.com](http://www.childcarediscovery.com) T: (971) 400-8212

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Dear Parents/Guardians,

I surely hope that all families have been able to get out in the community during the weekends and enjoy your children. In the month of May there were lots going on. And with summer approaching in a few weeks I'm sure there will be plenty more community events.

For this month's newsletter I wanted to make sure to address a few reminders, talk more about the butterflies that came in this month, as well as healthy nutrition building. We want all parents to work with us to promote healthy meal habits. Your children will be reading books, working with a dental group, practicing family style meals with their class, and learning more about the nutritional food groups. If you have any tips or questions regarding "mealtime," please feel free to reach out to myself or the director at your child(s) center.

I would also like to take a quick moment to say goodbye to a few of our long term families that have been with our Discovery Gardens Family for 4+ years now. There is never a proper way to say goodbye, just know that we will miss you all very much and we hope to continue to stay in contact as your children grow.

If you have any questions regarding the newsletter, the website, or just a general questions or concern please feel free to contact me directly at: [destiney@childcarediscovery.com](mailto:destiney@childcarediscovery.com)

Warm regards,

Destiney Clark

Parents Coordinator

Direct Line: (971) 400- 8212

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## The Butterflies' are here!

**Reminder for all Centers:** *Our Annual Butterfly Release is still going on this year; Butterflies have just arrived! We plan to release in July this year at the Kenton Park location. The theme will be picnic style as is being last year, so please bring your own blankets or lawn chairs. We will provide the food and beverages, as well as parent/child activities. Discovery Gardens Staff look forward to sharing individual classroom projects that the children & their teachers have worked on so bring your cameras, and cells charged ready to capture the moment. We currently*

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## Upcoming Events

### June 10

No School In-Service Day

### June 13

No School In-Service Day

### July 4

No School-Holiday

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## Important Announcement

### Summer Time Reminder:

Parents we ask that you remember to send your children to school with an extra change of clothing, sunscreen, sun hats, water bottles, and anything else you feel is summer appropriate. We want to protect their skin & keep the children hydrated while they enjoy the sunshine.

### Join the family table

For your infant that's 8-12 months old they are ready to join the table. Offer mashed or finely chopped table foods without salt, sugar or seasoning such as: cooked vegetables-mashed carrots, potatoes, green beans or squash. Soft fruits-mashed banana, peaches, pears, or applesauce. Soft noodles, rice bread or toast.

Put your baby in a high chair or booster seat. And let them explore!

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have three dates in mind due to weather inclement, please take these dates into consideration and when the time gets closer we will settle on a date posting it prior. The dates we have in mind are June 22<sup>nd</sup>, June 23<sup>rd</sup>, and June 29<sup>th</sup>, at 6:15pm. Thank you.

### Fun Nutritional Facts:

With your children potentially being home more in the summer now that school is out and your job may be slowing down for the summer. These are a few tips to take into consideration.

Serve it:

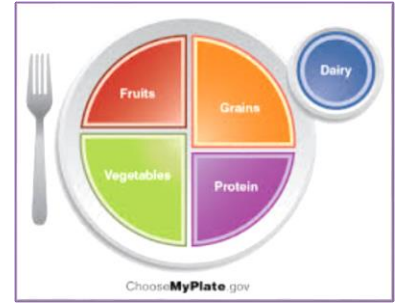
- Encourage your child to serve their own food at the table
- If you want to serve foods to your child, put a small portion on their plate. Serve more if the child asks for more.

Taste it:

- Ask your child to taste all foods.
- Make it fun-don't push or force a child to eat.
- Let your child see you enjoying the same foods. Small children learn to eat by touching, tasting, and playing with foods

Eat It:

- Let your child decide how much they will eat. Your job as a parent is to serve healthy meals, not to control how much they eat.



## More Important News

### Kenton

Kenton Parents (ONLY), your first **Tea Social** will be held on **Saturday, June 25<sup>th</sup>, 2016** at our Kenton location from **10am-12pm**. Ms. Sanita and myself will take this time to answer any questions that you parents may have regarding Discovery Gardens Child Care. We have chosen a Saturday date to give parents time to find a sitter outside of DG, because we are **not** able to provide child care for our Tea Social events since they are *optional*. This event will be child free to be able to address any concerns or questions without interruptions. We hope that you & or your spouse will be able to attend. If you have more questions regarding this event contact myself or Ms. Sanita directly.

Lastly, I am sad to announce that this will be the *last* year for our afterschool/big kid program at the Kenton. Beginning in the Fall, we will be opening another preschool room primarily for the older preschoolers whom may have missed the cut off date for kindergarten.

### Lombard

For Lombard Parents (ONLY), we will be conducting our Annual **Tea Social** this **Saturday, June 4<sup>th</sup>, 2016** at our Lombard location from **10am-12pm**. Mrs. Netra and myself will take this time to answer any questions that you parents may have regarding Discovery Gardens Child Care. We have chosen a Saturday date to give parents time to find a sitter outside of DG, because we are **not** able to provide child care for our Tea Social events since they are *optional*. This event will be child free to be able to address any concerns or questions without interruptions. We hope that you & or your spouse will be able to attend. If you have more questions regarding this event contact myself or Mrs. Netra directly.

### Parent Resources

#### Vroom Brain Building Moments

Vroom is an app created to turn family routines and moments into educational experiences that boost early learning. This app helps parents and caregivers turn daily routines (bath time, meal time, bed time) and transitions into quick learning educational activities. This app is absolutely free and very easy to navigate, when you begin using the app it will ask you for your child(ren)s information to set activities Developmentally Appropriate to your child. Please send me feedback and let me know what you think.

#### Learn to Swim!

Free swim lessons from June 14-17<sup>th</sup> at ALL Portland Parks & Recreation Pools! (\*except Grant Pool-tentatively opens August 1<sup>st</sup>). Walk in registration at ALL pools will be Saturday, June 11<sup>th</sup> between the hours of 8am-11am. If you'd like more information, please visit: [www.portlandoregon.gov/parks/aquatics](http://www.portlandoregon.gov/parks/aquatics)

#### June 7<sup>th</sup> 2016

Enjoy a day at the zoo visiting all of the animals; \$4 Oregon Zoo Admission Day!

#### Food Rainbow

*Materials:* Magazine, Construction Paper, Scissors, Glue.  
Create a rainbow using the different food groups. Parents this is a fun activity to do with your children at home, to teach them all about the food groups.

## **Columbia Knolls**

Parents at Columbia Knolls, we are aiming for a July Tea Social for you families. We have been working with a few resources to help facilitate our tea social due to the time crunch we have with some of you ladies. By the middle of this month I will know more and contact Columbia Knolls Parents privately with a date. Thank you for your patience.

## **Contact List**

Sheila Watson (Executive Director): [sheilawatson@childcarediscovery.com](mailto:sheilawatson@childcarediscovery.com)

Destiney Clark (Parent Coordinator): [destiney@childcarediscovery.com](mailto:destiney@childcarediscovery.com)

## **Lombard**

Netra Ninen (Director/Educational Specialist): [netra@childcarediscovery.com](mailto:netra@childcarediscovery.com)

Sonya Noil (Infant Coordinator): [sonya@childcarediscovery.com](mailto:sonya@childcarediscovery.com)

Brittany Roberts (Toddler/Preschool Coordinator): [BrittanyR@childcarediscovery.com](mailto:BrittanyR@childcarediscovery.com)

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## **Kenton**

Sanita LaGrone (Director): [sanita@childcarediscovery.com](mailto:sanita@childcarediscovery.com)

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Wobbler Room: [wildwobblers@childcarediscovery.com](mailto:wildwobblers@childcarediscovery.com)

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## **Columbia Knolls Location:**

Nova Hill-Allen (Director): [nhillallen@childcarediscovery.com](mailto:nhillallen@childcarediscovery.com)

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