

Discovery Gardens Families

Visit us at: www.childcarediscovery.com T: (971) 400-8212

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 and this beautiful weather while it last. Make sure to read my side margarine's to read some general announcements and reminders.

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

Warm regards,

Destiney Clark

Parents Coordinator

Direct Line: (971) 400- 8212

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.

"Try It" – Your child would probably like new food if he/she would taste it.

Why does he/she refuse to even try it? – your child may be going through "food neophobia (which is the fear of new foods)"

**small children often refuse to eat new foods, may take up to 10 different times before your child enjoys the food or not.*

- **Let your child spit out a food if he doesn't like it.** At least he tasted the food, even if he didn't swallow it. He will feel safe when trying new foods.
- **Don't give up!** A child may need to try a new food 5 to 10 times before he accepts it. If your child makes a funny face when trying a new food, it may not mean that he/she doesn't like it. He/she may think it just taste different. Try it again later!
- Avoid labeling foods as "foods he/she likes" and "foods he/she doesn't like". Let your child change his mind. The foods that he likes and dislikes will probably change the very next day.

Your child may not like every food they taste. It is very normal for a child to refuse some foods. **Help your child develop healthy eating habits that will last a lifetime.**



Upcoming Events

September 5

No School-Holiday

September 16

No School In-Service Day

October 10

No School In-Service Day

Important Announcement

Weather Change:

Parents we ask that you remember to send your children to school with an extra change of clothing, coats, hats, gloves, rain boots, etc. With the weather changing to the next season we would like to make sure that all children are coming to care dressed appropriately.

Big Kid/Summer Program

This has been a busy year and short summer. We are sad to say goodbye to our Big Kid program. Staff here at Discovery Gardens are so grateful to be able to had spent so many years with your children in watching them grow into such

TUITION

Parents we ask that when writing your tuition checks please use the memo section to write in your child(ren)s name. Thank you very much.

Perspective Taking

Perspective taking goes far beyond empathy. It involves figuring out what others think and feel and forms the basis for children's understanding of the intentions of their parents, teachers, and friends. Children who can take the perspectives of others are also as much less likely to get involved in conflicts.

Below are a few good books to help promote perspective taking:

Infant and Toddlers: *Who You Are* by Mem Fox – shares the ways that children all over the world differ and yet are the same.

Infant and Toddlers: *Polar Bear, Polar Bear, What Do You Hear?* By Bill Martin Jr and Eric Carle – a masterful book and noisy trip to the zoo! Polar Bear says he hears a lion roaring. Lion says he hears a hippo snorting. As a perspective shifts from animal to animal, children chime in, practice animal sounds and make predictions.

More Important News

Kenton

Preschool families, earlier this month we were abruptly told by Miss Rhonda that she would not be coming back to our center to further her employment. Earlier last month Rhonda had decided to switch to part time to be able to go back to school for the month of September. So we brought on Miss Amanda to help work mornings to provide the support for Miss Rhonda. Unfortunately, she had a different plan for her future and now has made the decision not to return to work. We are sad/sorry to announce this news.

Currently we have Miss Amanda, from Spokane Washington filling in our Preschool classroom. She has a BA in Child Education and a few years of minor experience working with children. Amanda works Monday-Friday from 815am-515am in our preschool room currently. We also have Mrs. Netra; our Quality Care Specialist that comes in to provide support in the preschool, help implement curriculum, completing ASQ's/assessing the children, while also providing quality care to our students. You may also see Ms. Hannah floating around a fill in at times to help meet ratio while also providing support for Ms. Amanda in the preschool room.

We want all families to know that there may be a small chance that even after the training we provide for Miss Amanda, we may still hire on someone else that has those qualifications but with more years of experience for the preschool. As for now you will see Amanda daily as the primary teacher in the Preschool room and also Mrs. Netra. If you have any questions, comments or concerns please feel free to contact myself or Sanita LaGrone.

Lombard

It's about that time! I'm sure most of you parents have formally meet Ms. Earenya but we want to give you all time to ask questions to both Earenya & Netra. We will be scheduling a meet & greet with Mrs. Netra & Earenya on Thursday 9/15 during pick up time (4pm-530pm). Bring your families, and questions, look out for dates soon.



Parent Resources

15 Reasons to Go OUTSIDE!!

1. Its relaxing
2. Its ignites curiosity
3. It encourages observation
4. It's a sensory experience
5. It exposes kids to patterns & chaos
6. It allows kids to feel good in their skin
7. It builds a strong immune system
8. It promotes exercise
9. It provides opportunities for social interactions
10. It provides opportunities for parent-child bonding
11. It is an experiential lesson in physics
12. It provides lessons in biology
13. It promotes opportunities to test & conquer fears
14. It provides creative problems solving
15. It engages the imagination

I Am In Preschool

I am not built to

Sit still,
Keep my hands to myself,
Take turns,
Be patient.
Stand in line,
Or keep quiet
All of the time.

I need:
Motion,
Novelty,
Adventure,
And to

Engage the world with my whole body.

LET ME PLAY.

(TRUST ME, IM LEARNING!)

Also LOMBARD LOCATION FAMILIES ONLY (Preschool & Toddler) will be hosting a date night on September 23rd from 7pm-12am. \$25 per child or \$35 w/sibling. For more information, please contact Teacher Brittany, Shay, Jehadi or Natalie.

Columbia Knolls

Getting ready for the fall! Congratulations to our teachers working hard on their CDA portfolios, continue to keep up the amazing work ladies. We also want to welcome Ms. Breanna to our team! Breanna has her CDA, currently at a step 7 in the Oregon registry and also continuing her education in the Early Child Care field. Stop by our infant room and get to know Breanna.

Contact List

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Kenton

Sanita LaGrone (Director): sanita@childcarediscovery.com

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Wobbler Room: wildwobblers@childcarediscovery.com

Toddler Room: toddlerRus@childcarediscovery.com

Preschool Room: littlemepreschool@childcarediscovery.com

Columbia Knolls Location:

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Wobbler Room: CKwobbler@childcarediscovery.com

Toddler Room: CKtoddler@childcarediscovery.com

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