

# LVPT Child Development Center

## MARCH



### MONTHLY REMINDERS

**BREAKFAST 8:00am**—Breakfast will only be served to those children who are in the center **BEFORE 8:00am**.

Please send a lightweight jacket or sweatshirt for your child every day—we go outside in the morning and it can still be a little cool. Also, check your child's cubby and make sure they have a complete set of clothing including underwear.

Check the monthly calendar for a schedule of upcoming events!

### FEBRUARY ACTIVITIES

Steven Bonn (HHS) "Making Bead Bracelets & Necklaces"

Dental Tour - HHS Clinic

STEAM Learning

TUMBLEGYMBUS

Cultural Presentation/Native Dance

Indian Tacos



### DR. SEUSS' BIRTHDAY

Because Dr. Seuss' birthday was on Saturday, March 2nd we are going to be celebrating it on **THURSDAY, MARCH 7th** at 11:00am with a visit from the Cat in the Hat!



## February: Dental Health Month

February is officially Dental Health Month. Below are some tips for keeping your children's teeth in tip top shape. The information was gathered from [www.keepkidshealthy.com](http://www.keepkidshealthy.com).

Once your child's teeth begin erupting, you can begin cleaning them by wiping them with a moist washcloth. As your child gets more teeth, you can begin to use a soft child's toothbrush. You should use just a pea-size amount of a fluoride toothpaste or a non-fluoride toothpaste (like Baby OraGel) until your child is able to spit it out (too much fluoride can stain their teeth).

For most children, getting them to brush their teeth can be quite a challenge. Some suggestions for making tooth brushing less of a battle can include:

- Letting them brush your teeth at the same time

- Letting them pick out a few toothbrushes with their favorite characters and give them a choice of which one they want to use each time (this will give them some feeling of control over the situation)

- Let them brush their own teeth first (you will likely have to also do it yourself though).

Other tips can include getting a dentist kit that they can play with or read some children's books about tooth brushing.

To help children understand the importance of brushing, it can be sometimes fun and helpful to let them eat or drink something that will 'stain' their teeth temporarily, such as Oreos, and then let them brush them clean. It can also be a good idea to create a 'tooth brushing routine' that can include playing some music, getting things set up, etc. and stick to the same routine each day.

Ultimately though, this is not something they can get out of doing. Regular brushing is very important to their dental health. If you are still having problems, then a visit to a Pediatric Dentist can be helpful. Keep in mind that most 'children's toothpaste' brands, such as Barney toothpaste, are fluoridated, and you only want to use a very small pea size amount of toothpaste. Swallowing too much toothpaste with fluoride can lead to staining of the teeth (fluorosis).



# MARCH CURRICULUM



Theme: **SPRING**

We will learn about the season SPRING, BABY ANIMALS, LEPRECHAUNS & SHAMROCKS and DR. SEUSS' BIRTHDAY

## Academic Activities

Letters: M & N  
Numbers: 13 & 14  
Color: Green  
Shape: Star



## Sample of Arts & Crafts Activities

Dr. Seuss Bday, St. Patrick's Day, Farm Animals, Lion/Lamb, Rainbows



## Daily practices include

Calendar, ABC's, 123's, Colors, Shapes, Manners, Hygiene, books of the day as well as songs and rhymes



# MARCH 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 STEAM 10:00am  Dr. Seuss' Bday!	8	9
10	11	12	13	14  TumbleGymBus 9:30am	15	16
17	18	19  Steven Bonn (HHS Clinic) 11:00am	20	21  STEAM 10:00am	22	23
24	25	26	27	28  TumbleGymBus 9:30am		



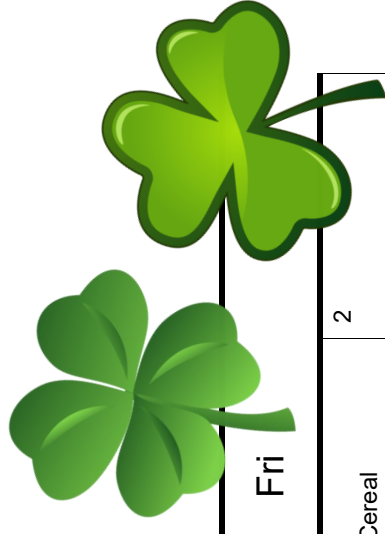
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# MARCH 2019

## Breakfast & Snack Menu



Sun	Mon	Tue	Wed	Thu	Fri
<b>PORTION SIZES:</b> Milk/Juice: 1/2 cup Peanut Butter: 1tbsp Veggies/Fruit: 1/2 cup Bread: 1/2 slice Cereal: 1/3 cup					1 Cold Cereal Fruit Milk  Granola Bar Milk
3	4 Cold Cereal Fruit Milk  Apple Slices Milk	5 Toast Fruit Milk  Yogurt (2 oz) Juice	6 Cold Cereal Fruit Milk  Carrot Sticks w/ranch Milk	7 Waffles Fruit Milk  Strawberries Club Crackers (2) Water	8 Cold Cereal Fruit Milk  Crackers w/ Cheese Milk
10	11 Cold Cereal Fruit Milk  Teddy Grahams (11) Milk	12 Bagel Fruit Milk  English Muffin Juice	13 Cold Cereal Fruit Milk  Orange Slices Water	14 Toast Fruit Milk  Cookie Milk	15 Cold Cereal Fruit Milk  Crackers w/Peanut Butter (4) Milk
17	18 Cold Cereal Fruit Milk  Celery Sticks Peanut Butter	19 Raisin Bread Toast Fruit Milk  Applesauce Water	20 Cold Cereal Fruit Milk  1/2 Banana Water	21 French Toast Sticks Fruit Milk  Orange Slices Saltine Crackers (4) Water	22 Cold Cereal Fruit Milk  Granola Bar Milk
24	25 Cold Cereal Fruit Milk  Graham Crackers Milk	26 Pancakes Fruit Milk  Cookie Juice	27 Cold Cereal Fruit Milk  Grapes Goldfish Crackers (20) Water	28 Cinnamon Toast Fruit Milk  Bread/Peanut Butter Water	



# MARCH 2019

## Lunch Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

PORION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup or 1/2 slice	Sun	Mon	Tue	Wed	Thu	Fri	Sat
3		4 Ham, Egg & Cheese Casserole Carrot Sticks Orange Slices Milk	5 <b>**TACO TUESDAY**</b>	6 Beef Stroganoff Peas & Carrots Applesauce Milk	7 Butter Macaroni w/ Meatballs Corn 1/2 Banana Milk	8 Fish Sticks Green Beans Pears Milk	9 Meatloaf Broccoli Applesauce Milk
10	11 Taqitos Rice & Beans Mixed Fruit Milk	12 Mini Corndogs Carrot Sticks Apple Slices Milk	13 Lasagna Green Salad Mandarin Oranges Milk	14 BBQ Chicken Broccoli Pineapple Milk	15 <b>**SPECIAL LUNCH**</b>	16	
17	18 Chicken Nuggets Green Beans Orange Slices Milk	19 <b>**SPECIAL LUNCH**</b>	20 Lunchmeat Sandwich Celery Sticks Peaches Milk	21 Spaghetti w/ Meat sauce Green Salad Pears Milk	22 Tater Tot Casserole w/Hamburger Green Peas Mandarin Oranges Milk	23	
24	25 Mac n Cheese w/ Hot Dogs Green Peas Mixed Fruit Milk	26 Mini Corndogs Carrot Sticks Apple Slices Milk	27 <b>**SPECIAL LUNCH**</b>	28 Turkey Sandwich Celery Sticks Apple Slices Milk	29 Meatloaf Broccoli Applesauce Milk		



# Color Me Healthy NEWS

preschoolers moving & eating healthy

MARCH

## Go With H<sup>2</sup>O

**W**hat is the substance that contains no calories, makes up 60 percent of our body weight and is practically free? The answer is WATER. Two thirds of our bodies are composed of water, making it the body's most vital nutrient.

Many people underestimate their need for water. It is recommended that we drink 8 to 10 glasses per day. Why is water so valuable?

- Helps your body digest food and absorb nutrients
- Keeps your body working properly
- Carries away bodily waste
- Cools the body through perspiration

But I don't like the taste, you may say? Become the master of disguise and mix lemon or lime slices in your water cup. Perhaps a splash of fruit juice to liven the taste. Inspire yourself and your children by using a favorite water bottle. Try making water a drink option at mealtime or snacks. Offer children water when they want to snack just before a scheduled meal. Often we think we are hungry when we are really thirsty!



### I Don't Like It!

**W**e have all heard that before. Children are constantly deciding what they do and don't like. They sometimes make up their minds that they are not going to like it before they even taste a food. Try introducing your child to different forms of a food to peak their interest. At snack time let your child choose raw apple, apple juice, applesauce or a small amount of all three. Have a tasting party. Talk about the different textures, tastes, and colors. Discuss the one they like the best and why. You can also do this with orange juice and orange slices. Try the same experiment with cooked and raw carrots or cooked and raw broccoli. They will be surprised how different they taste. Helping children experience all the different tastes foods have to offer will help them enjoy a wide variety of foods.



### Go Outside And Play As A Family

**T**o have a strong body, your child needs to be active! Here are some ways you and your child can play together outdoors:

- Play running games. Make a target in the yard and ask your child to run around and over it. Invite children from the neighborhood to join in the fun.
- Walk together often. Walking is a great activity to do together, no matter what season. A walk in the snow, picking spring flowers, a summer evening stroll or looking at fall leaves are all fun. Walking is a treat for your kids.
- Ride bikes together. Cycling gets you out in the fresh air, leaving you feeling invigorated and feeling great.
- Go swimming together as a family. If you find it difficult or painful to do weight-bearing physical activities, you will enjoy the ease of moving in the water.
- Pick strawberries, blueberries or fresh vegetables.

## Color Me Healthy Parent Bulletin Board

Try cooking vegetables in a different way. Most kids like them raw or slightly cooked. Offer vegetables steamed, grilled, broiled, or tossed with pasta. Add vegetables to spaghetti sauces, chili, and soups.

The most important time for children to brush their teeth is right before they go to bed.

When going to the store, park your car further away from the building and walk. Every step counts towards your physical activity goals.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

### Frozen Apple Sauce and Fruit Cup

#### INGREDIENTS

- 1 cup apple sauce
- 10-ounce package frozen strawberries, thawed
- 11-ounce can mandarin orange segments, drained
- 1 cup grapes
- 2 tablespoons orange juice concentrate

#### INSTRUCTIONS

1. In a medium bowl, combine all ingredients.
2. Spoon fruit mixture into individual dishes or paper cups.
3. Freeze until firm. Remove from freezer about 30 minutes before serving.



## Food For Families On The Go

### Stuffed Bell Peppers 4-6 servings

#### INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 can (15-ounce) tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Prep Time: 30 minutes

Cook Time: 15 minutes

Calories per 1/2 bell pepper: 130

Fat per 1/2 bell pepper: 5 grams

#### INSTRUCTIONS

1. Crumble turkey into a 1 1/2 quart microwave safe bowl; add the onion.
2. Cover and microwave on high for 3-4 1/2 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Stuff with the meat mixture.
8. Place in an ungreased, microwave safe, shallow, baking dish.
9. Spoon remaining tomato sauce over peppers, cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

Color Me Healthy brought to you by...

