



A loving environment for every child

Watch Me Grow

Child Development Center



September Newsletter

Please visit our new Website at www.watchmegrowlv.com
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Come One Come All!!

Watch Me Grow Open House

September 18, 2014 6:30pm

The open house will include a presentation from The Meadows School, door prizes, classroom activities and a meet and greet with WMG Staff, Wonderland Dance School and the Tumble Bus. Attendees should RSVP at 702-646-4386

Cooking With Preschoolers



Cooking can help young kids learn and practice some basic math concepts and build language skills. And the experience of creating meals with you can help build their self-confidence and lay the foundation for healthy eating habits.

It may take a little flexibility and some simple prep work, but with the right expectations, your time in the kitchen with your preschooler can be a culinary adventure you'll both enjoy.

How Cooking Can Help Preschoolers

Bringing kids into the kitchen can benefit them in a number of ways. Cooking can help:

- Build basic skills. You can help your child hone basic math skills by doing something as simple as counting eggs or pouring water into a measuring cup. You can ask what comes first, second, and third or count together as you spoon dough onto a cookie sheet. When you read a recipe together, you're introducing new words to your child's vocabulary and promoting literacy. Following steps in the recipe can work on listening skills.
 - Encourage an adventurous palate. Preschoolers are notoriously picky eaters, and bringing them into the kitchen to cook can help get them to open up to new tastes. When your 3-year-old daughter plays chef she might sample dishes she wouldn't try if you just served them to her. So encourage kids to taste new ingredients you're working with and talk about what they like and how healthy foods make a body grow.
 - Help young kids explore with their senses. Kids learn by exploring with their senses and the kitchen is an ideal place to do that. Invite them to listen to the whirl of the mixer, pound dough and watch it rise, smell it baking in the oven, and finally taste the warm bread fresh from the oven. If it smells good, looks appealing, and is easy to eat they may just be willing to try it!
 - Boost confidence. Preschoolers love to show what they can do and working in the kitchen provides opportunities to gain a sense of accomplishment. If they helped assemble the pizza, let them know that their help was important. You could name the pizza or another dish after your child. Serve "Will's Pizza" or "Ella's Salad" for dinner tonight. Even if the end results are not exactly what you expected, praise their efforts.
- Ideal Jobs for Preschoolers in the Kitchen

Kids say the funniest things.....

The Theme for September is Dinosaurs, Reptiles and Pond Life. The Preschool Teachers were discussing what the students have to look forward to in the upcoming weeks since Dinosaurs are a favorite topic of discussion.

One of the students quickly asked the teacher "Were there dinosaurs when you were little"
The teacher said no Dinosaurs were extinct millions of years ago and the child replied "Oh like when my grandma was little?"

Family Engagement/ Parent Education Opportunities

Date: September 18, 2014
Time: 6:30-8:30
Location: Watch Me Grow
Presenter: Back to School

*Child Care and Refreshments provided

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This Months Curriculum Themes

The September monthly curriculum theme is Dinosaurs, Reptiles and Pond Life. Each week, the teachers will focus on a different topic pertaining to the month's theme. Children will learn the names of various dinosaurs and some characteristics of each. Activities will include a dinosaur puppet show, a dinosaur march and a matching game. The children will also become paleontologists engaging in a dinosaur fossil dig.

In the reptiles and pond life unit, children will learn that a pond is a small body of still water and that many animals such as frogs, snakes, dragonflies, and turtles call the pond home. Children will also learn about the frog and its life cycle.

In the dinosaurs unit, children will learn new vocabulary words such as fossil, herbivore, carnivore, and dinosaur names such as stegosaurus, pterodactyl, and tyrannosaurs rex. In the reptiles and pond life unit, vocabulary will include amphibians, habitat, lily pad and tadpole. They will play games, read stories and sing songs to help them learn more information about the theme.

Please review the monthly center activity calendar. We have a number of special events and activities this month



Cream Cheese Cucumber Sandwiches

Prep time: 5-10 minutes

What you need:

- $\frac{3}{4}$ cup light cream cheese, slightly softened
- half a large cucumber, thinly sliced
- 8 slices of whole-wheat bread

Equipment and supplies:

- Large knife
- Cutting board
- Plastic wrap (optional)

What to do:

1. Spread each slice of bread with cream cheese (about 3 tablespoons per sandwich).
2. Place about 4 cucumber slices on 4 of the slices of bread and top with remaining bread slices.
3. Cut into quarters and serve immediately or wrap sandwiches and save for later.

Cooking with preschoolers continued from page 1



Cooking With Preschoolers

A few tasks in the kitchen are particularly well-suited to kids ages 3 to 5. The key is to give them "jobs" that meet their skill level and are something they enjoy. So if your child loves to pound, bring out the bread dough and let your preschooler pound away.

Here are some other ways kids can help:

- stirring pancake batter
- tearing lettuce for salad
- adding ingredients
- assembling a pizza
- helping you "read" a cookbook by turning the pages

Getting Started

From riding a tricycle to getting dressed, preschoolers are learning how much they can do all by themselves.

So look for a few cooking-related activities that your child can successfully complete independently or with a minimum of involvement from you. Simple tasks like pouring liquid into the bowl, sprinkling cheese on top of the casserole, or using cookie cutters are a good fit for most preschoolers.

Don't plan an elaborate project — 5 to 10 minutes might be all your child wants to spend on an activity. Start small and keep it fun.

As kids grow, they will develop the skills, attention span, and interest to do bigger cooking jobs, like squeezing the juice out of a lemon, measuring ingredients into cups and spoons, and beating eggs or mashing potatoes.

Preschoolers will also enjoy learning with you. For safety reasons, you should be in the kitchen with them at all times, supervising and monitoring progress.

Spending time in the kitchen with your kids can foster an interest in food and cooking that will last for life!

Reviewed by: Mary L. Gavin, MD

Inspirational quote.....

These words written by Diane Loomans contain some of the best positive parent tips:

If I had my child to raise over again - I'd build self-esteem first and the house later- I'd finger paint more and point the finger less I would do less correcting and more connecting- I'd take my eyes off my watch and watch with my eyes- I would care to know less and know to care more

I'd take more hikes and fly more kites - I'd stop playing serious and seriously play - I would run through more fields and gaze at more stars

I'd do more hugging and less tugging- I'd see the oak tree in the acorn more often- I would be firm less often and affirm much more

I'd model less about the love of power - And more about the power of love.