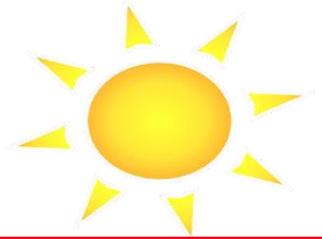




A loving environment for every child

Watch Me Grow

Child Development Center



February Newsletter

Please visit our new Website at www.watchmegrowlv.com
Please like us on Facebook and follow us on Twitter

Valentine's Day Parties



Be sure to sign up in your child's classroom for the Valentine's Day party scheduled **February 13, 2015**

Did You Know???

Watch Me Grow emailed 2014 tax statements in January. If you did not receive your tax statement, please see a management team member and we can print one for you.

Thank you for your support.

Kids say the funniest things.....

While sitting at the dinner table my son looks at me and says "mom, when I get older I'm going to marry my sissy." I told him that was nice but we can't marry people in our family. He quickly responded "That's not fair, you married daddy and he is in our family!"

Family Engagement/ Parent Education Opportunities

Date: February 12, 2015
Time: 6:30-8:30
Location: Watch Me Grow
Presenter:

*Child Care and Refreshments provided

Just Playing

When I am building in the block room,
Please don't say I'm "Just Playing."
For, you see, I'm learning as I play,
About balance and shapes.
Who knows, I may be an architect someday.
When I am getting all dressed up,
Setting the table, caring for the babies,
Don't get the idea I'm "Just Playing."
For, you see, I'm learning as I play.
I'm expressing myself and being creative.
I may be an artist or an inventor someday.
When you see me sitting in a chair
"Reading" to an imaginary audience,
Please don't laugh and think I'm "Just Playing."
For, you see, I'm learning as I play.
I may be a teacher someday.
When you see me combing the bushes for bugs,
Or packing my pockets with choice things I find,
Don't pass it off as "Just Play."
For, you see, I'm learning as I play.
I may be a scientist someday.
When you see me engrossed in a puzzle or some
"plaything" at my school,
Please don't feel that time is wasted in "Play."
For, you see, I'm learning as I play.
I'm learning to solve problems and concentrate.
I may be in business someday.
When you see me cooking or tasting foods,
Please don't think that because I enjoy it, it is "Just Play."
For, you see, I'm learning as I play.
I'm learning to follow directions and see differences.
I may be a cook someday.
When you see me learning to skip, hop, run, and move my body,
Please don't say I'm "Just Playing."
For, you see, I'm learning as I play.
I'm learning how my body works.
I may be a doctor, nurse, or athlete someday.
When you ask me what I've done at school today,
And I say, I "Just played."
Please don't misunderstand me.
For, you see, I'm learning as I play.
I'm learning to enjoy and be successful at my work,
I'm preparing for tomorrow.
Today, I am a child and my work is play.

Anita Wadley

This Months Curriculum Theme

February's monthly curriculum theme is

Transportation and Community Workers.

In the transportation unit, classrooms will be discussing the different ways to get around; by land, by air and by water. Activities will include an outside game of red light/ green light, creating shape/ name trains, and going on an imaginary train/ bus/ airplane ride.

In the Community workers unit, children will learn that a community can be small with only a few buildings and homes or large with many buildings and homes. The people in the community help each other by offering goods and services. Activities will include making badges and hats.

Children will also engage in celebrations that occur during this month. For Groundhog's day, children will learn about what the shadow of a groundhog means and engage in a game of shadow tag. For Mardi Gras, children will learn what the colors purple, green and gold symbolize. They will also be making masks and having school wide Mardi Gras parade. For Valentine's day, children will be talking about friendship, making Valentine cards and Valentine bags. On February 13, classrooms will host parties for the children to celebrate. In the transportation unit, children will learn new vocabulary words such as caravan, cargo and transport. In the community workers unit, vocabulary will include the names of the jobs, such as, doctor, firefighter, dentist, mechanic, and shop keeper. 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.

Cooking with Kids



Easy Chocolate Covered Strawberries

You will need:

- 2 large chocolate bars
- 12 large fresh strawberries, stems on wax paper

Directions

- Leave the stems on the berries. This way you can hold them by the stems when dipping.
- Wash and dry the strawberries.
- Break chocolate into small pieces and place in microwave safe bowl.
- Heat in microwave oven on high for 30 seconds.
- Check chocolate and heat another 15 - 30 seconds if needed.
- Holding by stems, dip each strawberry.
- Place on wax paper to cool.

Daily Parenting Tip

Parenting Magazine

Baby & Toddler Sleep Tips

By Donna Christiano; Photo by Jason Todd from

Our essential guide will help you solve your child's sleep problems and give your entire family a better night's rest.

- Stick to a bedtime. "Don't wait until your baby is rubbing his eyes or yawning to put him to bed," By then he's overtired." If you notice your child winding down at 8 p.m., make that his bedtime.
- Get into the routine. Thirty minutes to an hour before bedtime, start a calming ritual that may include giving a bath and reading a story or two.
- Put your baby in her crib awake. If your child is routinely rocked to sleep at bedtime, what happens when she wakes up alone at 3 a.m.? Answer: She cries. "All infants and toddlers wake two to six times a night," says Parents advisor Jodi Mindell, PhD, coauthor of *Take Charge of Your Child's Sleep*. "They need to know how to put themselves back to sleep."
- Swaddle for the first three months. Research shows that infants who are swaddled wake up less and sleep longer than other babies.
- Tune out. If your baby seems sensitive to household sounds, try running a white-noise machine or a fan in her room.
- Let the sun in. Expose your baby to about 30 minutes of light each morning. Why? Light suppresses the release of the sleep hormone melatonin; this helps set her internal clock -- making it easier for her to fall asleep at night.



Inspirational quote.....

"All our dreams can come true- if we have the courage to pursue them"

-Walt Disney