



**Our Redeemer Child Care Center  
Toddler Room - Group 2  
March 2014**

**Class Notes!**

- Miss Sue will be here on March 6<sup>th</sup>, 12<sup>th</sup> & 20<sup>th</sup>.
- Pizza Days: March 7<sup>th</sup>, 13<sup>th</sup>, 21<sup>st</sup> & 27<sup>th</sup>.

**During Valentine's Day week we talked about who we love...here are some of our answers:**

- *"I love Mommy, Daddy and Jaden."*
- *"Daddy...I snuggle him and Mommy lets me use her hairdryer!"*
- *"I love 'amma'."*
- *"Mamma!"*
- *"I love Jake - and Owen!!!"*

**Songs and Fingerplays**

**A Song for Seuss! (tune: Bingo)**

There was a man who wrote great books  
And Seuss was his name - o!  
S-E-U-S-S, S-E-U-S-S, S-E-U-S-S.  
And Seuss was his name - o!

**Wind, Wind (tune: Row Your Boat)**

Wind, wind, blow the clouds  
Fast across the sky  
Blow the branches back and forth  
In the trees so high

**"Do Your Ears Point Up?" (tune: Do Your Ears Hang Low?)**

Do your ears point up; do you have a lot of luck?  
For gold do you dig, can you dance an Irish jig?  
If you answered yes, you're a leprechaun I guess.  
Do your ears point up?

**"Boom Chicka Boom"**

I said a boom chicka boom (echo) X2  
I said a boom chicka rocka chicka rocka chicka boom  
(echo)  
A ha (echo) oh yeah (echo)  
Next time a little [*faster, slower, louder, softer, etc.*!]

**Weekly Themes**

March 3 - 7: Happy Birthday Dr. Seuss!  
March 10 - 14: St. Patrick's Day  
March 17 - 21: Windy Weather  
March 24 - 28: "Chicka Chicka Boom Boom"

**March is "National Nutrition Month"!**

**Here are some ways to help your child become a healthy eater:**

- Meals are about more than food. They are a time to connect with your child - talk during meals and don't let your children eat alone.
- Create routines around mealtime. Routines make children feel loved and secure.
- Establish regular meal and snack times.
- Offer 3-4 healthy food choices at each meal. Research shows that children will choose a healthy diet when they are offered a selection of healthy foods.
- Don't force your child to eat - this often results in children refusing food and eating less.
- Offer your child a healthy snack between meals if you think she is hungry.
- Limit juice to no more than 4 ounces a day.
- Toddlers can't sit for long - plan for three meals a day of about 10 - 20 minutes each and 2-3 snacks of about 5-15 minutes each.
- Don't give up on new foods! Patience is key. You may have to offer your child a new food 10 to 15 times before he will eat it.
- Turn off the TV (computers and other screens) at mealtimes.
- If you are concerned about your child's weight or activity level, talk to your health care provider.

**Find more info at [eatright.org](http://eatright.org) and [zerotothree.org](http://zerotothree.org)!**

**Amanda McCarthy and Amanda Thorpe**