

Infant Newsletter: October 2015

Welcome to October! Happy Fall and Happy Halloween! We would like to wish **Methuki** and **Scarlett L.** good luck in Yearlings. They are going to do wonderful.

There are some special dates this month: **10/12 we are closed (Columbus Day)**, **10/27 is Picture Day!** (Let us know if you want us to change them into something different before pictures, more info to come...), **10/21 is Family Night!** We have a Halloween party every year so bring your babies in their cute costumes. It's a lot of fun to see everyone dressed up. J

Just a few reminders:

- Please label EVERYTHING! We have children with the same brand of bottles and we want to make sure we are giving you the right bottle lids and bottles at the end of the night. J Please label blankets or anything special your child might have. Please make sure your child has their special belongings for the day. (ex: binkies, blankets, etc.)

- Please use the draw that is located in our classroom with your child's name on it. This will help you in the morning and us as teachers during the day. Also, please check them every night as well as the fridge. This will make sure your child is prepared for the day.

- Please use our car seat tags. It is a safety issue if we do not know who's car seat is who's at the end of the day.

- It's Fall! Please make sure your child has a coat, a hat, and extra socks. J

Our babies are growing so fast! Many of you are starting baby foods as well as table foods! Don't be shy to let them get messy with their food. They are learning to eat, yes, but they are also exploring different textures and the world around them. Here are some great tips to keep in mind:

"Start with foods that are quite soft, as babies can bite off a piece of a hard food such as raw carrot, and choke on it. I like to offer the following:

- Steamed vegetables: carrot or sweet potato sticks, small broccoli or cauliflower florets
- Soft ripe fruit: banana, peach, melon or mango
- Cooked pasta shapes, with a little sauce or melted butter and grated cheese
- Soft dried fruits: apricots, apples, prunes
- Sticks of cucumber
- Fingers of toast, rice cakes or miniature sandwiches
- Dry breakfast cereals
- Hard-boiled egg cut into quarters (egg allergy affects 1-2% of children but most outgrow this by age 5-7 so if your child is affected don't introduce eggs into their diet until later*)
- Sticks of mild cheese
- Slices or chunks of chicken or turkey
- Miniature meatballs of minced chicken, turkey, lamb or beef"

As always, thank you for your cooperation! If you have any questions, please ask! We love your babies and want to make sure they have a fun, safe day with us. We love seeing them grow and explore their world and we love guiding them. J

-Gabby, Sandy, and Nina ♥

