

## Infant Newsletter: January 2016

Happy New Year! We cannot believe it is already 2016. As a class, we are very excited to start the new year with your babies. Lets congratulate Ian on graduating to the Yearling Room this month! It is always bitter sweet when a child goes to a new classroom especially when they were just a few months old when they started. We know he is going to great and will be missed in the Infant Room. ☺

### A Few Reminders:

- We are still getting some items like blankets, bottle caps, bottles, food, bibs, etc. that are not labeled. Please label all your child's things. Sometimes we do have time to label your child's things quickly, but most of the time we cannot. If all parents do this before drop off, it will help make it easier for us as teachers to put the right things in the right child's cubbies at the end of the night.

- I know we had a crazy December with 70 degree weather, but I promise it is going to get cold! Please update your child's clothes with appropriate winter clothes with extra long sleeves, socks, and hats etc.

- Please make sure your child has extra food and extra snacks in their bins located in the classroom.

Most of the babies are starting table/finger foods in our classroom. Here are some tips for safety, textures, and how your babies' feeding schedule will change. They will be less and less interested in bottles and more interested in the table/finger foods:

"If you're unsure about whether a finger food is safe, ask yourself:

- Does it melt in the mouth? Some dry cereals will melt in the mouth, and so will light and flaky crackers.
- Is it cooked enough so that it mashes easily? Well-cooked vegetables and fruits will mash easily. So will canned fruits and vegetables. (Make sure to choose canned foods that don't have added sugar or salt.)
- Is it naturally soft? Cottage cheese, shredded cheese, and small pieces of tofu are soft.
- Can it be gummed? Pieces of ripe banana and well-cooked pasta can be gummed.

### Making Meals Work

Keep your baby's personality in mind when introducing new foods. If your baby balks at new textures, serve them in small portions and mix them with food you know your child likes. A child who likes a lot of stimulation may enjoy it when you "play airplane" with the spoon to get the food into his or her mouth. A more sensitive tot, however, may need the focus kept on eating with minimum distractions.

### How Much Should My Baby Eat?

Infant formula and breast milk continue to provide important nutrients for growing infants, but babies will start to drink less as they approach the first birthday. They're getting more nutrients now from the variety of foods they've learned to eat and enjoy.

Let your baby finger feed or hold a spoon while you do the actual feeding. This is good preparation for the toddler years when kids take charge of self-feeding. And if you haven't already, consider setting regular mealtimes."

As always, come to us with any questions, suggestions, or concerns. We want to have a great year with your growing babies! ♥♥♥

- Gabby, Sandy, and Nina ♥♥♥