



## March Family Tips

Author: [NourishInteractive.com](http://NourishInteractive.com)

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- ❖ Today make over your fridge and throw out the junk.
- ❖ Set a timer to remind kids to take an activity break away from the computer after 20 minutes.
- ❖ Teach your children that they need to wash their hands for 20 seconds. Have kids lather up with soap to kill bacteria.
- ❖ Share a story about your favorite green veggie or fruit.
- ❖ Cheese is about 30 percent cheaper in the dairy aisle than at the deli counter.
- ❖ To avoid muscle injury, teach your kids to stretch their muscles.
- ❖ Have your child find as many different colors of vegetables in the grocery store.
- ❖ Try some kiwi for a tasty green snack!
- ❖ Decorate your plate with the colors of the rainbow.
- ❖ Try some green asparagus mixed with pasta.
- ❖ Have the kids help plan a “lucky” menu full of greens for St. Patrick’s Day.
- ❖ Make a mealtime a happy time! Let your child tell about his or her day.
- ❖ Children who skip breakfast often mistake hunger pains for a tummy ache.
- ❖ Children and teens need 1 hour of exercise each day to help their bones grow and heart and overall health.
- ❖ Cashews, almonds, walnuts, pecans and peanuts have heart healthy oil. It makes a great after school snack. One ounce of nuts is equal to one serving of meat.
- ❖ Have a picnic in the park.
- ❖ Teach kids about the lucky green vegetables.
- ❖ Common food that causes allergies: dairy, soy, shellfish, wheat, tree nuts, peanuts and egg whites.
- ❖ Avoid words like “never” and “bad” with foods.
- ❖ Kids learn about their foods during meal time.

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Please check Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

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## Caterpillars/Buttercup Butterflies

### GoodBye February



In the month of March, our babies will be learning about personal development and recognizing their feelings by their cues.

Our Buttercups will do lots of art to learn different colors and also strengthen our writing skills. We will also do lots of activities involving obstacles to improve our gross motor skills. Lastly, we will focus on how we can share and use our words with our friends and teachers.

- Meme, Ms. Graciela & Ms. Cynthia

### Pixie Butterflies

For the month of March our class will focus on Understanding Emotions. Why do I feel the way I feel? Where do these emotions come from? We will be showing and teaching the students different ways to understand and control those different feelings and emotions they experience on a daily basis. It is ok to feel sad, angry, or upset about something or someone but it's the way you handle each situation and choosing the right action or reaction to solve problems

- Ms. Tiara & Ms. Megan K.



### Elf Butterflies



Hello Elf Butterfly Families. In the month of March, we will be finishing our tree study. The end of this study focuses on how trees change and what different ways we can utilize parts of the tree. The importance of trees in our environment was a fun learning experience for all. During the middle of the month we will move into a bread study. This bread study will allow the children to see the endless options in bread types, uses and how it is made.

-Ms. China & Ms. Keyanni

### Julia Butterflies

Happy March friends and families! This month we will continue the bread study and explore how bread is made and all the kinds of foods that are made of bread. As we learn about bread we would love to have a family member or friend who enjoys baking come and share their knowledge. Please let us know on Brightwheel if you are interested in coming. We will also work on writing and cutting skills this month. We look forward to a fun filled month of learning.

-Ms. Paige & Ms. Fallon





Ms. MeMe's Birthday— March 12th  
Ms. China's 1 Year Anniversary— March 14th  
Ms. Paige's 12 Year Anniversary—March 22nd  
Ms. Andi's 1 Year Anniversary—March 28th

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- ❖ Prioritize your To-Do list to schedule family exercise and plan ahead for healthy meals.
- ❖ You can make French fries healthier by making baked French fries.
- ❖ Have kids help with chores. It is also a good physical activity for them.
- ❖ Be patient and positive while kids are learning about healthy foods.
- ❖ Choose lean meats such as chicken breast, lean ham or roast beef, instead of salami or bacon.
- ❖ Look for whole grain cereals and breads with at least 4 grams of fiber.
- ❖ The heart is a muscle too. Give it a workout.
- ❖ Avoid foods with trans fat (you can find it on the food label)
- ❖ Sodas and sport drinks can have as much as 13 teaspoons of added sugar.
- ❖ Pick a recipe and talk with the kids about what is a healthy ingredient.
- ❖ Breakfast for lunch? Make pancakes and freeze the leftovers. You can warm them up and pack them up for a fun lunch. Scrambled eggs or a sliced boiled egg can be a hit too (remember the ice pack though).



## Pom-Pom Ice Pops

Check out these craft instructions and help your child make a fun and colorful pretend pom-pom ice treat.

### Materials Needed:

- Cardstock
- Craft sticks
- Pom-Poms
- Double-sided tape



### Instructions:

**Step 1:** Help your child cut an ice-pop shape out of cardstock.

**Step 2:** Tape the cardstock to a craft stick. Add the double sided tape to the front of the cardstock.

**Step 3:** Press pom-poms on the tape, until your ice treat is completely filled in.

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### Super Supper

Shepherd's  
 Pie w/ Side of  
 Mixed Fruit  
 Pick-up day is  
 Thursday,  
 March 16th.  
**\$7.00 each**

BBQ Chicken  
 Legs w/  
 Baked Beans  
 & Coleslaw  
 Pick-up day is  
 Thursday,  
 March 23rd.  
**\$7.00 each**

**Payment is  
 due before  
 pick-up.**

#### Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

#### Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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