



March Newsletter

March 2024

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March is National Nutrition Month – Here are 4 Toddler Snacking Mistakes

Toddlers are notorious nibblers. Their small bellies mean they can't eat a lot at one time, and their go-go-go nature means they don't want to sit at the table too long. Snacking can help add needed nourishment into a toddler's day – as long as it's done right. Here are four strategies to be smarter about snacks.

Strategy 1: Snacking On the Go – Many parents carry an arsenal of munchies to dole out when they're on the go. But too often, snacks are given to distract or occupy kids while running errands or on long drives, not because the kids actually need food. Grazing on the go also makes it hard for children to focus on their food and listen to their internal signals of hunger and fullness. Eating in the car can be risky, too. If your child chokes, you may not be able to help right away.

Smarter Strategy: Carry one or two small and easy snacks – such as a banana or small container of whole-grain crackers – in case hunger strikes while you're out. Try other distractions first (such as a book or small toy) when you need to buy time.

Strategy 2: Timing Is Everything – It's frustrating when toddlers come to the table at mealtime and don't want to eat. It's true that their appetites tend to fluctuate day to day, but snacking also may be to blame. Snacks before mealtime can make kids less receptive to trying new foods at meals. Toddlers also may learn to prefer "snack foods" – such as pretzels and gummy fruit snacks – over "meal foods," which can make things even tougher.

Smarter Strategy: Space meals and snacks two to three hours apart. If your toddler's hunger doesn't seem to match up with your mealtimes, consider moving meals earlier or serving your child a portion of the meal, such as the veggies, while you finish prepping.

Strategy 3: Make Snacks Nutritious – Many snack foods that are marketed to kids are full of refined flour, added sugar and salt. Those foods are OK to eat occasionally, but they don't provide the nutrients your child needs (such as calcium, iron and fiber) and they teach kids to associate "snack" with "treat."

Smarter Strategy: During most snack times, serve the same kinds of foods you serve at mealtime, such as fresh fruits and vegetables, whole grains including whole-wheat tortillas and bread, sources of protein such as hard-boiled eggs and hummus, and dairy products such as yogurt and cheese.

Strategy 4: Establish a Snack Schedule – Letting kids nibble all day not only ruins mealtime appetites, but also can set up unhealthy habits. Like adults, kids can learn to snack out of boredom. Mindlessly munching can lead to a pattern of overeating.

Smarter Strategy: Establish scheduled snack times. Most toddlers can go two hours between meals and snacks, so a mid-morning, mid-afternoon and evening snack may work well. Asking your toddler to wait may be tricky at first if munching on demand is the norm. By sticking to dependable meal and snack times, your child will feel reassured that there are plenty of opportunities to eat.

Room Updates

Room 1 - Continuity of Care

Hello room one families! This month we are looking forward to warmer weather so please make sure your child is dressed appropriately. This month we are talking about Dr. Seuss, bugs, nursery rhymes, and all about me. During these themes our focuses will be on books, bugs/dirt, songs, and everything we like to do! We are so excited for March!



Room 2 - One Year Olds

During the month of March, we will be exploring the topics of Dr. Seuss, St. Patrick's Day, Bunnies, and Spring! Also, in celebration of St. Patrick's Day, we will be inviting the Room 2 families to participate in "Paint with a Pal". More details will follow as the day comes closer via Procure.

Room 3 - Two Year Olds

Throughout the month of February, Room 3 explored several different ways to create art. Such as, stamping with pipe cleaners in the shape of a heart, painting with legos, and making table art with shaving cream. In the month of March, Room 3 will be focusing on topics that include Rainbows, St. Patrick's Day, Bunnies, and Spring! We will also be hosting "Paint with a Pal" in honor of St. Patrick's Day for our Room 3 friends and families. More details to follow via Procure.

Room 4 - Continuity of Care

It's March!

This month we are going to be exploring topics such as; Dr. Seuss Week, St. Patrick's, Spring Time, and Forest Animals! Please keep an out for messages about clothes, diapers, and/or wipes! We can't wait to explore this month with room 4! Welcome Bryson!
Happy 1st Birthday Liam!



Room Updates



Room 5 - Infants

Happy March Room 5! This month we're excited to celebrate International Women's Day, and Saint Patrick's Day with creative expression in group settings and on our own. We can't wait for sensory and nature based play with mud and we're looking forward to enjoying new music and books! As always, individual plans for this month are in your child's cubby. Please feel free to leave comments or ask questions!

Room 6 - 3 & 4 Year Olds

Happy March Room 6 families! February was full of winter fun and celebration of love. This March we will be exploring different modes of transportation, learning about patterns, and celebrating Saint Patrick's Day! Indiana weather can fluctuate like no other, so please dress your child appropriately. As spring begins to roll around we plan to spend more of our days outside enjoying the fresh air and enriching gross motor experiences. We want to wish Anastasia, Asher, Reddington, Silas, Gideon, Brinkley, and one more friend the happiest of birthdays this month!

Room 7 - 4 & 5 Year Olds

February was a blast! Celebrating the Chinese New Year and Valentine's Day together was great. Baking cookies was also a hit! We also had fun learning some words in sign language during five senses week. March will be just as fun! We will be learning about different types of transportation, counting our gold for St. Patrick's Day, and learning about the season of spring.

