



New Day Children's Center

**MARCH
2024
NEWSLETTER
HIGHLIGHTS**

**Parent
Reminder**

February Fun!

Eat Well Play Hard

**Meet the New Day
Staff**



New Day News

CENTER HOURS are 7:00 AM to 5:00 PM

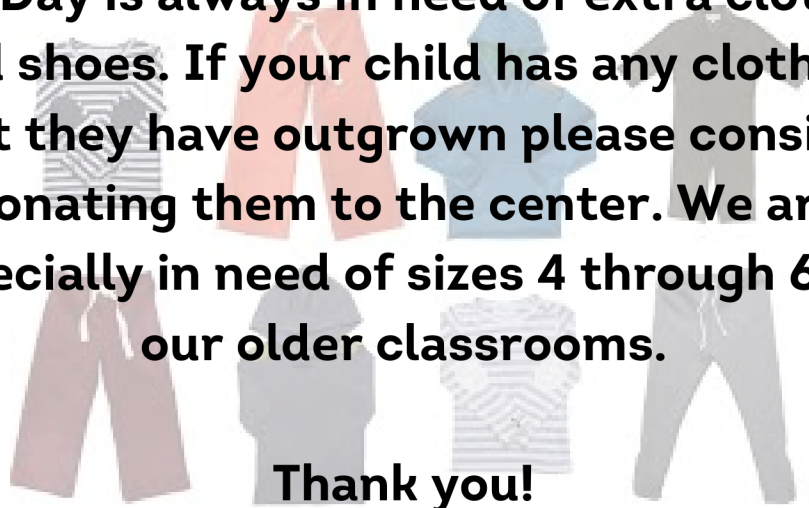
THINGS FROM HOME

It is usually very difficult for children to share things from home. It is much easier to teach a child to take turns with the toys we have here. If you are having a tough time getting out the door in the morning without something from home we suggest a stuffed animal for rest time or favorite book that the teacher could read to everyone.

Please do not send your child to the center with food or candy. The children are served breakfast, lunch, and snack each day. If you would like to provide a HEALTHY snack for your child's class, to celebrate a birthday or some other special occasion please choose from the following healthy snack list. No nuts or peanut products please!! Cheese, fresh fruit, yogurt, fresh vegetables, raisins/craisins are acceptable.

REMINDER

New Day is always in need of extra clothing and shoes. If your child has any clothing that they have outgrown please consider donating them to the center. We are especially in need of sizes 4 through 6 for our older classrooms.



Thank you!

February Fun!



Helping Your PRESCHOOL EATER With Common Behaviors



Do any of these words describe your child?

Choosy: Eats only the same few foods. Refuses to try new foods.

Sometimes new foods take time. Be patient and keep trying.

- Offer new foods many times in different ways.
- Serve new foods with foods they already like. Offer it when they are hungry.
- Have them see others eating foods they are unsure about.
- Let them choose a food to buy or to help make for the meal.
- Ask them to taste or explore a food by touching and smelling. Do not force.
- Allow them to decide how much to eat. Let them serve themselves.
- Offer choices. Ask, “Which would you like for dinner, broccoli or zucchini?”
- Give foods a fun name and make food look fun on the plate.

Distracted: Interested in everything else but eating. Wants to go play instead of to sit and eat. Doesn't eat at meals but then is hungry later.

Help your child feel ready to eat.

- Let them know ahead of time that it will soon be time to eat.
- Help them to quiet down and get ready to eat.
- Have them help set, decorate and bring food to the table.
- Sit together for the family meal—but not for too long.
- Offer a choice of healthy foods that they like.
- Do not offer treats instead of the meal.

Always Hungry: *Is always asking or looking for food.*

Teach your child how to tell if they are hungry, full or thirsty.

- Serve meals and snacks at about the same time each day.
- Use phrases such as “Is your tummy making a hungry growling noise?” “Has your tummy had enough?”
- Help them feel safe. Let them know that food will not be denied or withheld.
- Check in to see if the *hunger* might instead be boredom, worry or a need for love and attention.

Has Food “Rules”: *Eats foods only a certain way. Doesn’t like green foods or different foods touching each other.*

Consider what your child eats over several days, not at one meal.

- Honor their rules.
- Use divided child plates with separate sections.
- Do not make them feel bad about how they are eating.
- Stay positive.

Children learn to eat well when:

Meals and snacks are served at about the same time each day.

They are offered healthy foods at a young age.

They can choose and control how much they eat.

They are allowed enough time to eat without feeling rushed.

They are listened to when they say they are hungry or full.

Food is not used for punishment or reward.

Mealtimes are pleasant.



Relax and Be Patient!

MEET THE NEW DAY

STAFF

Kari Gillen

Hello everyone!

My name is Kari Gillen. I'm your temporary assistant teacher in the Threes classroom. I was born and raised in Pennsylvania and acquired my associates degree in Veterinary Technology in Pittsburgh. I moved to New York in early 2023 with my husband, 2 children, and dog from the beautiful state of Colorado. We are a military family and have lived in various states over the last 9 years. In my free time I enjoy reading, hiking, and being outdoors with my family.

I began my seasonal position at New Day Children's Center in the fall of 2023 as a float and have recently become the temporary assistant teacher for the 3 year olds. I didn't have prior childcare experience outside of raising my own children, but was incredibly excited to be exploring a new direction in the facility that my daughter was attending. She is currently in the UPK 4 classroom. I immediately fell in love with my position and the kids. It has, unexpectedly, felt as though I was meant to be in this role. I have a great desire for children to grow, learn, and thrive in the childcare setting. I take a great amount of pride in my ability to love, care for, and empathize with each individual child at New Day. I am elated to be a part of this journey with your kids!