

August 2018

ELC Graduates

This month we say goodbye to our Preschool graduates as they head off to Kindergarten. We know your curiosity and love of learning will take you amazing places!



ELC Art Show and Silent Auction

This years art show was a huge success!
Thank you to everyone who was able to attend. The children were very proud to display their artwork, and bid on the piece they loved most. Funds raised will be used to purchase art supplies.

Thank you for your participation!



Reminder:

8/31- Last Water Day

9/3- Closed for Labor Day

Health and Safety Spotlight: Breastfeeding

Benefits for Infants

Breastfed infants have reduced risks of:

- Sudden infant death syndrome (SIDS)
- Ear and respiratory infections
- Asthma and allergies
- Diarrhea and constipation
- Obesity
- Type 2 diabetes



Benefits for Mothers

Breastfeeding can help lower a mother's risk of:

- Heart disease
- Type 2 diabetes
- Ovarian cancer
- Breast cancer



Resources and support for nursing mothers:

24 hour breast feeding hotline: 1.800.833.4642

American Academy of Pediatrics:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>

La Leche League of Arizona:

<https://www.llofaz.org/>

Arizona Department of Health:

<https://azdhs.gov/prevention/nutrition-physical-activity/breastfeeding/index.php>

“Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breast-feed.”

Dr. Ruth Petersen, Director of CDC's Division of Nutrition, Physical Activity, and Obesity



Curriculum Night



Thank you to everyone who was able to participate in curriculum night. It was wonderful to be able to share the importance of play, and give you the opportunity to test out a few of the classroom activities the children do regularly.

Many of the activities shared are easy to do at home with your child! See below for sensory activities that will engage your child and encourage creativity.

No Mess Painting:

- 1 gallon size zip lock bag
- 2-3 colors of tempera paint
- 8x10 Cardstock or flat canvas

Place cardstock in zip lock bag. Add a couple of spoonful's of tempera paint to one side and seal bag. While your child squishes the paint around, they are exploring the squishy texture, and learning about color mixing. Once they are done, remove the cardstock and dry to reveal unique art!

Salt trays:

- 1 large container of table salt
- 1 small tray or plate

Pour a layer of salt onto the tray, covering the entire tray. Your child can use their fingers to practice writing letters, and drawing shapes in the salt. Gently shake the tray to start over.

Pumpkin Playdough:

- 1 cup pumpkin puree
- 1 tbsp. pumpkin pie spice
- 2 cups corn starch

Mix all ingredients to form a dough. Your child will be able to use all 5 senses to explore the fragrant, edible dough

Shaving Cream exploration:

- Shaving cream
- Food coloring or liquid water color
- Gallon Size zip lock bag

Fill zip lock bag 1/4 full with shaving cream. Drop in 4-5 drops of food coloring and seal bag. While exploring the texture, your child can explore color mixing . Multiple colors can be added to explore more color combinations.

My Procare



Good news!

We have recently updated our Procare system to include

My Procare. Through MyProcare, families have access to up to date statements, an online payment portal, and the ability to view all emergency contacts. Making a payment has never been easier!

To learn more, go to

Myprocare.com

log in using your email address on file with the ELC

