

GOLDEN RULE CHILD CARE  
LITTLE LAMBS: TODDLER ROOM  
With Miss Kayla

December 2011  
Newsletter

Weekly Classroom Objectives

- ◆ uses words to describe feelings
- ◆ understands how their actions effect others
- ◆ Frequently says "please," "thank you," and "you're welcome"

Monthly & Long Term Objectives

- ◆ Recognize simple shapes
- ◆ Work on using scissors
- ◆ POTTY TRAINING!!!

Color: Orange

Shape: Rectangle

Letters: G & H

Numbers: 7 & 8

WEEKLY THEMES:

- **Our Five Senses**
  - Sight, Sound, Smell, Touch, Taste
- **Christmas Bird Count Week**
  - MN Winter Birds, Bird Feeders, Edible Bird Nests
- **The True Meaning of Christmas**
  - Nativity Scene, Home-Made Ornaments
- **All About Me!**
  - Teeth, Body Parts, Feelings, Hands

Child Development Information

**PICKY EATER?**

**Not Even Eating?** Some children simply are not as hungry as others. Never force your child to eat; this will only begin a power struggle. Bribing a child sounds like a good idea, but again can lead to a power struggle and your child may begin to see meal times as frustrating.

**New Foods:** When a child is presented with a new food, most likely they will not eat it. Often children will look at, smell, lick, even take small bites and spit it out. This is perfectly normal! The best thing to do is to present the new food to the child multiple times, even if they do not touch it.

**What Else Can I Do?** Be a good role model! If your child sees you or an older sibling eating a new food, they are more apt to try it. Try making new foods fun by cutting foods in fun shapes or by using cookie cutters. Serve veggies with sauces or dips. Minimize distractions such as toys, televisions, or radios. Let your child help pick out healthy foods at the grocery store or prepare dinners.

**What If...** If you are concerned your child is not getting the nutrition needed, consult your doctor. **NEED HELP?!** Let Miss Kayla know!!!!