

CONNECTIONS

Newsletter for Parents

Your Center Name

Your Center Headline

DELETE THIS TEXT AND TYPE YOUR OWN.

This story can fit 100-150 words and should be focused on your center's news.

Your headline is an important part of the newsletter and should be considered carefully.

Develop the headline before you write the story.

Use your center's daily activities or future goals as starting points for ideas.

Your Center Headline

DELETE THIS TEXT AND TYPE YOUR OWN.

This story can fit 50-100 words and should be focused on your center's news.

Focus on the past month's news or let parents know about a new and exciting project you have in the works for the coming month.

DELETE THIS TEXT AND TYPE YOUR OWN.

Connecting with parents with a newsletter is a great way to keep them informed about what their child is learning and experiencing!

Using the Chicago Metro AEYC web-based template will save you time and money, and sending a quality newsletter once a month will help you meet licensing standards.

You are busy. Let us do the work!

DELETE THIS TEXT AND TYPE YOUR OWN.

Everyone was very excited to see some of the animals we had been reading about in Color Zoo.

When we got back to the center, the children drew pictures of their favorite animals and learned how to write the names of some of them.

March 2010

Inside this issue:

**Center News
Headline**

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**The Importance of
Exercise & Staying
Active**

**Did You Know?
Quick Facts for
Parents
Healthy Snack
Options**

**Web Links to Help
Save Money**

Special points of interest:

- You can edit these fields, too!
- Update parents on birthdays
- And holidays
- Special requests
- Important dates
- Whatever you want!



Building professional competence since 1926.

Physical Activity May Strengthen Children's Ability to Pay Attention

A study conducted by University of Illinois professor Charles Hillman (Dept. of Kinesiology and Community Health) found that physical activity may increase students' cognitive control – or ability to pay attention – and also result in better performance on academic achievement.

His research shows that even a single bout of moderate exercise stimulates the brain and improves cognitive functioning in elementary school children.

suggesting there are academic benefits from physical education classes, recess periods and after school exercise programs.

*Source:
University of Illinois
Dept. of Kinesiology & Community Health
www.kch.uiuc.edu*

Researchers noted better test results following exercise

Did You Know?

- Most children need 9-10 hours of sleep each night.
- Using any kind of wet wipe will help get fresh stains out of clothes when you are on the go—even formula stains.
- Most children spend less than one minute brushing their teeth. Dentists recommend they brush for at least 2-3 minutes.
- Children need to be offered a new food as many as 10-15 times before they will eat it or decide they like it.
- The sun's rays can still cause sunburn in the winter—especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen.

Managing Your Child's Munchies

When kids come home from school, from their friend's houses or from playing outside, they are without a doubt always hungry and looking for food!

Here are some easy, healthy ideas for snacks that will keep your children well-fueled but won't spoil their dinner. Most of these can be made ahead of time for a quick grab.

- Serve fresh, cut up fruit (or thawed, frozen mixed fruit) in an ice cream cone, top with whipped cream.

- Spread a little peanut butter and jelly between two vanilla wafers or graham crackers.

- Warm some sandwich meat and cheese on a flour tortilla; fold in half for a quick bite to eat.

- Mix 8 oz. softened cream cheese, ½ cup brown sugar and 1 TB of vanilla extract for a great dip for apples or spread for bagels.

- Alternate fruit, cheese and meat cubes on a lollipop stick to make a fun and healthy snack.

- Have several sealable lunch bags on hand filled with popcorn sprinkled with parmesan cheese.

Who Doesn't Love A Bargain?

Check out this website for free or discounted meals for your kids at local area restaurants!
www.KidsMealDeals.com

This website gives you over 100 ways of saving on your energy costs! Look for the "Controlling My Energy Costs" article.
www.consumersenergy.com

Want to slash your grocery and food bills, learn the "tricks" of the grocery stores, and much more? Check out this website:
www.paylessforfood.com

Cabin Fever: Keep Your Children Energized!

Children are less active in the winter—especially on cold, snowy days here in the Chicagoland area.

As parents we want to keep our kids bodies moving, their minds engaged and limit the time in front of the TV and video games. Here are some

ideas to help you keep them healthy and active:

- Children love to dance—even the littlest ones. Turn on some music and watch them move to the beat. Play the "Freeze Dance". Join them—it's more fun that way!

- Go on a scavenger hunt! Write out a list of 5-10 items (depending on the age of the child) and send them off to find the listed items!

- Bundle up and go out in the snow! Make

snowmen, snow angels, or go skating. Your child can even help shovel a portion of the sidewalk!

- Simple games like Simon Says, Red Light/Green Light, or Twister keeps them moving!