



Meadowood Site

February



Meadowood Centre News

Before the cold snap at the end of January, we were taking the children outside as much as possible and for as long as we could. The children played, climbed snow hills, pulled sleds, made snow angels, and so much more. When it was too cold to play outside, we kept busy by doing all kinds of indoor activities. We do not dry any of the children's clothes, so we apologize if items are a little wet at pick-up time. The children go outside everyday unless the temperature is -25 including the windchill.

The infant program has been experimenting with different types of sensory play such as Oobleck (slime), different types of balls, sensory bottles and trying all kinds of craft ideas. We love seeing the children being open to trying new things. Great fun!

The preschool program has been creating with building blocks, making robots out of anything they can find. They had a blast in the vet area - thank you to those who donated items.

Remember to check out our Facebook page for photos, etc. If you are not a member yet, go to Facebook and search for Adventure Time With Teachers and ask to join. If you need assistance, please ask a staff.

February 5 was Nathan's last day and his family provided a pizza lunch for the preschool program. We included cucumber slices, bananas and a juice box.

February 5 was Hailey's last day (preschool staff). She is leaving on maternity leave. We wish her congratulations as her baby girl is due February 16.

Important Dates & Events

- Feb. 12 Preschool Valentine's Party (*wear pink or red. The Centre is providing a pizza lunch including cucumber slices, bananas and a juice box. We will be playing games and doing special activities.*)
- Feb. 12 Infant Valentine's Party (*The Centre is providing an afternoon snack of fruit smoothies, cheese sticks, crackers and a Valentine's cookie. We will be playing games and participating in fun activities.*)
- Feb. 15 CLOSED (Louis Riel Day)

Reminders

- ✓ Remember to fill out your child's screen tool (fastoche) every morning before arriving at the Centre. This must be completed to be accepted into the program.
- ✓ Our hours of operation are still 8AM-5PM (in code red). These hours will continue until we go to code orange.
- ✓ Label all clothing, especially winter gear - we have multiple children with the same jackets and boots which causes confusion at the end of the day.
- ✓ We are not heating any of the children's lunches - a helpful hint is to heat a thermos with hot water, heat the food and pour into the thermos. This will keep food warm until lunch time. We are not serving milk but water is always available. Please remember to send enough food for lunch and 2 snacks everyday. Refrain from sending candy and check to make sure the items are peanut-free.

Reminders continued...

- ✓ When picking up children at the end of the day, please call (preschool parents) and let us know you've arrived or enter the front and ring the bell. Parents are required to wear a mask during drop-off and pick-up.
- ✓ If you have new information that needs to be updated (phone, address or pick-up people), please let us know as soon as possible.
- ✓ If your child is attending kindergarten in the fall of 2021, keep an eye out for your school of choice's information night. Registration usually starts in March.

Meadowood Child Spotlight

Lilah's favorite colors are pink, purple and blue. She loves to go camping and play at the splash pad. Lilah loves to make paper airplanes, draw pictures, paint and do anything with glue. Lilah is very helpful and always wants to try new things.



Recipe of the Month Sweet Potato Wedges

Ingredients

For 3 servings:

- 3 Medium sweet potatoes
- 1/3 Cup olive oil (80mL)
- 1 Teaspoon salt
- 1/2 Teaspoon pepper
- 2 Tablespoons fresh rosemary, finely chopped

Directions

Preheat oven to 400°F (200°C).

Thoroughly wash sweet potatoes. Slice in half, then into wedges.

Toss wedges in olive oil and seasonings.

Place on baking sheet, skin side down.

Bake 30-40 minutes. Enjoy!

Article of the Month

What to do with Picky Eaters

If your child eats anything and everything that is set out before them at mealtimes, count yourself lucky! As a parent, how often have you thrown your hands up in the air in exacerbation/defeat over your picky/fussy eater? Well, you're not alone. We (at the Centre) see children's lunches everyday that appear to have been carefully packed with protein, dairy, fruits and veggies and still the children push it away (or send it landing on the floor). No matter how appealing we make it sound - "eat your veggies cause they're good for you" - the answer is still a firm "no!"

After reading several articles regarding picky eaters, we've gathered a few pieces of information that you might not be aware of.

- ✓ It's normal (phew)! Parents shouldn't be too overly concerned. Children will typically eat as much as they are hungry. They will not starve themselves.



- ✓ It's normal (phew)! Parents shouldn't be too overly concerned. Children will typically eat as much as they are hungry. They will not starve themselves.
- ✓ Be positive when introducing new foods. Make mealtime a fun and practical experience as a family without any outside distractions (toys, electronics, etc.).
- ✓ Be a good role model and eat your veggies too!
- ✓ This could also be a power struggle for children. Allow your child to have some type of control while eating. Perhaps give your infant/toddler their own utensils. Give your young children small finger foods and allow them to make some choices.
- ✓ Cook together. Let your child help you prepare some meals. This will hopefully foster a good relationship with food.
- ✓ Don't make dessert the big reward - this makes dessert seem more important than the food on their plate.
- ✓ Do not be afraid to try new things. Just remember that you may have to re-introduce it again and again, 10-15 times before they will try it and like it. Children's taste buds continue to develop right to the age of 5 years old.

Here are some easy ideas we found that seem to work here at the Centre (and we've also incorporated ideas from Pinterest):

- ✓ Make it look interesting. For preschool kids especially, the children seem more apt to eating the sandwich that has been cut up into cute shapes or in smaller lengths/pieces.
- ✓ If you want your child to eat their fruits, veggies & meat, send dips such as yogurt, hummus, ketchup or salad dressing. You may even want to try guacamole.
- ✓ Send a variety or a few backup choices in case your child decided that they don't want to eat the meat and pasta that they ate the night before.
- ✓ Presentation is everything! We've noticed containers with colorful silicone muffin molds each filled with something different is more fun to eat and goes over really well with the children.
- ✓ Encourage your child to help pack their lunch.
- ✓ Bento boxes seem to be the newest craze. You can fill each section with something your child will enjoy (for example: berries, cherry tomatoes, carrot sticks, cut up meats, shredded or chunks of cheese, corn, peas, sliced or diced apples, oranges, trail mix, crackers, hardboiled eggs, etc.). See Pinterest for more wonderful and creative ideas.

The staff at Village Child Care are always ready to assist you with ideas or suggestions regarding meal/lunch/snack, however, please remember that any questions or concerns on the subject of children's health and nutrition should be directed to their pediatrician or health care provider.

Resources for this article:

<https://www.nbcnews.com/better/health/what-makes-kids-picky-eaters-what-helps-them-get-over-ncna846386>

<https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>

