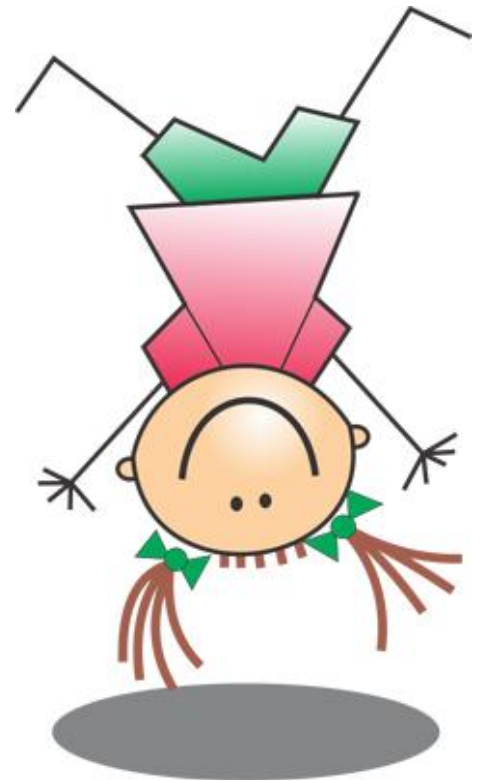


# Quality Care Newsletter

## Sharing

We have been working on and promoting sharing with the children. Join us in playing cooperative games in which players work together toward a common goal (sharing). Work on puzzles together, taking turns adding pieces, for instance. Share projects, too: Plant the garden, paint the fence, or hose down the car with him. Finally, give them things to share with their buddies now and then, like a special snack for preschool or a roll of stickers to divvy up during a play date. This helps assist your child in social skills and also playing well with others.



## Notes and Reminders

***What is the best formula to fuel your child's growth and development?***

***Ages 2 to 3 daily guidelines***

Calories: 1,000 – 1,400 depending on growth and development.

Protein: 2-4 ounces

Fruits: 1-1.5 cups

Vegetables: 1-1.5 cups

Grains: 3-5 ounces

Dairy: 2-2.5 cups

## Memorial Day Holiday

**In observation of Memorial Day we will be closed Monday September 7<sup>th</sup> and will re-open Tuesday September 8<sup>th</sup>. Please make alternate arrangements if you need child care.**

## **Wildcats / Fire Ants**

This month our theme is fairy tales. We have turned fairy tales that we read into everyday activities to help them learn different fairy tales.

## **Our letters colors and shapes for the month are:**

Letters: D, d & F, f

Shape: Triangle

Colors: Orange & Green

Numbers: 1 & 2

## **Calendar Events for the month:**

1<sup>st</sup> Week – Let's Paint

2<sup>nd</sup> Week – Bean Counting

3<sup>rd</sup> Week – Blue Bread