



Little Kiddies  
Daycare  
1503 W Devon  
Chicago, IL 60660  
Volume 1, Issue 4

# February Newsletter

**Welcome to Little Kiddies**  
Daycare Center

## Closures

February 19, 2018 to Celebrate President's Day

## Lesson Plan

**Letters:** *Alphabets Recognition*

**Numbers:** (1-100)

**Shapes:** *Review All –*

**Mathematical Concepts**  
**Fine Motor Development**

## Friendly Reminders

- Please wash your child's hands after signing them in.
- DHS co-payment is due on the first of the month. School fees are due on Monday and Wednesday to avoid a late payment fee of \$25.00.
- Drop off time must be made by 9:30 am. Children will not be accepted after 9:30 am.
- Breakfast is from 8:30am to 8:45am

## Healthy Nutrition for Healthy Teeth

Daily brushing with fluoride toothpaste and flossing are essential to a healthy smile, but did you know nutrition has an effect on your dental health, too?

Young children need calcium to build strong bones and teeth

Dairy products like milk, cheese, and yogurt have the greatest amount of calcium preserving

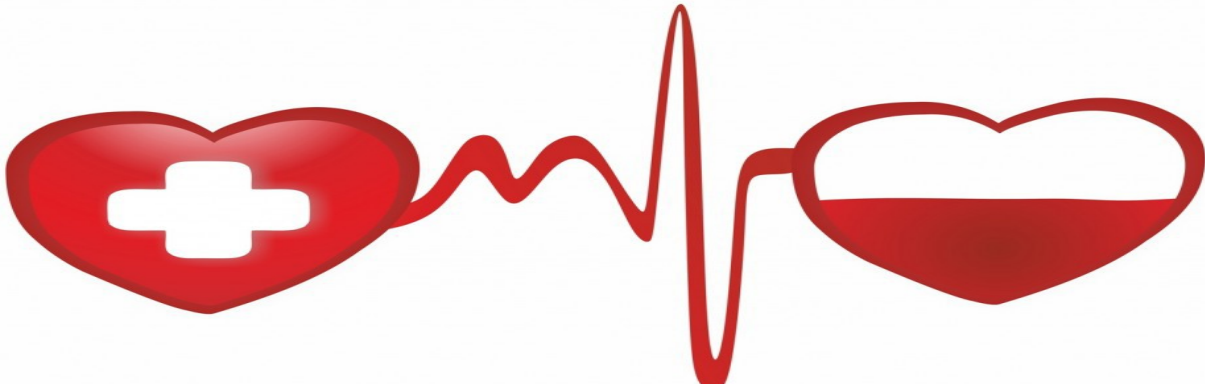
Low-fat and fat free milk and dairy foods provide as much calcium as whole milk and less fat and fewer calories

## Non-Dairy Sources of Calcium

**Broccoli, Dark Leafy Greens Dried Beans, Fortified Cereals**

## American Heart Month

### HEALTHY START FOR A HEALTHY HEART



February is a month where it comes to matter of the heart. Whether it is love, family, friendships or health. This is the perfect month to give the gift of a health heart. It is time to commit to healthy lifestyles and make small changes that can

Help children a lifetime of good health.

Heart problems in children are a serious and critical condition that parents should educated about. It is extremely important

For children to develop a health healthy lifestyle habits to help risk heart disease, encouraging a healthy lifestyle means providing healthy food choices and opportunities for daily physical activities.

*HAPPY HEART MONTH*