

MARCH 2023

Here's What We'll Be Up To...

**Hello Toddler Town Families &
WELCOME to March! The month of CHANGES!**

March's themes are:

1. Dr. Seuss

- ✓ Rhyming
- ✓ Sorting
- ✓ Matching
- ✓ Different shapes and sizes
- ✓ Patterns

2. All Green Everything

3. When the Sun is Out...

4. All About Spring

Here are some Special Dates to remember:

1st –Share a Smile Day

2nd – Dr. Seuss Birthday and Read Across America Day

3rd – National Anthem Day

7th –National Cereal Day

8th International Women's Day

12th Girl Scout Day

12th Daylight Savings Begins

14th Commonwealth Day and PI Day

15th Absolutely Incredible Kid Day

17th St.. Patrick's Day

20th FIRST DAY OF SPRING!

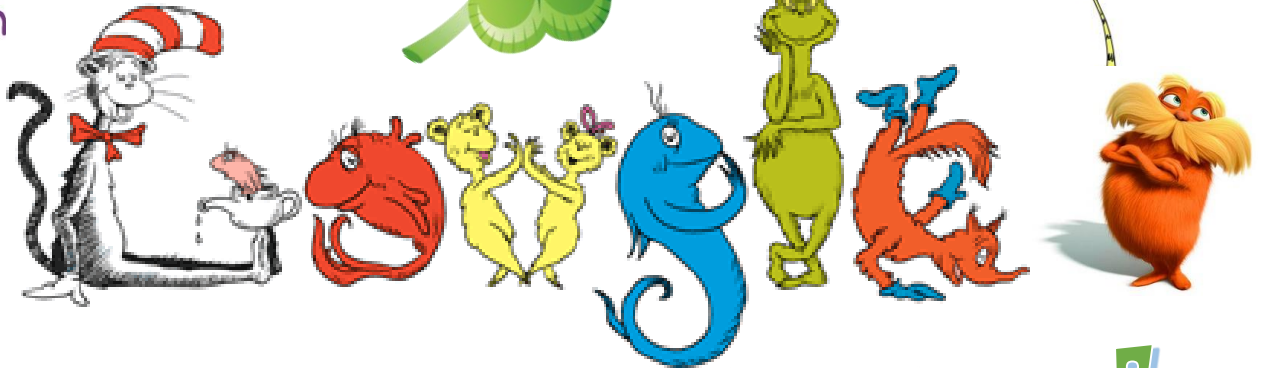
21st Children Poetry Day and Single Parents Day

30th Doctors Day





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Announcements

Important Info

We are approaching the spring Season and the cold weather is finally leaving us!
Please dress your child accordingly and please be sure to update your child's cubby bin.

Keep In mind that Students go outside daily as long as it's between 32 and 92 degrees.

If possible, please label your children's belongings.

At Toddler Town Daycare, outside/home food and outside/home toys are not allowed or permitted at our center. Please keep home toys at home or in your vehicle, and, if you want your child to eat food outside our center, please have your child finish it in the car, but do not take it further in the school, or it will be tossed out. Also, cups allowed in the center are only cups that have water or that are empty, if you bring a cup or bottle containing anything else, we will send it back home. Please refer to your Toddler Town Parent policy handbook regarding these rules.

PROCARE ENGAGEMENT PROVIDES ALL THE SOURCES TO BE UP TO DATE WITH EVERYTHING GOING ON IN OUR CENTER. This includes Paying through the app, receiving documents, receiving important updates, communicating with teachers, and so much more. Ask us about ProCare Engagement!

SPECIAL REMINDER ABOUT PARKING RULES! Please be sure there is no double parking, parking opposite direction, blocking alleys and or driveways and no standing in the loading zone longer than 15 minutes. Also, be sure you have your hazards on.

Reminders

Toddler Town Daycare closes promptly at 5:30PM. Any time after that, families get charged \$15 every 10 minutes.

Tuition

Please Don't forget that payments must be made on the 1st & 15th of every month. On the first you either pay full tuition, or half of the tuition. If you pay only half on the 1st, you have until the 15th to pay the other half. Late fees will be applied for no payments after the first and to unpaid balances after the 15th .

Payment Reminders for March 2023:

REMINDER: MARCH HAS 5 WEEKS

March 1st, 2023

Payment Option One: Pay in Full
Payment Option Two: Pay Half of Tuition Balance

March 15th, 2023

*All balances must be fully paid in order to avoid any interruption during Drop off. *



Highlights of the Month Of February 2023!



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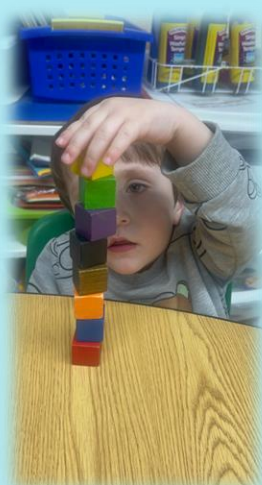


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Tips and Ideas for Home

5 Ways to Prep Your Kids for Daylight Saving Time

From: www.parents.com

The "spring forward/fall back" switch messes up everyone's schedule! Here's how to get your little one on track so you can all get a good night's sleep.

Daylight saving time is no fun for anyone. That groggy, "I *really* don't want to get out of bed" feeling lingers for days after you change your clocks, and it can make any [already sleep-deprived parent](#) feel exhausted. But the change in sleep patterns can be even tougher on your kids. "Young children need more sleep and don't tolerate sleep deprivation as well as adults," explains Daniel Lewin, Ph.D., former associate director of sleep medicine at Children's National Hospital in Washington, D.C. "The loss of just one hour can really affect a child's attention span, appetite, and overall mood."

The good news: You can take steps to help mitigate the effects of daylight saving time. These five tips will help you do just that.

Take Baby Steps

In the spring, don't just set the clock forward an hour one night and expect your child to get right back in sync; It takes some time to adapt to that loss of sleep. To help adjust, Dr. Lewin suggests gradually shifting [your kid's bedtime](#) in preparation for daylight saving time. So if your child goes to bed at 8 p.m., about four days before the time change, put them to bed at 7:45 p.m., then 7:30 p.m., and so on until they're going to bed as close to 7 p.m. as possible. If possible, wake them up a little earlier, as well. "Doing this step-by-step is not as much a shock to the system as it is when you abruptly expect your child to fall asleep an hour earlier after the time change," Dr. Lewin says. "If it's too difficult to get your child to bed earlier, which is often the case in older kids, then just focus on advancing the wake up time a bit instead."

Control the Lights

[Melatonin is a hormone](#) that helps regulate your body's internal circadian clock. It increases in the evening as it becomes dark, which helps induce sleep, and shuts down when it's light out, which can then increase wakefulness and alertness. But daylight saving time throws that natural cycle out of whack a bit, and that can be particularly difficult for kids. (Are *yours* eager to go to sleep when it's light outside or to wake up when it's dark out? We didn't think so!)

With all the focus on your kid's sleep, don't forget to take care of yourself, too! Many adults feel sluggish and cranky themselves after the daylight saving time switch, so make sure you're getting the rest you need as well, so you're not overly irritable with your child. And remember: These effects are short-lived—within a week or so, everything should be back to normal.



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Tips and Ideas for Home

To help, Dr. Lewin recommends dimming the lights in your child's bedroom and turning off all electronics about 30 minutes to an hour before bedtime. (According to [The National Sleep Foundation](#), such devices can reduce sleep time, sleep quality, and daytime alertness because of the light exposure as well as the fact that they engage the brain right before bedtime.) In the morning, get your child in the light as much as possible. Natural sunlight is best, so if weather permits, have breakfast outside or have your child help walk the dog. If that's not an option, turn on the lights in the house so it's nice and bright.

Stick with a Routine

When daylight saving time begins or ends, it's especially important to stick with a bedtime routine, as your child is now dealing with a change in schedule that might throw them off. "For young children, it's absolutely critical that they have a routine during bedtime," says Dr. Lewin. "That's what helps create a powerful signal for sleep." One option: giving your child a warm bath, [reading them a book](#), and snuggling together before lights out.

Get Enough Sleep Now

Also, in the days before you change your clocks, make sure your child is getting plenty of shut-eye. "Sleep begets sleep," explains Dr. Lewin. "So going into daylight saving time well-rested will greatly help your child because they won't be cranky and overtired, which can make falling asleep even harder."

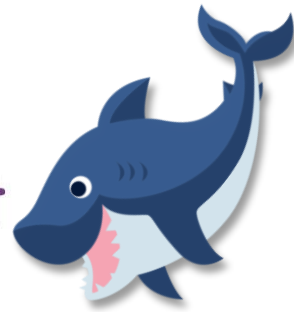
Be Sympathetic

In the days following daylight saving time, try to be more forgiving if your child is throwing extra [temper tantrums](#) and seems to be particularly frustrated or difficult in any way. "The time change can cause such short-term changes in your child's mood, but your understanding and support will help him or her adjust a little better," Dr. Lewin says.



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Sharks (3-5 Year Old's)



Hello parents!

Welcome to month of March! We had so much fun learning about friendship, our body and teeth, and Black History Month.

This month we will have a Dr. Seuss Unit. March is so much fun because we celebrate his birthday. He has so many books that promote a lot of learning skills such as patterns, rhyming words, alliteration, and literacy. I cannot wait for children to experience this unit and grasp all they can from it. Please stay tuned with the ProCare app, daily updates will be coming home. Students are more than welcome to bring their own Dr. Seuss book for Read Aloud.

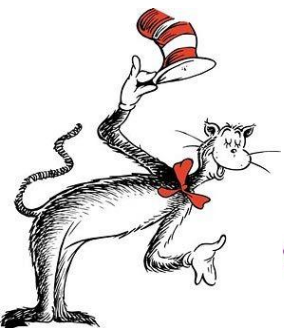
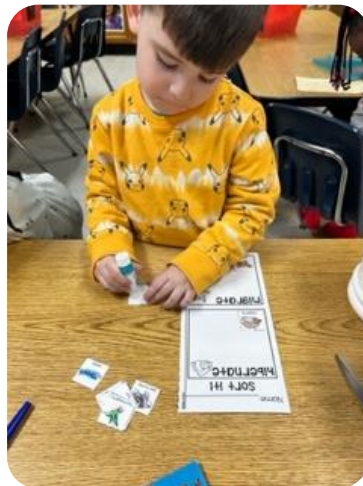
Quick Reminder, please make sure your child has an extra pair of clothing in their cubby, appropriate for the weather!

Email: (Mrs. Maritza) Maritza@toddlertownevanston.com OR (Mrs. Julissa) at Julissa@toddlertownevanston.com

Or You can reach me at 847-475-1467 Extension 15,

Thank you!

Mrs. Maritza and Mrs. Julissa



www.toddlertownevanston.com



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Butterflies (3-5 Year Old's)

Last month we had a blast learning about friendship, Black History and having good dental hygiene. We realized how important it was to take care of our teeth since it is what makes our beautiful smile!

Now that **March is here**, we can't wait for what it has in store! For the entire month we will honor Dr. Seuss and celebrate his birthday. We love all Dr. Seuss books for combining literacy and math. In this month we will focus on rhymes, patterns, classification, and a lot more. We will end the month with a Dr. Seuss theme party! Teachers will send a letter towards the end of our Dr. Seuss unit with further details.

You're off to Great Places! Today is your day! Your mountain is waiting, So... get on your way!" — Dr. Seuss, "Oh, the Places You'll Go!"

If you all have any questions, please don't hesitate on emailing us either at Carina@toddlertownevanston.com or Robert@toddlertownchicago.com

You can also reach us by phone at (847) 475-1467 Ext.14

Thank you!

Ms. Carina and Mr. Robert



www.toddlertownevanston.com



Chipmunks (3 Year Old's)



February is gone!! It was an incredible month because we learned many things about love and Friendship and discussed how we can demonstrate it to our Families, teachers and friends. We also made some friendship cards to our dear parents. We spent a memorable time talking about "Black History month". We had an amazing party close to our teachers and our peers celebrating Friendship day. Students even learned to say "I love you" in sign language.

We are so excited to say Welcome March and all that it brings along. Ours amazing topic for this month will be Rhyming. Students will also continue to learn about different shapes and sizes, Sorting and matching and, more. Please remember to come take a look inside your child's cubby and take all the work projects, dirty clothes and even notes from the teachers.

If you have any questions, please reach out through the ProCare engagement app or contact me at ext. 13 or email me at Cesar@toddlertownevanston.com or you may also contact Ms. Norma at norma@toddlertownevanston.com or Ext 16.

Thank You,
Mr. Cesar





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Bumblebees (2 Year Old's)

Welcome to the month of March everyone!

For the short month of February, children had fun learning about their shapes and colors, friendship, counting, and teeth. Two things I LOVE about March: (1) DAYLIGHT SAVINGS TIME BEGINS, Sunday, March 12, 2023, AND (2) SPRING BEGINS, Monday, March 20! During the month of March, we will discuss CHANGES!! We will focus on the color green, since they will begin to see a lot more green during the wonderful season of Spring (One of the changes we will be discussing). We will also discuss the types of things they see WHEN THE SUN IS OUT, and the types of activities they can enjoy, since we will now have more sun time! Finally, we will be going into Spring and all the fun things that come with spring.

One of My main goals this month is going to be communication. Children must have more conversations with both adults and children to extend their vocabulary and get them to become more confident about using their words. Please be sure to be up to date with what we are discussing that way you can have similar conversations at home. This will encourage them to have more expression and knowledge of what we are discussing. I will also continue to work with students with color recognition, shape recognition, letter recognition (Especially the first letter of their name) and Number recognition (1-10). Students will also be practicing how to sort, match and quantify.

We will also continue to enforce the rules and routine of the classroom. Students are beginning to get used to my way of teaching and running the classroom. Students still need some reminders with being gentle to each other, We will continue to discuss what it is to be a good friends.

Let's not forget that for the month of March, we celebrate Dr. Seuss !!

Tips for parents: Try to set up a play date or a date in a park where you as a parent can monitor the play and show your child how we are nice friends and how we can play nicely with our friends without wrestling.

THANKS IN ADVANCE!

If you have any questions, comments or concerns, feel free to e-mail me at Norma@toddlertownevanston.com or call us by Phone at 847-475-1467 Ext. 12 or Ext 16.

Thank you all again,

...stay safe, and please continue practicing social distancing!

--Ms. Norma, Ms. Vanessa



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Preparing
Children for
Success

