

October 2024



Happy Fall!

“Where did the yellow go? “

So many discoveries over the last month—color mixing was only one...

In September friendships continued to grow and there was just so much good belly laughing and silliness. Our days have been filled inside with sandwich making, tower building, magnet fun, push pinning, gluing and painting. Outside there has been lots of full group building and balancing, making paths (and jumping onto the blue mat swimming pool).

Both inside and out we’re seeing dramatic play blossom. And we’re seeing more sex/gender-segregated play. Notably outside, where some children are “doing” more cooking, going on trips and to the doctor kids while others are doing more digging and becoming dust balls rolling down the hill with their trucks.

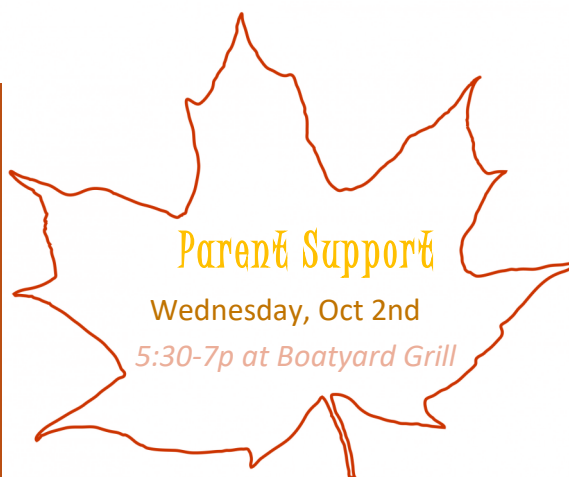
The kids have been pretty diligent participants with our Friday classroom cleaning and we want to thank everyone for helping to get things cleaned up at the end of the day.

In October, excitement begins that builds until the new year... In order to support families with a diversity of practices, rather than celebrate the holidays, we support learning about many holidays and try to remain calm and steady here at school. Please keep costumes at home... We will have trick-or-treating on the 31st and hope to see your littles in their costumes for your first stop in the evening, if you celebrate!

Calendar

10/14 Indigenous People’s Day

October					
M	T	W	Th	F	S
		1	2	3	4
7	8	9	10	11	12
14	15	16	17	18	19
21	22	23	24	25	26
28	29	30	31		



Parent Support

Wednesday, Oct 2nd

5:30-7p at Boatyard Grill

(Parents only)



Family Apple Fest at Gaige Farms!

Saturday, October 5

After nap, 3-6?

Look for a text from Maria!

Governor Hochul Announces \$50M to Expand Access to Affordable Child Care

In an effort to expand access to affordable child care, on September 18th, Governor Hochul announced there will be an additional \$50M in funding to support the cost of care for 5,500 children statewide.

Child care subsidies are available to working families who earn up to 300% of the Federal Poverty Level (FPL) for their household size. A family of 3 can earn up to \$107,353.68 and be eligible! The Department of Social Services pays the bulk of your child's tuition and there is a minimal family fee that varies depending on your family income that is paid to WHE directly. At WHE parents are also responsible for any difference in our fees and the maximum reimbursement from DSS, which is currently approximately \$1,200/month.

Learn more:

<https://www.tompkinscountyny.gov/dss/childcare>

Answer a short series of questions to see if you may be able to get child care at low or no cost - in 10 minutes or less! Learn more about this [here](#).



"I made scissors. They're very sharp."



Warm Clothing and Inclement Weather Wear

Sadly, we are (close to!) beyond shorts weather...

The turn of the season is a good time to check your child's extra clothing bin. As it gets colder, you know we all still like to get outside as much as possible, and having appropriate clothing *really* helps. With snowsuits/pants and jackets we will go out in weather that is above 20°, *including wind chill*. When we dip below 60° we'll need coats, a hat, mittens and closed-toe shoes.

Boots and snow clothing can be very restrictive—especially after the shorts and sandals of summer! If you're still shopping for winter wear, consider the following to increase your child's enjoyment of the brisk and snowy weather ahead.

Boots: double check closures boots are working well. Velcro wears out most quickly.

Mittens: Consider getting a pair of [Snowstoppers](#) or another brand that can be put on easily and has a long cuff.



Child and Adult Care Food Program

Toddler Times

October 2024

p. 3



Have you ever wondered how much your child should be eating at different ages?

The Child and Adult Care Food Program that reimburses us for meals served uses the following guidelines. These are minimum recommended portions...

Is it ok to limit what your child eats? Check out this [great article](#) about controlling your child's food intake by blogger, *My Little Eater*. There are many topics covered, including our perspective, the child's perspective, reasons we think they should not eat as much of this and should eat something else instead and more!



BREAKFAST

Serve Milk, Vegetable or Fruit, Grain*

COMPONENT	AGES 1-2	AGES 3-5
Milk	1/2 cup	3/4 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. oz eq = ounce equivalents

LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5
Milk	1/2 cup	3/4 cup
Vegetable	1/8 cup	1/4 cup
Fruit	1/8 cup	1/4 cup
Meat/Meat Alternate	1 oz	1 1/2 oz
Grain	1/2 oz eq	1/2 oz eq

* A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5
Milk	1/2 cup	1/2 cup
Vegetable	1/2 cup	1/2 cup
Fruit	1/2 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz
Grain	1/2 oz eq	1/2 oz eq

oz eq = ounce equivalents

Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



Visit cacfp.org for more nutrition education resources. CACFP is an indicator of quality care. This institution is an equal opportunity provider.

Recycle your extra old food containers at CCE food program

I am a member of the Family & Community Development Program Committee —

I'll bring them for you!

Problem Solving

Problem solving occurs all day around here, but when the floppy disk got stuck in the tree, the kids really got creative. The clever tool pictured here never did end up working.



Ultimately they threw our biggest ball at it to knock it out of the tree.

In case you don't see it, the amount of deep belly laughter these kids enjoy with each other is frequent (and infectious!).

Parent Library

Thank you to the Balog-Way family, we have a new recommended book for loan in our Parent Library!

After finding the book thought provoking and helpful herself, Simone gifted WHE a copy of [the highly sensitive child](#) by Elaine N. Aron, PhD.

The author describes sensitivity as a *wonderful* trait, noting that high sensitivity is not an illness, or a syndrome, but states that many people in our culture, see the only the challenges being highly sensitive can bring.

Before the highly sensitive child, Dr. Aron wrote an acclaimed book called the highly sensitive person.

Is your child highly sensitive?
Consider completing a [brief online questionnaire](#) and taking a look at this new (to us) book!



"You put this in front of your eyes so the dirt doesn't get in there!"





Mommy Witch and Baby Witch
- by Jude, age 4

Primary Themes

- Fall—season turning
- Secondary Colors
- Counting
- 1:1 Correspondence
- Initial sounds, I Spy
- Practicing gloves and mittens!
- Halloween
- Dia de los muertos



Activities

- Metal inset curvilinear shapes
- Sewing: beads and buttons
- Pushpinning!
- Directions—NWES
- I Spy and Initial sounds
- Opposites
- Counting and number games
- Learning to blow the nose!

Songs

- Las hojitas/Leaves are Falling
- Stirring the Brew
- Five Little Pumpkins
- De Colores
- Golden Garden Spider
- Little Blue Ball

Books

- Pumpkin Circle
- Five Little Pumpkins
- The Little Old Lady Who Wasn't Afraid of Anything
- Let it Grow
- A Tree Grows
- Pumpkin Soup
- Gruff the Grump
- Carlos and the Squash Plant
- 500 Palabras Nuevas Para Ti
- Pablo Recuerda

