



Monthly Notes

Get on Board!! A Boating Family Gathering

Save the Date!

We'd like to invite everyone to ride on the Teal boat together—kids are *our treat*!

Saturday, August 23

Time and details tbd

11am or 12:30pm

Adult fare is \$28 each

We hope everyone will be on board!

June 2025

This newsletter came upon me fast. No long preparations. I have just been being with the kids, and nap time is shorter! I have also been trying to make a little more space when school is closed for *whatever* time during the warmer-ish temps and “longer” days, which can be hard for me. (I used to do some work on this while kids were sleeping...)

SO—this issue is slim, especially considering so many things that we have been going through and talking about! Please be sure to bring your topics to our parent gathering this month (Date on calendar).

I'm passing along some info that KC and I received in a Child and Adult Care Food Program (CACFP) training we attended last week about

- Gardening with Children, Core Competencies (aka, what kids learn)
- Allergies, food safety and teaching good eating habits

June Holidays n Dates

6/16 Sybil's 4th Birthday

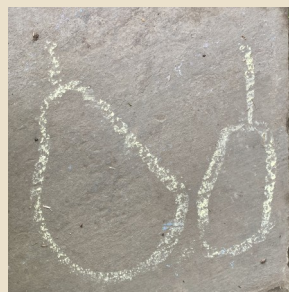
6/19 & 6/20

Juneteenth Recess

6/11 Parent Support

@ The Boatyard Grill 5-6:30 pm

June						
M	T	W	Th	F	S	S
2	3	4	5	6		
9	10	11	12	13		
16	17	18	19	20		
23	24	25	26	27		
30						



Sybil's

Pears 5.13.25

Solar System 5.21.25

Gardening with Children - Core Competencies

Observing Growth: Children learn to observe the changes in seeds as they sprout and grow, fostering their observational skills.

Experimentation: Planting seeds can be a starting point for simple experiments, such as testing the effects of sunlight or water on seed germination.

Asking Questions: Encourage children to ask questions about the plants, such as "Why does this seed need water?" or "What happens if we don't give it enough sunlight?"

Life Cycle: Growing seeds provides a tangible way to learn about the plant life cycle, from seed to seedling to mature plant.

Responsibility and Self-Sufficiency

Taking Care: Children learn to care for their plants by watering, weeding, and providing sunlight, fostering a sense of responsibility.

Patience: Waiting for seeds to sprout and plants to grow teaches patience and the value of delayed gratification.

Accomplishment: Seeing their seeds grow into plants can be a rewarding experience, boosting their sense of accomplishment.

Fine Motor Skills and Language Development

Fine Motor Skills: Handling seeds, planting them, and using small tools like trowels strengthens fine motor skills.

Language Skills: Learning new vocabulary related to plants, gardening, and the growth process expands children's language skills.

Sensory Experience: The tactile experience of soil, the smell of the earth, and the visual changes of the plants engage children's senses.

Social and Emotional Development

Collaboration: Gardening can be a group activity, fostering collaboration and teamwork.

Connection to Nature: Spending time in nature and caring for plants can help children develop a connection to the natural world.

Curiosity: Gardening can spark curiosity and a love for learning about plants and the environment.

Most important is to have fun with child led curiosity!





THE 14 FOOD ALLERGENS



MOLUSCS

Including land snails, whelks and squid.



EGGS

Can be found in cakes, sauces and pastries.



FISH

Found in pizza, dressings and Worcestershire sauce.



LUPIN

Lupin can be found in bread, pastries and pasta.



SOYA

Various beans including edamame and tofu.



MILK

Butter, cheese, cream and milk powders contain milk.



PEANUTS

Can be found in cakes, biscuits and sauces.



GLUTEN

In food made with flour such as pasta and bread.



CRUSTACEANS

Such as crab, lobster, prawns, shrimp and scampi.



MUSTARD

Can be in liquid or powder form as well as seeds.



NUTS

Including cashews, almonds and hazelnuts.



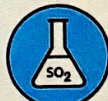
SESAME

Found on burgers, bread sticks and salads.



CELERY

Including stalks, leaves, seeds and celeriac.



SULPHITES

Found in dried fruit like raisins and some drinks.

A **Food Allergy** is potentially life threatening. It is an *autoimmune* reaction to protein in specific food item.

Reactions could be vomiting, swelling, difficulty swallowing.

Anaphylaxis is an extreme allergic reaction requiring an epi-pen and emergency services.

Food sensitivity is a gastrointestinal reaction.

Symptoms may be bloating, gas, rash, nausea, diarrhea. Non-life threatening, but uncomfortable.

Oral allergies show up as redness, swelling, itching of the mouth, lips, tongue or throat.

Common oral allergies are apples, apricots, bananas, cantaloupe, cherries, grapes, honeydew melon, kiwi, mango, peach, pear, pineapple, plum, tomato and watermelon.

Reducing the Risk of Choking in Young Children at Mealtimes

Children **under the age of 4** are at a high risk of choking while eating. Young children are still learning how to chew food properly, and they often swallow the food whole. Their small airways can become easily blocked.

You can help reduce children's risk of choking when eating by preparing food in certain ways, such as cutting food into small pieces and cooking hard food, like carrots, until it is soft enough to pierce with a fork. **Remember, always supervise children during meals and snacks.**



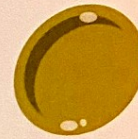
Prepare Foods So They Are Easy to Chew

You can make eating safer for young children by following the tips below:

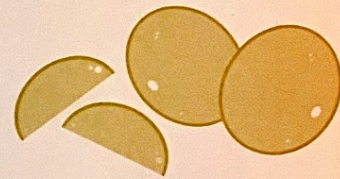
- Cook or steam hard food, like carrots, until it is soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Finely chop foods into thin slices, strips, or small pieces (no larger than $\frac{1}{2}$ inch), or grate, mash, or puree foods. This is especially important when serving raw fruits and vegetables, as those items may be harder to chew.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.

Cut Round Foods Into Smaller Pieces

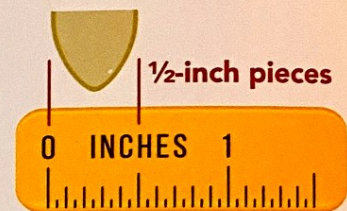
Small round foods such as grapes, cherries, cherry tomatoes, and melon balls are common causes of choking.



Slice these items in half lengthwise.



Then slice into smaller pieces (**no larger than $\frac{1}{2}$ inch**) when serving them to young children.



Avoid Choking Hazards

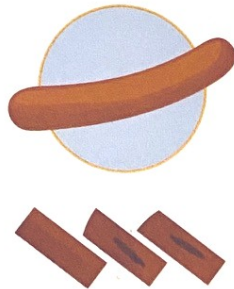
To help prevent choking, do not serve small (marble-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole, including:

- Cheese cubes or blocks. Grate or thinly slice cheese before serving.
- Chewing gum*
- Dried fruit
- Gummy fruit snacks*
- Hard candy, including caramels, cough drops, jelly beans, lollipops, etc.*
- Hard pretzels and pretzel chips
- Ice cubes*
- Marshmallows*
- Nuts and seeds, including breads, crackers, and cereals that contain nuts and seeds
- Popcorn
- Spoonfuls of peanut butter or other nut butters. Spread nut butters thinly on other foods (e.g., toast, crackers, etc.). Serve only creamy, not chunky, nut butters.
- Whole round or tube-shaped foods such as grapes, cherry tomatoes, cherries, raw carrots, sausages, and hot dogs

*Not creditable in the Child Nutrition Programs, including the Child and Adult Care Food Program (CACFP), National School Lunch Program and School Breakfast Program, and Summer Food Service Program.

Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



In addition to the foods listed, **avoid serving foods that are as wide around as a nickel**, which is about the size of a young child's throat.



Teach Good Eating Habits

Sit and eat with children at meals and snacks. Remind children to take small bites of food and swallow between bites. Eating together may help you quickly spot a child who might be choking. Other tips to help prevent choking while eating include:

- Only providing foods as part of meals and snacks served at a dining table or high chair. When serving infants, do not prop the bottle up on a pillow or other item for the baby to feed him or herself.
- Allowing plenty of time for meals and snacks.
- Making sure children are sitting upright while eating.
- Reminding children to swallow their food before talking or laughing.
- Modeling safe behavior for children to follow, including eating slowly, taking small bites, and chewing food completely before swallowing.
- Encouraging older children to serve as role models for younger children as well. All children should avoid playing games with food, as that may lead to an increased risk of choking.



For more information, see [FNS.USDA.gov](https://www.fns.usda.gov).

June Curriculum

Primary Themes

- SUMMER!
- Digging, planting, picking
- Gears
- Construction with screws
- Hammering
- Rhyming

Activities

- Beading, sewing
- Sand:
cups, strainers, funnels
- Water?
Baby washing, pipes n funnels
- Pollywogs n frogs on logs
- More cooking, hmmm
- Emerging with interests...

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Books

- Need a book about gears on bikes
- Hello Summer! (Rotner)
- A Frog in the Bog
- Frog Life Cycle Flip Book
- Blueberries for Sal
- Dragones y Tacos
- Inch by Inch
- Fire Chief Fran
- All the Colors We Are

We also welcome you to bring books to share!



Songs

- Pitter Patter Rain is Falling Down
- Splishing and Splashing
- Inch by Inch
- Robin Red Breast
- The Earth is Good to Me
- Bean Song
- Golden Garden Spider
- Oats, Peas, Beans and Barley
- Going to the Zoo
- Teddy Bear's Picnic

