



November 2018 Saplings



Physical Development

Focus: participating in activities related to nutrition

Take home: To make applesauce, mix together in a crockpot:

- 6 diced apples
- 1 teaspoon cinnamon
- 1 1/2 cups water
- 1/4 teaspoon salt

To increase fine motor development, have your child string cheerios on a pipe cleaner.



Parents please join us for our "Turkey-N-Dressing Event!"

November 14th 230-3pm

****LTA Closed Nov 22nd & 23rd****



Combining different foods to create new and wonderful tastes. Please send in a recipe using apples or pumpkins for our cookbook!



Focus: appreciating differences



Ten Little Fingers, Ten Little Toes by Mem Fox

Take Home: trace each family members hand on a piece of paper. Talk about the similarities and difference.



Focus: spatial relationships

*Take home: Create a game using a stuffed animal and prepositions (over, under, behind). Call out a preposition and help your child place the stuffed animal where it goes (ex: behind the couch)



Support your child's growing vocabulary by reading with them each day! While you are reading point out different objects as well as ask your child to identify familiar objects found within the book.

Focus Letters: H, R, M

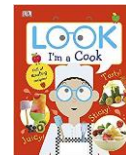
Take home: Lay out letter flash cards or blocks. Draw a letter on a piece of paper and have your child find the letter. (Start with the letters in their name!)



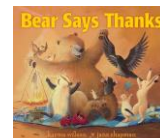
Seed, Sprout and Pumpkin Pie by Jill Esbaum



Apples for Everyone by Jill Esbaum



Look I'm a Cook



The Bear Says Thanks by Karma Wilson and Jane Chapman



Sleep duration recommendations per sleep foundation:

2-3yrs average amount of sleep needed is 12-14 hrs each day

Min 9 hrs, Max 16hrs

