



November 2018 Sprouts



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



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

November 14th 230-3pm

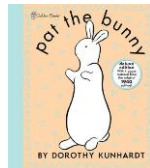
****LTA Closed Nov 22nd & 23rd****



Combining different foods to create new and wonderful tastes, as well as creating a display of all we are thankful for!



Focus: gain knowledge of abilities/preferences



Pat the Bunny by Dorothy Kunhardt

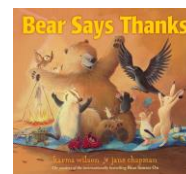
Take Home: create an "I Can" book with your child taking pictures of the things he/she can do



Seed, Sprout and Pumpkin Pie by Jill Esbaum



Apples for Everyone by Jill Esbaum



The Bear Says Thanks by Karma Wilson and Jane Chapman



Focus: spatial relationships

*Take home: Using cars and cardboard boxes, explore spatial relationship. Narrate as your child drives their car over, under, around, etc.

"Your car is going up the ramp," or "Your car went inside the box."



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.

Songs are also a great way to reinforce language! As you sing rhymes such as *The Itsy Bitsy Spider*, have children immitate hand motions that reinforce the meaning of the words being sung.



Sleep duration recommendations per sleep foundation:

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

Min 9 hrs, Max 16hrs

