

WEE LITTLE WHISPERS

By

Mary, Ashley and Gretchan

We all hope everyone had a wonderful holiday. The infant room wishes the New Year bring good health, love and friendship to everyone. January also brings winter, and, due to the holidays we were not able to enjoy winter like we should. So this month we will slow down, snuggle up inside and bundle up to play outside during our wintry days.

Our theme is: "What Does Winter Bring?"

January 4 - 8 Winter Weather

January 11 - 15 Winter Wardrobe

January 18 - 22 Winter Activities

January 25 - 29 Winter Animals

Keep baby warm inside and outside when winter comes by dressing your child comfortably. Dress your baby just like how you would dress yourself. If you layer, layer your child. Inside we can always take off those extra sweatshirts or sweaters, etc. When outside, a warm coat, a hat that covers the ears, mittens and boots that slip over their shoes are suggestions for your child's outerwear. Don't bundle up your child so much that he/she cannot move and enjoy being outside in the cold fresh air. We will go outside for short amounts of time here at school. When we get cold and fidgety that is a good sign the children are cold also and so we head back inside. Watch for the babies' cues too. The children will let you know if they are cold or hot by crying, tugging at clothes and clinging. Those are good signs to look for. It is important when winter comes to keep your baby safe, healthy and warm.

**Wee Little Tidbit:** In a heartbeat, holding your baby on your left side will comfort your infant by the soft beat of your heart.

**Important Information: 8 Foods You Should Eat Every Day...** Spinach Yogurt Tomatoes Carrots Blueberries Black Beans Walnuts and Oats. Watch for healthy recipes and interesting facts that will arm you with the info you need to make smart nutritional choices. If you just eat these eight foods, along with a little protein such as salmon, turkey, or lean beef, every day it will crank up healthier eating habits a notch. **Make Physical Activities A Family Event...** Walk or run together. Go sledding.

**Important Events:** Parent/Teacher conferences are this month.

**Reminders:** Your child will need a warm coat or snowsuit, hat or hood that cover the ears, mittens and boots for the infants that are pulling up and on their feet during outside time. Please

make sure your child has plenty of extra clothes in their cubby—long pants, long-sleeve shirts, socks, etc.

If you have any questions or concerns, please contact Mary or Christy. Thank you.

## January Red Room Newsletter

Welcome to 2016! This last year has really flown by, and with the New Year we will be getting into some really great themes for the kids, and doing a lot of awesome activities. I hope everyone's holidays were great! This month we will be saying goodbye to Brody and Oskar as they move onto Blue Room! We will miss this so very much! We will also be welcoming Kelsey and Suzie from the infant room. Since winter has finally hit we will no longer be going outside, unless the temperature is about 40 degrees. We will be doing a lot of indoor gross motor activities so that the kids will be able to burn some energy still.

This month the following themes will be:

Jan 4<sup>th</sup> - 8<sup>th</sup> Winter Animals

Jan 11<sup>th</sup> - 15<sup>th</sup> Snow and Ice

Jan 18<sup>th</sup> - 22<sup>nd</sup> Things that are cold

Jan 25<sup>th</sup> - 29<sup>th</sup> under water animals

Thanks again to all the families that joined us at our Christmas program! It was so fun to see all the kids reactions to Santa. Also a big thank you to those who donated food items for the holiday program, it was much appreciated!

**Dear Blue Room Parents,**

**We hope that everyone had a great holiday! Please remember that we will be closed on Friday, January 1<sup>st</sup> for New Year's Day.**

**Cold weather seems to be back, probably to stay. Please be sure that your child has whatever they need to keep warm during our outside play times.**

**We will be welcoming two friends from Red Room this month. Brody and Oskar will be joining us. We are very excited to have them!**

**Our good friend Kadri will be moving on to the Yellow Room. We will miss him, but look forward to seeing him out on the playground.**

**We will be having parent/teacher conferences in late January. We will be posting a sign-up sheet as it gets nearer. We look forward to meeting with all of you. As always, thank you for sharing your children with us!**

**Have a great month of January!!**

## Yellow Room Newsletter

January 2016

I can't believe I just had to type "2016"! It is hard to believe how fast the last year flew by! We hope everyone had a great holiday and will have a fabulous beginning to the New Year!

We've finally been getting the cold weather that we expect in Winter and it seems that those fluke warm days are a thing of the past. Please be sure to bring extra clothes and warm layers for when we go outside on cold days!

We are starting the New Year with a new friend from Blue Room, Kadri. We are excited to have him join us as we now have a complete (and FULL) classroom!

Finally, we will be holding Parent Teacher Conferences at the end of January. We will post a sign-up sheet as it gets nearer. We look forward to meeting with all of you!

Happy New Year!!!

Ms. Heather, Ms. Miranda, Ms. Stephanie, & Ms. Kaitlyn