



## Toddler 2

### December 2024 Calendar

#### Terry Tan will be closed on the following days:

- December 24<sup>th</sup> – Centre closes at 2:00pm
- December 25<sup>th</sup> – Christmas Day (Closed)
- December 26<sup>th</sup> – Boxing Day (Closed)
- December 27<sup>th</sup> – **Centre Closed**
- December 31<sup>st</sup> – Centre closes at 2:00pm
- January 1<sup>st</sup> – New Year's Day (Closed)

#### Recipe of the month:

##### *Sandwich bread*

#### Ingredients:

- 3 cups all-purpose flour
- 1 ½ teaspoons salt
- 1 ½ teaspoons sugar
- 1 ½ teaspoons instant yeast
- 1 ½ cups warm water
- 2 tbsp olive oil
- 1 tbsp softened butter

#### Directions:

1. Combine the dry ingredients in a large bowl
2. Add the water and mix until the dough is combined and a bit sticky; you can add a bit more water if needed
3. Cover the dough and let it rise for 2 hours
4. Once the dough has risen, use your hands to gently fold the edges in, then add the olive oil
5. Coat the dough in oil then transfer to the buttered loaf pan
6. Let the dough rise for 1 hour
7. Bake at 375°F for 45 minutes
8. Take the bread out of the pan immediately and let cool for at least a ½ hour
9. Serve and enjoy!

#### Dress for the weather!

The winter weather is here! Please ensure your child has the following items each day in order to fully participate in outdoor play.

- Winter jacket and snow pants
- Warm hat, mittens, neck warmer
- Winter boots
- Extra clothing, especially socks



#### Things we are working on:

In the month of December, we will be focusing on gratitude and empathy. Here are some easy ways to encourage them in these practices:

Point out and label the emotions of your child and their peers

- “You seem sad.”
- “It looks like you’re smiling, are you happy?”
- “I wonder how [child] feels right now. They are laughing”

Point out when they or their peers are doing something kind or generous

- “You shared your toy. That was nice!”
- I really like that you hugged your friend.”
- “Do you feel happy when you get to play?”



These simple practices encourage your child to label their own feelings, get comfortable with the emotions of other friends, and to actively engage with others in a meaningful and positive way!