



## Toddler 2 2025 Calendar

### Important Days:

- March 1<sup>st</sup> – Ramadan (tentative date)
- March 5<sup>th</sup> – Ash Wednesday
- March 8<sup>th</sup> – International Women’s Day
- March 9<sup>th</sup> – Daylight Savings (spring forward)
- March 12<sup>th</sup> – “Get Low Dance” entertainer @ 9:30
- March 17<sup>th</sup> – St. Patrick’s Day
- March 31<sup>st</sup> – Eid ul Fitr (tentative date)
- March is Irish Heritage Month

### Warmer Weather:

March Equinox takes place on March 20<sup>th</sup> this year, hopefully bringing with it some warmer weather and a lot less snow. We will keep you updated on what outdoor clothing we may need as the weather becomes milder and potentially wetter with rainy, muddy days. Splash pants and rain boots are just around the corner!



### Mid-Winter Break:

If your child has an older sibling who may be enjoying a break from school from March 10<sup>th</sup> – 14<sup>th</sup>, look for our March board at the entrance of the building for some great ideas and activities to do, as well as various fun things happening in March.

### What we are working on:

As we shed our heavy winter layers, we will continue to support the children in dressing independently and mastering walking up and down the stairs with little to no assistance. These skills are crucial for their self-regulation (4.1), autonomy (2.5), and self-esteem, as well as the further development of gross motor (5.1) and fine motor (5.2) skills.

### Recipe of the month:

#### *Hidden Vegetable Pasta*

#### Ingredients:

- Pasta of your choice
- 5 roma or vine tomatoes
- 2 red peppers
- 1 zucchini
- 1 onion
- Olive oil
- Salt



#### Directions:

1. Roughly chop tomatoes, peppers, zucchini, and onion. Drizzle with a generous amount of olive oil and sprinkle with salt.
2. Bake at 375°F for roughly 1 hour or until the vegetables are well roasted.
3. Blend all the vegetables together with a hand or stand blender, set aside.
4. Cook your pasta and add as much sauce as your little one likes.
5. Serve warm and enjoy!

### Family Involvement:

We know it can be very busy during pick up and drop off, however we love involving families in our daily program. Please let Theresa or Delia know if you are interested in dropping by to read a book or do a quick activity with the class and we will schedule a time for you to come by!