



Toddler Newsletter

Classroom News:

Welcome to the month of June, filled with sunny mornings and lots of toddler-sized adventures! We'd like to warmly welcome Tamara to the toddler room for the next few months, and we wish Hazel all the sweetest moments this season can bring.

Important dates:

5th – World Environment Day

20th – Summer Solstice

21st – Celebrating Father's Day and All Caregivers



Skills we will be working on:



The children have shown a growing interest in jumping from short heights on the playground. They have been climbing onto the small wooden stumps and either stepping down one foot at a time or building the confidence to jump using both feet together. We will continue to encourage these emerging skills by staying close for support and helping with stepping up, jumping, and balance as needed.

Summer Fun Facts:

- Sunscreen needs 15 minutes to work before sun exposure
- Having water breaks and plenty of shade can help during long summer days
- Water play days support emotion regulation and sensory development
- Outdoor play can improve sleep
- Fruits like watermelon, strawberries and cucumbers can help keep your child hydrated
- Having sun exposure helps with vitamin D and supports bone growth



Fruit Pop Recipe:

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
- 2 cups plain or vanilla yogurt
- 1/4 cup white sugar or to taste
- 8 small paper cups or popsicle molds
- 8 popsicle sticks



Preparation:

Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.

Fill paper cups or popsicle molds 3/4 full with fruit mixture.

Cover the top of each cup or mold with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup or mold

Place the cups or molds in the freezer for at least 5 hours. To serve, remove foil and paper cup or mold.