



THE CHILDREN'S CENTER NEWSLETTER

www.alchildrenscenter.org ← Check out our updated website!

From the directors desk

Where is the summer going! Can't believe we've already celebrated the 4th of July. The rooms have been busy with outside play, water play and field trips for the older rooms. The kids love being outside! All the rooms are busy making projects for the kids to have displayed at the Freeborn County Fair. Our school agers participate in 4-H and this year will be taking their projects to the fair and will each get a ribbon for their participation. Make sure, if you are at the fair, to check them out.



With summer comes a lot of schedule changes for families. Please make sure you are communicating these changes with the teachers in your child's classroom. We schedule our staff based on schedules we get from families. So, if a child comes earlier then scheduled they may not be able to stay until another teacher arrives in order to maintain our

licensed ratios. You can email, call or send a message on Brightwheel to let teachers know of changes.

Have you checked out our new and updated website? It looks amazing and has a lot of great information. You can even pay your bill by clicking the link. You should also check out the calendar feature for fun things planned and coming up.

We are looking for family testimonials to put on our website and Facebook page. If you are interested in doing this for us, please let us know.

As always, we thank you for your continued support of our program.

Brenda & Sam
Co-Executive Directors
The Children's Center



The Children's Center DAYS CLOSED 2023

August 18	Staff Prep Day
September 4	Labor Day
November 23 & 24	Thanksgiving Holiday
December 25	Christmas Day
January 1, 2024	New Years Day



BOARD MEMBERS NEEDED

The Children's Center is looking for board members! The board of directors meets the 4th Wednesday each month, from 12pm - 1pm, to review progress, operations and the status of the organization. If you or someone you know may be interested in serving on our board of directors, please submit a letter of interest to:
board@alchildrenscenter.org.

CALENDAR OF EVENTS

August 18th All Sites Closed—Staff Prep Day
August 22nd First Day of School—Albert Lea School Dist. 241
September 4th All Sites Closed—Labor Day
September 12th Lifetouch Picture Day at 605 James Avenue site
September 15th Lifetouch Picture Day at St. John's site



NO FOOD AND DRINK

ATTENTION PARENTS

Due to classroom allergies, we ask that children not bring in food or drink from home to eat as they arrive at the center. With the variety of food being brought in, other children can have difficulty understanding why they can't also have that food or drink. Thank you for your cooperation!

HEALTHY TIPS FOR PICKY EATERS

Do any of the statements below remind you of your child?



*"Anna will only eat peanut butter sandwiches."
"Michael won't eat anything green, just because of the color."
"Bananas used to be Matt's favorite food, but now he won't even touch them."*

Your child may eat only a certain type of food or refuse foods based on a certain color or texture. He or she may also play at the table and may not want to eat. Don't worry if your child has some picky eating behaviors. Picky eating behavior is common for many children from the age of 2 to 5 years. As long as your child is growing as the doctor suggests, he or she is most likely eating enough to be healthy. If you have concerns about your child's growth or eating behavior, talk to your child's doctor.

How to cope with picky eating.

Your child's picky eating is temporary. If you don't make it a big deal, it will usually end before school age. Try the following tips to help you deal with your child's picky eating behavior in a positive way. Check the ones that work for you and your child.

- ◆ **Let your kids be "produce pickers."** Let them pick out fruits and veggies at the store.
- ◆ **Have your child help you prepare meals.** Children learn about food and get excited about tasting food when they help make meals. Let them add ingredients, scrub veggies, or help stir food.
- ◆ **Offer choices.** Rather than ask, "Do you want broccoli for dinner?" ask "Which would you like for dinner, broccoli or cauliflower?" Or you could ask, "Do you want a little or a lot of broccoli?"
- ◆ **Enjoy each other while eating family meals together.** Talk about what family members did during the day, what made you laugh, or what you did for fun. Turn off the TV and keep phones away from the table to focus on family time.
- ◆ **Offer the same foods for the whole family.** Serve the same meal to adults and kids. Let them see you enjoy a variety of healthy foods. Talk about the colors, shapes, and textures on the plate.



For more great tips on this and other subjects, go to: choosemyplate.gov

Thank You, Melissa Wangen
Food Service Coordinator