



KIDCO Express



KIDCO Child Care

Miami, FL

JANUARY 2012

Dates to Remember

January 2

- New Years Day - **ALL CENTERS CLOSED**

January 3

- Classes Begin for Head Start & Early Head Start
- 8:45am to 12:00pm - Yoga Classes - KIDCO III

January 4

- 10:00am to 12:00pm - Gym Classes - KIDCO 1 & III

January 5

- 8:45am to 12:00pm - Yoga Classes - KIDCO II
- 4:00pm **Parent Committee Meeting** - KIDCO I

January 9

- 10:00am to 12:00pm - Gym Classes - KIDCO II
- 3:30pm **Parent Committee Meeting** - KIDCO IV

January 10

- 9:00am to 12:00pm - Yoga Classes - KIDCO I
- 4:00pm **Parent Committee Meeting** - KIDCO III

January 11

- 10:00am to 12:00pm - Gym Classes - KIDCO I & IV

January 12

- 9:00am - Yoga Classes - KIDCO IV
- 4:00pm **Parent Committee Meeting** - KIDCO II

January 13

- 10:00am - Dr. Martin Luther King Jr. **Parade** - **ALL CENTERS**

January 16

- Dr. Martin Luther King Jr. **Birthday** - **ALL CENTERS CLOSED**

January 17

- 8:45am to 12:00pm - Yoga Classes - KIDCO III

January 19

- 9:00am to 11:30am - Yoga Classes - KIDCO II
- 4:00pm - **Policy Committee Meeting**

January 23

- Teacher Planning Day - **NO CLASSES for Head Start Only**

January 24

- 9:00am to 12:00pm - Yoga Classes - KIDCO I

January 26

- 9:00am - Yoga Classes - KIDCO IV

January 30

- 8:00am - **Picture Day** - KIDCO IV

January 31

- 8:00am - **Picture Day** - KIDCO I - Head Start
- 8:45 to 12:00pm - Yoga Classes - KIDCO III

January Birthdays

Rosaura Mojica	January 6
Carmen Iglesias	January 14
Jossie Mar Battle	January 12
Dayana Fernandez	January 18
Olga Zayas	January 22

Parent's Corner

Tips for Monitoring Media in your Home

1. The American Academy of Pediatrics has recommended that under age 2 should be kept away from television all together.
2. Teach your kids to ask permission to use any media.
3. Be clear that media rules in your house also apply when your child is at a friend's house.
4. Discuss some of the media messages kids are likely to be exposed to, even when you do closely monitor their media (violence, stereotyping, casual sex).
5. Ask your child: What is your favorite show, video game, song? Why?
6. Switch the TV/computer/video game system off.
7. Read to or with your kids.

By Susan Frasca (Parenting)

Nutrition

Learning Feeding Skills

Self-care skills or Activities of Daily Living are the basic tasks we perform every day and the ones we learn in the early years of life such as self-feeding, dressing, bathing, and grooming.

AGE (Months)	FEEDING SKILLS
2-4	<ul style="list-style-type: none"> ○ Moves hands up to the bottle/breast
6-9	<ul style="list-style-type: none"> ○ Holds a bottle with both hands ○ Uses a cup with help ○ Starts holding and mouthing large crackers/cookies ○ Plays with spoon; grabs/bangs spoon; puts both ends in mouth ○ Finger feeds soft foods
9-12	<ul style="list-style-type: none"> ○ Enjoys finger feeding
12-15	<ul style="list-style-type: none"> ○ Holds a cup with both hands ○ Takes a few sips without help ○ Finger feeds soft foods ○ Dips spoon in food ○ Moves spoon to mouth but is messy and spills
15-18	<ul style="list-style-type: none"> ○ Scoops food with a spoon and feeds self
18-24	<ul style="list-style-type: none"> ○ Wants to feed himself/herself
2-3 Years	<ul style="list-style-type: none"> ○ Drinks from a cup (no lid) without spilling ○ Stabs food with fork ○ Uses spoon without spilling

Dates to Remember

- February 1 - **Picture Day** - KIDCO I
(EHS/CDS/Private)
- February 2 - **Picture Day** - KIDCO III
- February 3 - **Picture Day** - KIDCO II
(Infant/Toddler/Two's/EHS)
- February 6 - **Picture Day** - KIDCO II
(Head Start)