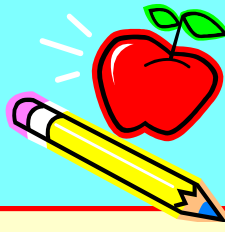




KIDCO Express



KIDCO Child Care
Miami, FL

MARCH 2012

Dates to Remember

March 1

- *Yoga Classes* - KIDCO II

March 5

- 8:00am - Field Trip to Miami Children Museum - KIDCO II/EHS Toddlers

March 6

- 8:00am - Field Trip to Miami Children Museum - KIDCO I/EHS Toddlers

March 7

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

March 8

- *Yoga Classes* - KIDCO IV
- 10:00am - RIF Distribution - All Centers
- 3:30pm - Parent Committee Meeting - KIDCO I
- 4:00pm - Parent Committee Meeting - KIDCO III

March 11

- Daylight Savings time begins

March 12 - March 16

- **Head Start/Early Head Start - Spring Recess**

March 15

- **4:00pm - Policy Committee Meeting - KIDCO Central**



March 17

- St. Patrick Day

March 19

- Head Start/Early Head Start Classes Begin

March 20

- First Day of Spring
- *Yoga Classes* - KIDCO III

March 21

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

March 22

- *Yoga Classes* - KIDCO II
- 3:00pm- Parent Committee Meeting - KIDCO IV

March 23

- *Extraordinary Glasses Day*

March 27

- *Yoga Classes* - KIDCO I

March 28

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

March 29

- *Yoga Classes* - KIDCO IV

March 30

- Teacher Planning Day for Head Start Only

March Birthdays

Christine Casamor	March 2
María Navarro	March 4
Rafael Hernández	March 5
Martha Correa	March 17
Ana Vega	March 18
Josefa Vega	March 19
María Vega	March 19
Rosa Casamor	March 21
Yassy Comas	March 24
Thomasina Newberry	March 29

Parent's Corner

"Picky Eaters"

Sooner or later, most children will fit the label of "picky eater". That's quite normal development. We usually see this around the toddler years. Your wonderful little eater is now refusing foods or maybe going on binges and only eating one or two kinds of food. Its one way toddler exerts their independence. While it seems that their eating a little here and a little there, it usually adds up to enough by the end of the day.

Most young children don't like to try new foods, but rather are more comfortable with food familiar to them. Children may need to see new food 10-15 times before they will taste it. If you child is following the established growth curve and staying healthy he or she is probably getting enough to eat.

These tips can help you through these times:

- Be a role model for your children. Let them see your eating the vegetables you want them to try.
- Don't force new foods. Let your child see them and decide if they want to taste.
- Don't bribe them to taste something.
- Keep introducing that food over and over.
- Have pleasant mealtime conversation.

By: Sheah Rarback M.S., R.D., from the Mailman Center for Child Development at University of Miami

Nutrition



Crispy Baked Fried Chicken

(4-6 Servings/50 minutes)
Calories: 520

Ingredients:

- 8 chicken pieces
- ½ cup flour
- Salt and pepper
- 4 cups corn flakes
- 2/3 cup buttermilk
- 2 Tbsp mustard
- ¼ tsp cayenne pepper
- 1 ½ tsp paprika
- ¾ tsp ground sage

Directions:

1. Preheat the oven to 425F.
2. Rinse the chicken and pat dry.
3. In a bowl season the flour with salt and ¼ tsp of pepper.
4. Fully coat chicken pieces with flour and shake off excess flour
5. Crush the corn flakes.
6. In a large bowl mix the buttermilk, mustard, cayenne pepper, paprika and sage. Give each floured chicken piece a good buttermilk bath and then roll in the corn flake crumbs.
7. Arrange the chicken pieces on the rack and place in the hot oven.
8. Cook for 15 to 20 minutes, lower the heat to 375 degrees and cook for another 25 to 30 minutes, until cooked through and crispy.