



# KIDCO EXPRESS



KIDCO Child Care

Miami, FL

MAY 2011

## Dates to Remember

### May 1 to 7

- TEACHER APPRECIATION WEEK

### May 3

- 3:30pm - Parent Committee Meeting/Transitioning Training at KIDCO III

### May 4

- 4:00pm - Policy Committee Meeting at KIDCO Central (April meeting re-scheduled)

### May 8

- MOTHER'S DAY

### May 11

- RIF Distribution of book for all centers

### May 12

- 3:30pm - Parent Committee Meeting / Transitioning Training at KIDCO I
- 4:00pm - Parent Committee Meeting/Transitioning Training at KIDCO II

### May 13

- Tie/Scarf Day

### May 18

- 3:00pm - Parent Committee Meeting / Transitioning Training at KIDCO IV
- 4:00pm - Policy Committee Meeting at KIDCO Central

### May 23

- KIDCO II - 35<sup>th</sup> Anniversary

### May 30

- MEMORIAL DAY - ALL CENTERS CLOSED

## Announcements

### June 3

- Last Day for the Head Start Program

### June 6

- Start of Summer Program

### June 7

- 10:00am - End of the Year Ceremony for KIDCO I
- 2:00pm - End of the Year Ceremony for KIDCO II

### June 8

- 10:00am - End of the Year Ceremony for KIDCO III
- 2:00pm - End of the Year Ceremony for KIDCO IV

### June 13

- Start of Summer VPK

## May's Birthdays

Gloria Ramirez	May 1
America Puig	May 5
Michelle Pendas	May 5
Hilda Olivares	May 8
Elsa Perdomo	May 9
Jossie Battle	May 21
Ariadna Rivero	May 23
Ericka Cabrera	May 31

## Parent's Corner

Parents are the first observers of their children's language development. The following are developmental milestones that infants, toddlers and preschoolers should be attaining according to their ages. Remember, parents need to work with their children's teachers to support their learning and growth.

### Infants (Birth to 12 Months)

Infants ask for care and attention by crying, laughing and smiling and through other vocalizations. They vocalize to themselves, other people and even their toys. When engaging with an adult or other child, infants take turns babbling (combining consonants and vowels i.e. "goo-gaa"), imitating sounds, and gurgling and cooing.

Infants should also understand and respond to gestures, facial expressions and changes in vocal tone by turning their heads, showing excitement and reaching. Infants, in this age range, should also understand and respond to their names and to very simple requests.

### Toddlers (Twelve to Twenty-four months)

At this age, toddlers understand more language than they can express. They can follow simple requests. They can also understand and respond to many words, simple directions and simple questions.

They can begin to point to body parts or familiar objects in pictures. Between the ages of eighteen to twenty-four months, toddlers begin to put two words together, ask for familiar objects by name and follow two-step directions.

Children, who are twenty-four to thirty-six months, can take part in simple conversations, answer simple "what" questions and use two to three word sentences. At this age, children can make simple choices and tend to ask many questions.

## Nutrition

- ♥ **Canned, frozen, and dried foods:** These can be less expensive than fresh products and may contain as many vitamins and minerals; some even have more. Try to choose items that say no added salt or reduced sodium.
- ♥ **Protein:** Meats are a more expensive than eggs and beans. Beans are a great bargain; they are inexpensive and full of nutrients; great for your pocket and your health.
- ♥ **100-calorie snack packs:** Make it yourself by portioning snacks into resealable plastic bags.
- ♥ **Value packs:** you can buy in bulk with a friend, so you can split the cost and the item.
- ♥ **Nutrition information:** It is very important to read food labels and educate yourself to make smart decisions when comparing health and price.
- ♥ **Seasonal vegetables and fruits:** Buy your vegetables and fruits in season and look for locally grown produce, or consider growing your own.
- ♥ **Shelf height:** At the grocery store, the cheaper foods are often on the higher or lower shelves, not an eye level.
- ♥ **Smart shopping:** Plan several days' worth of menus before you shop. Make a list and stick to it. Coordinate your menu and grocery list with the weekly sales and the coupons that you have.
- ♥ **The cost of convenience:** Remember that convenience often costs. Precut produce, containers with all of the ingredients to make a sandwich, and microwaveable meals are convenient, but unnecessary if you are trying to save money.