



KIDCO Express



KIDCO Child Care
Miami, FL

SEPTEMBER 2011

Dates to Remember

September 5



- Labor Day – ALL CENTERS CLOSED

September 7

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

September 13

- 9:00am to 10:15am - Bus Safety Training at KIDCO I
- 10:15am to 11:15am - Bus Safety Training at KIDCO III
- 9:00am to 12:00am – Allapatha Library Interactive Story time – ALL CENTERS



September 14

- 9:00am to 10:40am - Bus Safety Training at KIDCO II
- 9:00 to 9:30am - Bus Safety Training at KIDCO IV
- 10:00am to 12:00am – Gym Classes at KIDCO II
- 5:30pm to 7:00pm – OPEN HOUSE FOR ALL CENTERS

September 15

- Crazy Hat Day – All Centers

September 21

- 10:00am to 12:00am – Gym Classes at KIDCO I & KIDCO IV
- 4:00pm - Policy Committee Meeting at KIDCO Central



September 23

- Autumn Begins



September 28

- 10:00am “Reading is Fundamental” Book Distribution – All Centers

September Birthdays

Ivette Riano	September 2
Marie Pamphile	September 3
Kelly Alvarez	September 8
Yamilet Herrera	September 9
Emerita Chunga	September 22



Parent's Corner

Children who are exposed to the arts have an opportunity for the most complete social-emotional learning experience. It is important to combine the different forms of expression such as art, music, dramatic play, creative movement, yoga, cooking and gardening to provide a holistic learning experience. Research shows that children who participate in the arts demonstrate significantly enhanced social-emotional skills, attitudes, and positive social behavior, reduced conduct problems and emotional distress and improved academic performance.

Encourage children to use different forms of expression and expose them to different kinds of art mediums.

Materials such as paints, washable paints, watercolors, sponges, different kinds of textured brushes, glitter, clay, crayons, markers, figure and shape stamps, beads, pom-poms, feathers, yarn, wooden sticks and different textured craft materials help children boost their creativity, relieve stress and help them remain engaged and focused on an activity.

When children use their existing knowledge and all of their senses to create something based upon their imagination, they enjoy the freedom of creativity without the concern for potential failure and also acquire a sense of personal satisfaction from finishing projects. As children create, they accomplish short term goals that build the foundation for eventually accomplishing more complex long term goals.

Art projects help children improve their concentration and problem solving skills. Arts and crafts help build fine motor skills while dance and exercise help build gross motor skills. Dance, yoga and creative movement using scarves or ribbons help keep children active and fit. These activities help children exercise their bodies, stimulate their minds, explore their creativity and

Nutrition

“Do vegetables loose their vitamins and minerals of boiled?”

“It is possible to loose some nutrients by boiling your vegetables. To conserve more nutrition, steam rather than boil your vegetables, or even better eat them raw!”

“How long can I keep my canned products?”

“Most canned products do not have an expiration date. They instead have a “use by” or “best if used by” date. After this date, changes may occur in the quality, color or flavor of the product. In general canned products can last up to two years. Tip: Use your canned goods by the “use by” date to be safe and for best quality and never use cans that appear to have any bulges as they may contain harmful bacteria.”

“How long do dried herbs and spices last?”

“Although most chefs and experts will suggest you replace your dried herbs and spices every 6 months or so, many actually last longer than that; as long as 4 years for whole spices, 2-3 years for ground spices and 1-3 years for leafy herbs, depending on the herb. Tip: if you are not sure if you can still use that dried herb or spice on your pantry, simply crush a bit in between your fingers and smell and/or taste it. If it is still potent in flavor, you are good to go! These are not spoiled or dangerous.”

