



KIDCO Express



KIDCO Child Care
Miami, FL

OCTOBER 2011

Dates to Remember

October 5

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



October 8

- KIDCO I - 22nd Anniversary



October 10

- Columbus Day - ALL CENTERS CLOSED

October 12

- 10:00am to 12:00pm - Gym Classes at KIDCO II

October 14

- 10:00am Hispanic Parade - All Centers

October 18

- 3:30pm - Domestic Violence Training at KIDCO III for All Centers - Pending

October 19

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

October 28

- Teacher Planning Day for Head Start & Early Head Start ONLY



October 31

- Halloween - Trick or Treat around the neighborhood

October Birthdays

Norka Rodríguez	October 1
Josune Urbistondo	October 14
Milagros Dominguez	October 18
Ritha Coronado	October 22



Parent's Corner

"Good advice for the development of a child"

Adults should understand that children learn and develop gradually. Adults cannot expect infants and toddlers to become "instant" preschoolers or act older or more mature than they really are. Adults need to develop "appropriate" expectations of what children are capable of doing successfully. An "inappropriate" expectation is when young children are expected to do what older children or adults can do. This is the reason adults misinterpret children's behavior as defiance and often discipline them inappropriately.

The first step to proper discipline is to watch carefully and intervene to stop infant or toddler involvement in dangerous or harmful behavior. The control should be appropriate to the developmental abilities and expectations of the children. For example, if a toddler is tearing up a page in a book, he might be experimenting. For infants to be able to control their emotions adults should respond appropriately or quickly when they need or want something. However, if every book he uses is torn, this might be a sign that control is lacking. When several toddlers are playing near each other, it is recommended that there are enough toys available toddlers need to learn about skills such as sharing, taking turns and cooperating.

Adults can avoid conflict and promote appropriate behavior by always maintaining a reliable routine at home. In homes where there are more than one infant, there should be two adults to assist each infant with their individual routine needs, such as feeding and diapering. Remember that young children are active and need a safe and secure space to be able to act appropriately without getting into trouble. Keep children busy, challenged and interested by providing attractive materials and activities that are developmentally appropriate. Also, make sure that children have lots of time for active play so they can use their energy in a positive way. Remember that young children do not do well with competition can become aggressive.

Therefore, give children attention while they are behaving in a productive manner, this makes it more likely for them to repeat the positive activity or continue it longer.

Nutrition

"Squash and Apples Sofrito"

(4 Servings)

Ingredients:

- 1 squash, about 2lbs
- 2 apples
- 1 tbsp butter
- ¼ tsp salt
- A pinch of nutmeg

Directions:

- ♥ A smooth surfaced butternut squash. Cut in half and remove seeds. Peel and cut the squash meat into small cubes.
- ♥ In a non-stick pan, melt the butter over medium heat and add the squash. Sprinkle with ¼ teaspoon salt.
- ♥ Stir occasionally, so most of the squash is lightly browned. Continue cooking for 15 minutes.
- ♥ While the squash cooks, cut 2 apples into small cubes. Peel or not, as you wish. Add the apples and nutmeg to the squash, stirring to mix well.
- ♥ Continue to cook stirring occasionally, until both squash and apples are tender - about 10 minutes. Actual cooking will depend on the variety of apple used. Correct seasoning, if necessary.