



Teddy Bear Day Care and Preschool Newsletter Infants/Toddlers/Young Two's

September 2026



September Events

September 4



September 7



September 13

National Grandparents' Day



Tour our locations and find out why families have chosen us since 1972!



**Welcome Back
to School!**



September News

We are excited for the 2026-2027 school year to begin, and we are delighted that you have chosen to become part of our family! Our staff are eager to learn more about your child, his/her interests, and helping them make new discoveries! Staff can help you develop a good-bye transition when dropping off your child in the morning. We want you to know that your children are in good hands. Whether your child is attending our school for the first time or transitioning to their new classroom, feel free to call the center during the day if you would like to check on your child.

The infants in our care follow a schedule based on their individual needs. They will be fed on demand, put down for a nap when tired, diapered when wet or soiled, and enjoy outside time when the weather permits. Infants will play independently or with their caregiver at all other times.

Our toddlers enjoy a routine that includes play/exploration/choice time, circle time (reading and/or singing together with their caregivers and classmates), outside play, and healthy meals. Staff interact with the toddlers and encourage them to talk with each other, engaging the children in one-on-one conversations. Our caregivers want to help your child grow at their own individual pace.

LOOK BEFORE YOU LOCK!!



Parents can suffer from exhaustion due to lack of sleep, stress, and changes in their normal routine. Any one of these can cause your memory to fail at a time when you least expect it. Even the best of parents or caregivers can overlook a sleeping baby in a car; and the end result can be injury or even death.

MAKE SURE YOUR CHILD IS NEVER LEFT ALONE IN A CAR:

- ✓ Place an item you can't start your day without in the back seat (*employee badge, laptop, phone, handbag, etc.*)
- ✓ Clearly announce and confirm who is getting each child out of the vehicle.

MAKE SURE CHILDREN CANNOT GET INTO A PARKED CAR:

- ✓ Keep vehicles locked at all times.
- ✓ Never leave car keys within reach of children.

For more information, please visit www.kidsandcars.org/.

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Infants/Toddlers/Young Two's (continued)

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Brain Games for Infants

6 to 9 months: "One, Two" Sit with your infant on the floor. You could make up rhymes as you hold your infant's hand and let them touch different body parts, and vice versa. For example, you could touch your forehead and say, "head", then use your infant's hand to touch your forehead and say, "head". *Brain research says that infants need touching experiences to grow the brain and grow the body; these experiences are just as critical as nutrients and vitamins.*

9 to 12 months: "Outside Exploring" Playing outside on a lovely day is a wonderful way for your infant to experience his senses. Let your infant crawl in the grass while you crawl along with him. Name each thing that your infant seems interested in. *Brain research says that early childhood experiences have a dramatic and precise impact, physically determining how intricate neural circuits of the brain are wired.*

Courtesy of: 125 Brain Games for Babies, 2012, by Jackie Silberg

Potty Training for Toddlers and Young Two's



Potty training is not a science with one correct formula. Different tips and tricks work for different children and families. Prepare for some trial and error as you discover what works for your child.

Keep the potty close so your child can help themselves more easily. **Interact with the potty** by encouraging your little one to check out the little potty, sit on it, and even decorate it. **Buy fun underwear** in your child's favorite designs, encouraging them to "graduate" out of their pull-ups. **Be tough with yourself** by sticking with your plan when you say "no" to diapers. Be firm in your decision (let our staff know the new potty schedule) and be willing to disinfect your surroundings multiple times a day.

www.parents.com/toddlers-preschoolers/potty-training/tips/potty-training-secrets-from-the-pros/

Cooking Corner

Pureed carrots, bananas, avocado, green peas, and butternut squash are popular "starter" meals for infants! Cook/prepare (measure, or stir ingredients together) healthy foods with your child for fun bonding time!

Easy Spinach Pesto

Add 4 cups lightly packed baby spinach, 1/3 cup olive oil, juice of 1 lemon, 1/2 cup grated parmesan cheese, and 1/2 cup roasted sunflower seeds (optional) to a blender. Blend well, until very smooth, stopping to scrape down the sides of the blender as needed. Season to taste with salt if needed. Toss with cooked pasta of your choice and enjoy!



www.yummytoddlerfood.com/recipes/dinner/easy-spinach-pesto/

What is so great about the HighScope Curriculum?

The HighScope Curriculum was founded in 1970 by psychologist David Weikart. The HighScope educational approach is consistent with the best practices recommended by the National Association for the Education of Young Children (NAEYC), Head Start Program Performance Standards, and other guidelines for developmentally based programs. Our staff are trained in HighScope, presented by Charlotte Umoja, Certified HighScope Field Consultant/Trainer. As your children work with other children and staff, they are developing their personal, emotional, and social skills in a meaningful way, and experiencing more about the world around them. Learn more at <https://highscope.org/faq/>.