



February 2012

Play and Learn at Odenton
1417 Odenton Road ~ Odenton, Maryland 21113
Phone: 410-305-0117 ~ Fax: 410-305-0166 ~ Email: JPotvin@playcenters.org
Visit us at www.playandlearnmaryland.org ~ Tax ID: 52-1259566



From the Director

Welcome to the “love”ly month of February! LOVE is in the air!

Parent/Teacher Conferences will take place this month. The Infant/Toddler/Two's Conferences will be held during the week of February 6th through 10th. The Preschool and Pre-K Parent/Teacher Conferences will follow during the week of February 13th through 17th. Sign-up sheets will be posted in each classroom for you to schedule your conference. Assessments, Developmental Checklists, Work Sampling, and Observation Journals will be shared during your winter conference. Please take advantage of this wonderful opportunity to discuss your child's progress.

Valentine festivities will be enjoyed on Tuesday, February 14th, in the classrooms. Love notes and cards may be exchanged and don't forget to dress your child in red or pink to add to the celebration!

Play and Learn at Odenton is partnering with Play and Learn at Community Place for a field trip to Chesapeake Children's Museum, located in Annapolis, on Friday, February 17th. This trip is related to our curriculum theme of music. Permission slips are required and will be distributed the first week of February. Parents are welcome to join us. Please contact Ms. Jennifer for more details.

We are excited to share the good news that Play and Learn at Odenton is scheduled for our Maryland State Department of Education Accreditation Pre-Validation Visit on Monday, February 27th. Ms. Angie, Ms. Jennifer, our parent representatives, Mr. and Mrs. Reeves, and especially our fabulous teaching team have been preparing for this opportunity to show the State we are Accreditation worthy. We hope to learn and grow from this experience. We will share the results with you soon!

Parent Letters that coincide with each curriculum will be available, beginning February 1st. Please visit our website at www.playandlearnmaryland.org. Click on **Important Information** to find exciting information about home activities for each Infant /Toddler Focus and each Preschool Unit.

The children and staff are embracing healthy living, healthy eating, and caring for the earth. We will emphasize appropriate portion size, nutrition, exercise, and proper sleeping habits. Our snacks are composed of fresh fruits and vegetables, organics and whole grains, and lots of water. The children and staff enjoy outdoor as well as indoor play for fresh air and exercise daily. Naptime is important daily to allow the children's bodies and minds to rest. Please continue these healthy living initiatives at home to provide consistency and promote good health!

Happy Valentine's Day!

Ms. Jennifer, Ms. Angie, and Loveable Super Star Staff

Important Dates

(See Calendar for more information)

February 14 - Valentine's Day

Parents -

Please check for the posted Parent Resource List as well as the Parent Resource Binder. We hope you find this information to be useful!



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Healthy nutrition starts as early as infancy with breastfeeding. Once your baby begins eating solid foods, introduce nutritious foods early on and often. Sometimes toddlers need to try a food 10 times before they actually accept and enjoy it. It is also important to encourage play time as soon as they start crawling and walking. As your children grow, continue to help them live a healthy active lifestyle.

To lead a healthy active life, families can strive to reach these goals:

- 5 fruits and vegetables a day,
- 2 hours or less of screen time (TV, computer, video games) per day,
- 1 hour of physical activity a day, and
- 0 limit sugar-sweetened drinks.

To help children live healthy active lives, parents can:

- be role models themselves by making healthy eating and daily physical activity the norm for their family.
- create a home where healthy choices are available and encouraged
- make it fun - find ways to engage your children such as:
 - ◊ playing a game of tag,
 - ◊ cooking healthy meals together,
 - ◊ creating a rainbow shopping list to find colorful fruits and vegetables,
 - ◊ go on a walking scavenger hunt through the neighborhood, or
 - ◊ grow a family garden.

In addition to the 5, 2, 1, 0, families can make small changes in their family routines to help everyone lead healthier active lives. Try:

- Eating breakfast every day;
- Eating low-fat dairy products like yogurt, milk, and cheese;
- Regularly eating meals together as a family;
- Limiting fast food, take out food, and eating out at restaurants;
- Preparing foods at home as a family;
- Eating a diet rich in calcium; and
- Eating a high fiber diet.

Help your children form healthy habits now.

Healthy active children are more likely to be healthy active adults!

<http://www.aap.org/obesity>