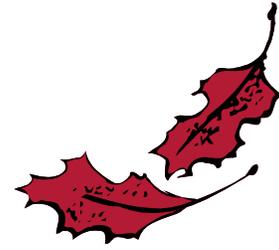




# Indi Kids Newsletter Fall 2018



## Welcome New Families!

We would like to extend a big welcome to all of our new families. Thank you for choosing Indi Kids.

Parents are invited into our programs at any time. You are welcome to join your child for lunch or snack, read to the class, share a special talent, just stop by for a visit or observe from the observation booth.

What you say matters. You know your child best, so please share pertinent information with us. We will offer parent-teacher conferences throughout the year, but you may request one at any time. We will always offer you a transition meeting before moving your child to a new classroom. Let's keep the lines of communication open. Our goal is to work closely with our families to provide high quality care and education services.

You will be asked to complete an anonymous survey once per year, however, we welcome your feedback at any time. We also welcome parents to serve on our Board of Directors. If you are interested in serving, please see our director, Marti or assistant director, Stephanie.

If you have not received a parent handbook or a security card for the front door, please stop by the office or call 724-349-1821. We look forward to getting to know all our new families and we hope you and you and your children have a wonderful experience here at Indi Kids.

## What is Developmentally Appropriate Practice?



Have you heard teachers refer to an activity as being "developmentally appropriate" and wondered just what that means?

The National Association for the Education of Young Children defines developmentally appropriate practice as "meeting children where they are—which means that teachers must know them well — enabling them to reach goals that are both challenging and achievable"

Developmentally appropriate practice commonly referred to as DAP is an approach to teaching grounded in both research on how young children develop and learn and in what is known about effective early education. Its framework is designed to promote young children's optimal learning and development. At Indi Kids we try very hard to provide developmentally appropriate practices that engage young children in learning experiences that get them excited about learning and prepares them for success in life. We also try to connect with our local and state policy makers to let them know how important it is to establish and support policies and provide funds for programs that follow the DAP approach.

---

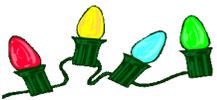


## Family Bulletin Board



- Breakfast is over at 9:00am. If you would like your child to have breakfast at the center, please plan to have your child here prior to 9:00am.
- To avoid wait time at the front door, please carry with you and use your door security card.
- Please notify us of schedule changes as soon as possible. Classrooms are staffed according to the children's schedules.
- If you receive child care works subsidy, it is extremely important to notify Indi Kids as well as the ELRC office if your child will be absent for several days or if you have a schedule change.
- If you prefer to receive a copy of the program newsletter via email instead of a printed copy, please send a request to [smcadoo@indikids.org](mailto:smcadoo@indikids.org).
- Please close playground gates upon entering and exiting the playground area.
- Are you interested in helping with fundraisers or planning an Indi Kids event/fundraiser—if so please email Stephanie at [smcadoo@indikids.org](mailto:smcadoo@indikids.org).

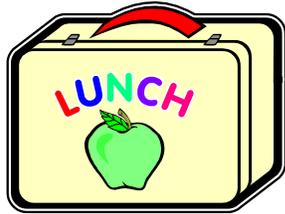
## Gift Wrapping Fundraiser



**Need a hand this holiday season?  
We can help!**



Indi Kids staff will be pulling double duty this holiday season working as Santa's Elves. We will be wrapping gifts for donation to raise money for the program. Just bring us your presents in the morning and we will have them wrapped, bagged (to keep it secret from the little ones) and ready for pick up in the afternoon. We will raise much needed funds and you won't be up until the wee hours of the morning on Christmas Eve! It's a win-win for everyone! Look for more information soon!



# Lunch Box Blues



Does the thought of packing another lunch that your toddler or preschooler may or may not eat have you ready to pull your hair out? Little ones can be picky, so getting them to eat a healthy lunch can be a huge task. We understand your frustration and we feel terrible when we send home uneaten lunches or worse yet, have to throw something away because it was opened and not eaten or one bite was taken. A hungry toddler is no fun either! Below are some ideas for lunches—of course we know that not all items will appeal to all kids, but you can mix and match. Keep in mind though, that sometimes kids need to be exposed to a new food at least 20 times or more before they try it. Try adding one new food at a time to your child's lunch box while still including foods you know they like.

When packing lunches keep balance in mind. Try having a fruit, veggie, whole grain and a protein. Don't get too upset if the lunch isn't completely balanced or your child doesn't eat the veggie. Your child will have other meals that day and be able to get the nutrition they need.

It's also a good idea to get your child involved. Ask them what they would like in their lunch. If they help to choose the items in their lunch, they may be more likely to eat it. Now, of course that does not mean they get to choose only candy, cake, and cookies!

Make it fun—use cookie cutters to cut cucumbers, sandwiches, or cheese. Include a fun note with a smiley face or sticker.

Below are some ideas for toddler and preschool lunches. Please keep in mind that some items will need to be cut into small pieces for very young children and you should always try new foods at home at least once before sending it to the center in order to watch for food allergies.

**Yogurt**

**Raisins**

**Cottage cheese**

**String cheese**

**Applesauce**

**Graham crackers**

**Hard cooked eggs**

**Mandarin oranges**

**Watermelon**

**Bell pepper strips**

**Strawberries**

**Clementines**

**Cheddar crackers**

**Bananas**

**Banana Bread**

**Apple slices**

**Grilled chicken**

**Deli turkey**

**Whole wheat waffle**

**Berries**

**Pineapple**

**Green beans**

**Slice of cheese pizza**

**Whole wheat waffle**

**In a thermos—**

**Pasta with sauce**

**Mac and cheese**

Some combinations to try:

Pineapple, hard cooked eggs, cheddar crackers, string cheese and raisins

Slice of cheese pizza, green beans, watermelon cubes

Ham and cheese waffle sandwich, strawberries and bell pepper strips



Make your own list and mix and match combinations—let your child help.

Some of the above lunch box ideas come from Holly Grainger, MS, RD

Check out her healthy recipe ideas on her blog, Facebook, Twitter, or Instagram.

## Fall Fun List To Do With Toddlers and Preschoolers

- Make leaf rubbings
- Play Freeze Tag
- Start a Family Gratitude Journal
- Play in the fallen leaves
- Visit a pumpkin patch
- Go on a hayride
- Have a family game night—Candy Land and Chutes and Ladders
- Rake leaves for an elderly neighbor
- Visit a corn maze
- Go for a walk
- Have a photo shoot in a leaf pile



Play *Halloween Charades* with your children. Here are some ideas to get you started:

- ♦ Bat Flying
- ♦ Putting on a mask
- ♦ A witch riding a broom
- ♦ Carving a pumpkin
- ♦ Trick or Treating
- ♦ Bobbing for apples
- ♦ Walking through a spider web
- ♦ Eating candy

## Day of Play



The 10th Annual Day of Play will be held on Saturday, October 13 at the S&T Bank Arena.

\$1.00 per person. Maximum charge per family is \$5.00. Children under 2, free.

Hosted by the Children's Advisory Commission of Indiana County.

Bounce Inflatables, Pumpkin Painting, Touch a Truck, Carnival Games and more!!!

We hope to see you there!!!



## Indi Kids

Indiana County Child Day Care Program  
IUP Davis Hall Ground Floor  
570 South 11th Street  
Indiana, PA 15705

Phone: 724-349-1821  
Fax: 724-465-0738  
Email: smcadoo@indikids.org

Teaming with Families to Provide  
High Quality Care and Education



## Indi Kids

The goal of our program is to work with parents for the fullest development of their children socially, physically, and emotionally. The program environment is one that stresses interaction and exploration with adults, other children, and an assortment of experiences and materials. Since children's play is a vehicle for and an indicator of their social, emotional, and intellectual growth, child-initiated, teacher-supported play is one of the essential components of the program. Indi Kids is responsive to the individual strengths and developmental needs of each child. Teachers foster children's self-confidence, independence, curiosity, and problem solving skills. In an environment of mutual trust, caring staff members help children search for and form their own questions, ideas, and meaningful solutions. Children enjoy the pleasure of learning through direct experience.

**IMPORTANT!**



The University Center will close at 4:00pm on Thursday, Nov. 1 for Professional Development time.

Indi Kids will be closed Nov. 21, 22, and 23 for Thanksgiving break.

*In addition to the above dates the **Pre-K Counts classroom** will be closed  
Nov. 12 and Nov. 26*

Indi Kids will be closed Dec. 24 through Jan 1. We will re-open on Jan. 2.

Please watch our face book page for any weather related delays.