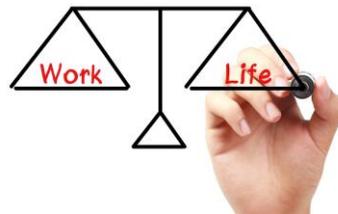


## Control the Balance

Today the boundaries between home and work are often blurred, making it harder and harder to keep personal lives and work lives separate. A poor work/life balance can result in fatigue, no time for friends or loved ones, poor health, and can lead to more responsibility and an even worse balance between work and home.



The good news is there are ways to try and get the balance under control. One good tip is to keep track of where your time goes. Pay attention to your everyday personal and work related duties and make decisions as to which you find most satisfying and necessary.

You also need to take care of yourself and ensure that you are living a healthy lifestyle. To this end, it is vital that your diet is a healthy one.

The Mediterranean diet is especially good for wellbeing and stamina in addition to increasing the ability of the brain to retain information and emphasizes lean protein as well as fresh vegetables and fruits.

## Simple Tips for Budget Healthy Eating

Healthy eating can be difficult at the best of times with all of the conflicting information out there, but when you are on a tight budget, it can be even more difficult, with the foods that are best for you often far more expensive than the less nutritious alternatives. The good news is there are ways to shop wiser and eat healthier.



One good tip is to make a point of emphasizing produce that is currently in-season. The price of in-season fruits and vegetables drops during these times because they are more readily available. Happily, they are also at their most nutritious and flavorful during this period. Melons, organic strawberries, apricots, cherries, peaches, and plums are in-season during summer.

Another good tip is to buy in bulk. Purchasing enormous quantities of staple food requirements such as beans, grains, nut butters, olive oils, and spices can help save a lot of money in the long term as well as cutting down waste and spoilage and eliminating unnecessary packaging. Grains like barley, quinoa, and rice are particularly good to buy in bulk as they double in size after cooking.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

## Monthly Joke



### Doubling Down

Two friends were watching a movie one night over a few beers.

During a car chase, Joe turned to Mike and said, "I'll bet you \$20 he drives that car off the bridge."

"You're on," Mike said, shaking hands.

Two minutes later, the car went off the bridge, and Mike handed Joe \$20.

A few minutes after that, Joe confessed, "I've got to tell you, I shouldn't have bet you that money. I've seen this movie before."

Mike shrugged.

"Me, too. I just didn't think that driver would be stupid enough to do it again."

## Monthly Quote

*"You're not obligated to win. You're obligated to keep trying. To do the best you can do everyday."*

— Jason Mraz

## Are These Items On Your Calendar?

**Adopt-A-Dog Month.** Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.

**National Bullying Prevention Month.** National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

**Emergency Nurses Week, Oct. 11-17.** Sponsored by the Emergency Nurses Association, which represents the approximately 180,000 emergency nurses in the U.S. who save lives and render aid on a 24/7 basis.

**Earth Science Week, Oct. 11-17.** An international event to help the public gain a better understanding and appreciation for the Earth sciences and to encourage stewardship of the Earth.

**Respiratory Care Week, Oct. 25-31.** An annual event that recognizes the respiratory care profession and promotes awareness of lung health issues and practices.

**International Music Day, Oct. 1.** Initiated in 1975 by Yehudi Menuhin to encourage and foster musical diversity worldwide.

**World Teachers' Day, Oct. 5.** Celebrating the dedication and commitment of the world's teachers, and spotlighting the shortage of teachers needed to achieve the goal of universal primary education by 2030.

## Fun Things To Do In The Fall

Every season of the year provides great opportunities for families to have fun, learn about the world around them, and just spend time with each other. While summer is often the time most associated with doing outdoor activities, the cooler days of autumn offer some great outdoor things to do.

### Celebrate the Harvest

For children raised in the city, or even in a smaller suburban area, getting out into the country and experiencing the harvest is an ideal way to learn more about where their food comes from.

In all areas of the United States, you will find farms that are open to visitors. They typically allow you to pick your own apples or pumpkins or harvest nuts right from the trees. Many of these farms also have activities you can take part in such as making apple cider, jam and jelly making, or even learning how to carve a pumpkin.

If you don't have the ability to get to the farm, why not let the farm come to you? Going to a local farmer's market in your community in the fall is an excellent time to find organically grown produce and vegetables as well as homemade preserves, pickles and local specialty items.

### Outdoor Fun

Spending time just looking at the changes in natural is also a lot of fun. Plan a fall picnic at your local park and collect different fall leaves, look for migratory bird species, or try to spot all the differences as the seasons change.

Parents and kids can also build bird and squirrel feeders for the upcoming winter months. These can be made from recycled items around the home, or you can also buy kits at most hobby supply stores, hardware stores, and even toy stores.

The whole family can work together to get the yard ready for fall. Kids and parents alike can take part in raking the leaves, getting the plants ready for winter and preparing the gardens for the spring.

Don't forget to take in local Fall Festivals which include a range of family-based activities and events. As these are typically free they are a great way to spend a Saturday, and they are also very budget friendly.



## Keep the Kids Learning While At Home

Learning does not have to stop when the school day ends. There are many ways to help your children to learn faster at home.



The world itself is a classroom of sorts, and you can explore important concepts right in your own home – for instance, measuring cups that you keep in your kitchen cupboard.

Get your child used to playing games with an educational slant. This not only allows them to learn things but also to grow up with the idea that education is fun. Take the time to visit aquariums and museums with your children, and even the local park can be an education in itself.

Music lessons can also help to round out a child’s education and assist with building self-confidence, imparting cultural values, and improving motor skills.

Instruments can be rented from many music stores in order to test out the interest and commitment level of your child, and there are even free music tutorials available online these days.

Music, games, and other activities help keep kids learning all day long and having fun while doing so.

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## Finding Joy in Work

Work can too often seem like a drain on our energy and existence, but it does not have to be that way.

Work can actually be a source of joy, and there are a few helpful tips that can assist you with finding the joy in your own employment.

One of the most important tips is to find out what gives you motivation and passion and work on that.



You are obviously going to do a better job if you are working on something that you actually care about.

You should also never give up. Failure should never deter you, as sooner or later you will succeed in whatever it is you are trying to achieve. Also important is learning to manage your time, as deadlines are likely to be crucial – the end result has to be delivered on time.

It is a very good idea to keep an open mind and attempt to learn as much as possible from managers, supervisors, and colleagues. Do not be afraid, however, to listen to your own instincts

## Ignoring Bad Advice



There is a lot of financial advice around these days and much of it unfortunately just isn’t true.

There are a number of common financial tips that do not work in this day and age, if they ever did.

One of those tips is to save ten percent for retirement. This may have been true in the past, but in the 21st century most experts seem to think we will need to set aside a good deal more than ten percent of our net income in order to be able to retire comfortably, particularly with the average lifespan getting longer.

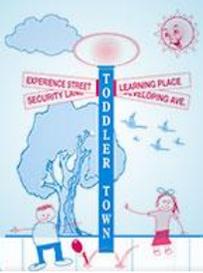
People should start saving as early as they can.

Another oft-quoted piece of advice is that people should start saving right away for their child’s education.

Although this is important, saving for retirement should actually still remain the number one priority for most people – otherwise you may end up living off your kids in the future.

Another top tip that may not be all it seems is that everyone needs a financial planner.

The truth is, if you have uncomplicated assets and are comfortable managing them on your own, then all professional help will do is cost you money.



# TODDLER TOWN

Evanston (847) 475-1467  
Chicago (773) 622-9433

*"Where Your Child Always Comes First"*

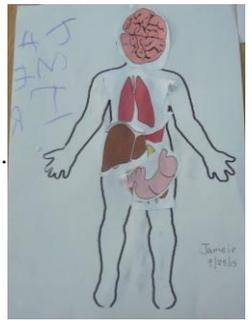
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## GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES OCTOBER 2015

### SHARKS: 5 YEAR OLDS

Dear parents, we have enjoyed summer at our best; went to the nearest park, took nature walks, etc. Last month we had a little change in our schedule. Since we had a low amount of students in the class, we postponed learning about ourselves, each other's interest, and family. Instead we added 'Ocean animals' and 'Body Parts'. Fall is here! The month of October will be filled with lots of fall activities: coloring, collecting & painting the fall leaves. We will discuss Christopher Columbus in honor of Columbus Day. Learning about pumpkins, bats and spiders will be spooky and fun. We will dress-up for our Dress-up party on Friday, October 30<sup>th</sup>. We will continue learning new letters, numbers and shapes. Learning to recognize and write our own name is important in pre-K, so please continue helping your child practice writing their name. The weather is changing and we go outside twice a day to improve our gross motor skills, so please have your child bring a light jacket to school. Thank you so much! Happy October! ☺



### BUTTERFLIES: 4 YEAR OLDS

Happy October! Last month, we talked about classroom safety/guidelines, feelings, and we got to know each other more during our "All about Me!" unit. In this month, the four year olds are getting ready to explore many different topics including apples, nocturnal animals, pumpkins, and spiders! On Friday, October 30<sup>th</sup>, our class will have a Fall Fest party/parade! Parents are welcomed to bring in healthy snacks/drinks for our party. Alternative themed treats (stickers, age appropriate goodies, pencils, etc.) are allowed as well. No candy will be allowed this year. Toward the end of the month, teachers will put up a sign up sheet for parents who would like to bring in treats. Children are allowed to dress up in costumes for our Fall Fest party and parade. If you do not wish for your child to participate in these activities, please let any one of the teachers know. Also, please note that because the weather is changing, filling your child's cubby box and providing a classroom sweater is very important. Thanks for your teamwork!



### Travel Tips for Parents

Traveling can be a lot of fun but also a lot of hassle, particularly for parents of small children. The good news is that there are a number of tips that can help to cut down on the stress level of moms and dads on vacation with the little ones.



One good tip is to come up with a general pack list. This should include items relevant to all family members and include everything from a first aid kit to coloring books, to socks and underwear.

Have it typed up and then printed out just prior to setting off on your trip. This will help to make packing more organized and less frantic, and once the basics have all been included, you can then add items specific to the trip you are taking, such as scarves or bathing suits.

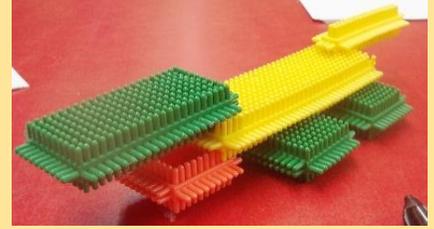
Another good tip is to provide the kids with bags of goodies. These bags should be full of items such as small toys, activity books, and favorite snacks, and can be helpful both for making the child feel important in the arrangements and hopefully stave off boredom on the journey.

## CHIPMUNKS: 3 YEAR OLDS

Howdy All!

Ah, what fun we had in the month of September...sad that it's almost gone, BUT October brings some interesting events, and even more fun! Last month we learned about Alligators, Counting, and Colors...blending, creating, and shades of.

In October we will give attention to Languages—(syllables, and long A vs short a sounds), Dogs, Tracing, and Bugs - an overview. Remember, parents are always welcome in class! We had two parents come and visit last month and help out. It was a hoot!



## NEW FACES AT TODDLER TOWN

Dear Parents,

Over the past couple of weeks you may have noticed some new faces at Toddler Town Daycare. We would like to introduce them to you:

### **Nadine Worrell – 2 -year-olds Teacher**

Hello Parents! I am happy to join the Toddler Town family. I am from Jamaica and moved to Chicago over 8 years ago. I am married and a mom of 2 beautiful girls. Over the years I have been a Sunday School Teacher and a Youth Group leader for children ages 2 to 18 years old. Most recently I have been a private nanny for many families. One of the reasons I came to Toddler Town is because of my love for Early Childhood Education. Currently I am enrolled in Early Childhood Education classes so that I can obtain my degree in ECE. Please stop by so that I can meet you.

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### **Kate Dimitrievska – Toddler Town Floater & 2 year old room Volunteer**

Hello Everyone, I will be volunteering at Toddler Town Daycare over the next several months. I have a master's in German and love working with children. Over the next few months you will see me helping out in the 2 year-old-room along with helping out where I may be needed throughout the school.

### **Brandon (Blake) Collins – Sharks Classroom Assistant**

I'm the new assistant teacher here at Toddler Town. I'm working in the 5 year old classroom. I'm a Chicago Native and a White Sox and Black Hawks Fan. I'm excited to be teaching here at Toddler Town. In the 6 ½ years I've been teaching, coaching and volunteering, this is the youngest group of children I've taught.

I really enjoy arriving every morning as the kids are always energetic and eager to greet you. It makes coming to work all the more exciting. My most recent journey as an educator, I tutored 4th and 5th graders 5 days a week. Being able to help a child fully understand a subject that was once a burden is what makes teaching a great field to be a part of. These aren't just students, these are the future leaders of tomorrow and I'm enthusiastic to be a part of their journey. I hope to meet each parent and I embrace all children with fun, supportive, and caring arms.

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### **Good Luck to Stephane**

As many of you know Stephane from the 2-year-old room has left Toddler Town Daycare to open her own childcare. Toddler Town would like to wish her well and success in this new chapter of her life. If you have any questions or concerns, please feel free to contact me.  
Sincerely, Angelo