



**Reminders: Picture Day Thursday, November 5<sup>th</sup>.**

**We will be CLOSED Wednesday, November 11<sup>th</sup> for Veteran's Day and November 26<sup>th</sup> & 27<sup>th</sup> for the Thanksgiving holiday.**

## How To Keep Your Professional and Personal Life Separate

One of the ways to ensure you keep a healthy work/life balance is to keep your professional life and your personal life as separate as possible, and there are a number of ways in which this can be achieved.

One method is to have two Facebook pages – one personal for your friends and family and another one for business. A lot of people make the error of using one page for both purposes and end up both annoying their social contacts with promotional posts and looking unprofessional in front of prospects. To start separating your work life from your personal life, separate them online.

It is also a good idea to ensure that you schedule as much time for your personal and social life as you do your business. Personal time should be set aside, including the likes of family activities, holidays, exercise, and hobbies. This both provides motivation to keep your schedule firmly on track and gives you something fun to look forward to. On the same note, it is vital to set boundaries and to start and stop work on time and not allow it to run into, and ultimately even take over, your personal life.



## Breakfast Tips

Having breakfast every day is not only good for nutritional reasons but will also result in children performing better in school. Just a simple breakfast can make sure that a child will not start the school day hungry and that they have the required energy and nutrients to aid concentration while they are trying to learn. A nutritious breakfast also gets children off to a good start to meeting all of their daily requirements for vital nutrients such as calcium, which is found in cheese, milk, and yogurt.



Dairy goes hand-in-hand with breakfast and delivers nine vital nutrients in the one package, with dairy protein also helping to support developing muscles and keep kids satisfied until lunch time. Good ideas for nutritious breakfasts featuring dairy products include yogurt smoothies, pizza, and breakfast burritos. Hungry children are often unable to learn, so be sure to send your kids off to school with full bellies.

**November 2015**

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



### No Place Like Home

A man walked into a roadside diner and asked for a menu. A few minutes later he told his waitress:

“I’d like a T-bone steak, medium rare, but instead of that bring me a ribeye steak so well done its crispy and black. And French fries, but instead of that get me a baked potato. And a house salad with ranch dressing, but instead you can serve me French dressing. Iced tea would be nice, but you can pour me a cup of coffee.”

The waitress stared at him. “What are you talking about?”

“I’m a truck driver,” he explained,

“and I’ve been on the road for six months.

So I wanted a meal that reminds me of home.”

## Monthly Quote

*“A little thought and a little kindness are often worth more than a great deal of money.”*

— John Ruskin

## Learn About Thanksgiving!

Thanksgiving in the States is always on the fourth Thursday in November each year.

The Plymouth Pilgrims were the first to celebrate the Thanksgiving in Plymouth, Massachusetts. The first Thanksgiving celebrations lasted three days!

Benjamin Franklin wanted not the bald eagle, but the turkey to be the national bird!

Abraham Lincoln issued a 'Thanksgiving Proclamation' in October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.

In the U.S., approximately 280 million turkeys are sold for the Thanksgiving celebrations.

In Canada, it's celebrated on the second Tuesday in October.

Turkeys will have 3,500 feathers at maturity. That's a lot of feathers to pluck!

91% of American's eat turkey on Thanksgiving.

The first Thanksgiving meal, did not contain turkey. Most likely it was duck or wild fowl, stuffed with onions and herbs. They probably included shellfish and clams or mussels, corn and fish and you guessed it... no pumpkin pie! Hard to imagine!



## Giving Thanks At Thanksgiving

Finding ways to give thanks to people in our lives is a great family activity and one that will assist children in learning the importance in recognizing others for their kindness and support. Unfortunately in today's busy world actually taking the time to recognize acts of kindness, support, and love are often reduced to sending a quick text message or perhaps an email, but there are some other things that we can incorporate into our daily lives as well.



For kids, it is important to not focus in on technology, but rather to give a personal message of thanks. This is a great discussion to have at this time of year with Thanksgiving just around the corner.

Here are some low-cost, fun, and personalized ways that you children can give thanks to friends, family, and people in their lives. You can incorporate other creative ideas as well; your only limitation will be your imagination.

- Handmade cards – children can design their own personal thank you cards to give out to those they wish to recognize. All you need to do is provide crayons, markers, glitter, fabric, and craft odds and ends and some craft glue and kids can design away. A hand printed messages inside adds to the personal touch.
- Thank you leaves – if you live in an area where the fall leaves are out in their splendid colors, you can use these to create a wonderful gift. Kids can write a thank you note on writing paper that will fit on the surface of the leaves, one per large, flat leaf. Then, glue the short message to the center of the leaf and allow to dry. Use a glue and water mixture or a lacquer to paint over the leaf and note. This can be glued to a heavier piece of construction paper for a thank you noteworthy of framing.
- Baking something special – for neighbors, family and friends that are visiting, why not have the kids help bake a batch of their favorite cookies. These can be wrapped in fall colors of foil or wrapped in plastic wrap and covered with fall colors of tissue paper. A short thank you note can be attached with a ribbon.

Modeling thankfulness and appreciation of others all year round is also important for kids to see. It is also a great practice in the family, and one which will become a habit.



## Study Tips for Kids

Children need to be raised to have good learning habits in the same manner as they need to be raised to have healthy eating habits.

Studying and actually attending class are obvious pointers, but there are other study tips that are less blatant.

It is important to keep in mind that ways of studying that are not fun and more difficult can nonetheless be more effective than the easier and more enjoyable methods.

One good tip is to test your child's memory. Rather than simply having them constantly re-reading the same notes, get your kids to close the book every now and then and test out their knowledge and memory.

Even good grades do not necessarily translate to good learning. Cramming can result in good test scores, and yet the knowledge will only be retained for the short term.

A better strategy is to study a little bit each and every day, reviewing things a couple of times, with the result being that the knowledge is retained for much longer.



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## Taking the Perfect Family Photo

It takes a surprising amount of effort to create a family photograph that you will be proud to have hanging on your wall, but there are some helpful tips to make sure that you end up with the kind of snap that you truly desire.

One good tip is to choose the best time to take a photograph. This needs to be when your kids are usually at their most good natured and happy.

If you have small children, they are likely to be tired and perhaps not in the right mood to pose for photographs at five or six o'clock in the afternoon/evening.

On the other hand, if you have teenagers, it might not be the best idea to rouse them out of bed at 8 am to take a photo. Choose a time that is convenient for everyone.

Although many people think they should get all dressed up for a family photo, it might actually be a better idea to stay casual.

Families that are relaxed and comfortable are going to result in a much more relaxed and warmer photograph.



## Pre-College Finance Tips



Students returning or going to college for the first time usually have a lot of things to remember such as headphones, lots of shampoo, underwear, and so on.

However, it is also a very good idea to have your head filled with finance tips before arriving at college.

One important piece of advice is to make sure to sign up for text alerts, push notifications, and emails from your credit union or bank.

These are a good way to stay up to date with possible trouble spots that could result in overdrafts and might even help you to quickly spot fraud or anything dubious happening with your account.

Alerts can also be helpful with credit cards to ensure you pay your bills on time and avoid late fees.

However, you should make sure you will not be charged ridiculous prices for these alerts by your cell phone carrier.

Never hand over vital ID info or account numbers in an email or text message, as fraudsters often send such messages pretending to be from banks or credit unions.

Any scholarship applications that want payment in advance are also almost certainly scams.



# TODDLER TOWN

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*"Where Your Child Always Comes First"*

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GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

NOVEMBER 2015

## KOALAS: 5 YEAR OLDS

Hi Parents! October was a great month for the Koloas class. We learned about why leaves fall, what's inside a pumkin, and we discussed different kinds of feelings. We also created fun projects like spiders and paper lantern monsters. We had a great start to fall and we can't wait to see what the rest of the season brings us.

For the month of November we will be learning about new topics. Some of the new themes will consist of helping our community, solving different science experiments, and Thanksgiving. With these fun themes, we will also be completing awesome projects. We will also review past lessons as well as letters and numbers.



## BEARS: 4 YEAR OLDS

Happy Thanksgiving! Hope you have a great Thanksgiving holiday. To recap the month of October, we reviewed our colors, read about dinosaurs and talked about our emotions. We also had a fall celebration. We also continued with our fall themed art projects by painting with pine cones, bark and making bark art. We had fun celebrating October birthdays with some dancing and a turtle themed day.

For the month of November, we will continue our alphabet by discussing Family, the color green and Health. We will also be discussing Thanksgiving and being thankful. We will continue with our fall themed projects. It should be a great month!



## Meal Tips For Busy Families

Meal times can sometimes be a problem for busy families who are constantly on the go, but there are ways to make sure your family is getting something to eat without resorting to unhealthy fast food. Planning is vital to the process, and this can be done on weekends quieter evenings.



It is a good idea to plan out your menu for at least a few days ahead, or even for the whole of the next week, and make sure that you have all of the necessary ingredients available. Make use of a shopping list and prepare your family meals in advance by thawing out, or even cooking some parts of the meal, and chopping vegetables.

Another good tip is to double up on recipes before cooking, meaning that you end up with twice the amount of food and can freeze the excess for another meal on another day. Leftovers can be jazzed up by adding sauces, seasonings, or spices to alter the flavor.

### **BUMBLEBEES: 4 YEAR OLDS**

To recap this October, the Bumblebees learned a lot about the season (fall) and why it is called fall. My students were eager to collect leaves and look at leaves under the microscope. We did some cool art work that's displayed around the classroom or placed in their binders. How can I forget about all the safety things we learned throughout this month?! We learned about the traffic light, how to dial 9-1-1 in case of an emergency, and also some fire safety tips such as: what to do if your clothes are on fire? and the STOP, DROP AND ROLL technique.



During the month of November here are a few things your child will be learning:

Being Thankful; Family; Recognizing and remembering different letters: F, T, G, and S; Taking turns and sharing with our friends; Experimenting with measuring tools; Using quiet indoor voices and saving their loud voices for outside; Remembering to use walking feet inside and saving the running for outdoors; and Cleaning after themselves and putting things away correctly.

### **EXPLORERS: 4 YEAR OLDS**

Hello Parents! In the month of October the Explorers explored the Solar System, made effects of an eclipse, learned about the Fall Season, and discussed hibernation and animals that hibernate. We also had a big birthday celebration for some teachers and children. Lastly, we had a Fall Festival and the children made leaf collages.



For November, the Explorers will work on topics such as: farm animals, sea life and Thanksgiving. Also, the Explorers will continue working on letters, numbers, and colors. We are in a new season so please update your child's cubbie with weather appropriate clothing. Also parents, please remember to take your child's blankets home to wash and return every Monday.

### **BUTTERFLIES: 3 YEAR OLDS**

To recap last month, the children enjoyed many fun facts and projects pertaining to Fall. They also enjoyed making Halloween projects like ghosts, spiders, and pumpkins. The children also kept busy as they did the usual review of academics. We also focused on specifics like letters A and B, numbers 1, 2, 3, and 4, and writing our names. Lastly, we ended the month with a fun Fall Fest in which the children came dressed up in costumes. Thanks to the parents that volunteered to help out that day!



This month we will continue our usual review of academics and focus on letters C, D, and E, along with numbers 5, 6, and 7. We will also continue to work on writing our names. In addition, the children will learn the history behind Thanksgiving and make some fun projects in honor of the holiday. Furthermore, please check your child's cubbie daily for any notices and/or homework. Yes, homework will be sent home. We ask parents to take the time to work on the homework with your children as it is a key component to your child's development. **Lastly, don't forget to mark your calendars and look for alternate child care as we will be closed November 11<sup>th</sup>, 26<sup>th</sup>, and 27<sup>th</sup>!!! We will also have Picture Day November 5<sup>th</sup>.**

### **TOUCANS: 2 YEAR OLDS**

The month of October was full of seasonal activities for the Toucans! We worked on our "All About Me" curriculum, while talking about trick-or-treating and costumes. We filled the classroom bulletin boards with spooky creatures and our classroom family tree. The **Toucan's Terrifying Thrash** was positively a scream! We would like to extend a big thank you to all our volunteers that helped make our festivities possible! We will continue to talk about autumn and "All About Me" topics as we move into November. The kids will complete leaf rubbings, leaf luminaries, and experience seasonal items in our sensory tables. The children will learn about Thanksgiving as it pertains to a two year old. We will help them understand what it is to 'give' and be 'thankful'. Our *Giving Gathering*, at the end of the month, will involve pilgrim hats and Native American headdresses made by the children. We will encounter traditional meal items and make a friendship mix as well! More information about our giving exercises and Giving Gathering will go home as they draw near.

