



February Newsletter

Monthly Themes

Friends and Feelings

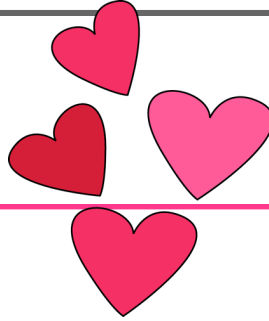
January 30th-February 3rd: Friends and Feelings

February 6th-10th: Valentine's

February 13th-17th: Dental Health

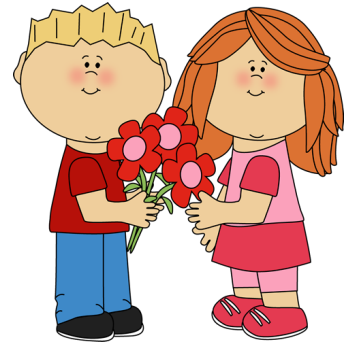
February 20th-24th: Circus

February 27th- March 3rd: Dr. Seuss



upcoming birthdays

- ◆ Annabell M. - February 2nd
- ◆ Lily M.- February 8th
- ◆ Charles S.- February 9th
- ◆ Abigail P.- February 23rd
- ◆ Lily Schultz-February 24th
- ◆ Carter H.- February 26th
- ◆ Avery L.- February 28th



Making Your Home Learning Friendly

Many students do homework or study outside of class and families can help to improve their regular study habits by following a few helpful tips.

Studying can be made to feel like a daunting



task thanks to piles of papers and workbooks.

You can help by organizing your child's learning materials and storing them in a particular area such as a filing cabinet or using paper folders for each individual subject. A chart could be posted on the inside front cover of said folders to note the completion of assignments and chapters and track studying time.

Noise levels from televisions, phones and other outside noises can

be very distracting to children who are trying to study. Try to avoid playing video games or having loud conversations while your child is trying to study. If possible silence electronic devices which can also interfere with concentration.

Having a specific room or table for the child to be able to study at is very helpful in creating an environment which is conducive to learning as well as helping the student to get organized.

Special Days in February

- ◆ February 2nd- Groundhog Day
- ◆ February 3rd-**Elmo's Birthday**
- ◆ February 14th- Valentine's Day
- ◆ February 17th- **Dental Health Visit**
- ◆ February 20th- President's Day

Fussiness? Gas? Crying?

Over 70% of babies experience feeding issues, like fussiness, gas, and crying, during their first year. While your baby's doctor is the authority, refer to this Q & A for help with turning your baby's feeding times into happier times!

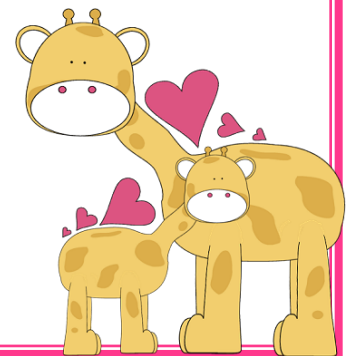
Q How can I help my baby feel better?

A Sometimes you can help by changing the way you feed your baby. Here are a few techniques to try:

- ◆ Hold your baby upright when feeding– and for a short time afterward
- ◆ Burp your baby frequently and after every 2-3 fl. oz.
- ◆ Burp by patting gently from the lower back, moving upward
- ◆ Gently massage the tummy
- ◆ Feed smaller amounts
- ◆ Calm a hungry or crying baby prior to feeding to prevent your baby from gulping air.

Q What may contribute to fussiness and gas?

A Fussiness and gas can simply happen when your baby's digestive system is still developing– and that's why they're common at feeding time. While these issues usually ease as babies mature, it's important to discuss them with the doctor so you can find a way to help your baby be more comfortable in the meantime.



Referral Program

Refer a family to us during the month of February and receive a gift certificate for dinner at



Orazio's
Restaurant



From the Office

Our **Easter Candy Sale** Ends on February 10th!

February 18th is **National Random Acts of Kindness Day**! In an act of kindness, our School Ageds and Preschoolers will be taking a field trip to **Brothers of Mercy** to visit with the residents for the morning on Wednesday, February 22nd!

The **Baker Victory Dental Program** will be coming to visit us on February 17th for Dental Awareness Month.

Please remember that any trip to the Pediatrician's office is an opportunity to get your child's most updated immunization information for our records!

