

Dear Parents,

We started last week with the theme of Friends and reminded the children of some rules about how to behave with our friends: nice hands, take turns, play gently and help each other.

This week, we talked about different friends, the ones that keep you healthy: the doctor, the dentist, the vet (pets are members of the family!) We also talked about how to stay healthy: doing exercise and being active (no problem with this part with our busy toddlers!) and eating healthy food.

**During circle time**, we showed pictures of doctors, nurses, dentists and veterinarians and also pictures of healthy food such as fruits and vegetables and non-healthy food, the ones that we can eat occasionally: ice cream, cake, etc.

**During centers**, the children pretended to be doctors or veterinarians listening to the heartbeat of their friends and teachers with a stethoscope, giving vaccines with a syringe, taking temperature with the thermometer and taking care of the boo boos with bandage! They could hear this vocabulary as they played together.

**Art/small group:** the children paint a tooth traced on a construction paper using white paint and our class toothbrushes. They made puzzles and played with playdoh and kinetic sand.

**Story Time:** We'll read books about going to the doctor and dentist, helping our little ones feel more comfortable about visits to these special helpers.

**Reminder:** please review carefully your child's nails and trim them to prevent harm from themselves or others around them such as teachers and classmates. Thank you!

Have a great weekend with your family!

Mrs. Murielle, Ms. Josy and Ms. Raima

**Parent's corner:** A word about biting:

Biting is a very unfortunate but common behavior observed in young toddlers. We had a few incidents lately in the classroom and we know it can be very upsetting when it occurs several times. Be assured that we are working with the biter(s) to eliminate this behavior.

If you want to know more about why toddlers bite and how to prevent it, here is the link to an article from zero to three: <https://www.zerotothree.org/resource/toddler-biting-finding-the-right-response/>