

Dear Parents,

This week, we are excited to explore the theme Friends Who Keep Us Healthy! We will be learning about some special helpers in our community—doctors, nurses, and dentists—who take care of us and help us stay strong!



**Doctors:** We'll learn how doctors help us feel better when we're sick and how they check our bodies to make sure we're growing healthy and strong. We'll also talk about things we can do to stay healthy, like eating good food and getting plenty of rest.



**Nurses:** Nurses are special friends who take care of us when we visit the doctor or when we get hurt. We'll learn how nurses help make sure we feel better and how they are there to give us bandages, take our temperature, and comfort us.



**Dentists:** We'll talk about how dentists help keep our teeth clean and strong. We'll practice brushing our teeth and talk about the importance of taking care of our smile by visiting the dentist and eating healthy foods.

Throughout the week, we had had fun activities to help us remember these important friends:

- **Pretend Play:** We'll set up a pretend doctor's office and dentist's chair in our classroom so the children can take turns pretending to be doctors, nurses, and dentists!
- **Healthy Habits:** We will talk about brushing our teeth, washing our hands, and how these little habits help keep our bodies clean and healthy.
- **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.

You can continue the conversation at home by asking your child about what they learned and practicing some healthy habits together, like brushing teeth or washing hands before meals.

Please Let your child be independent with these tips !!

✨ Having Play-Doh, beads with string, Legos, crayons, and markers at home is essential for helping toddlers develop their fine motor skills! Squishing and rolling Play-Doh strengthens little hands, while threading beads practices their grip. Building with Legos sparks creativity and problem-solving fun! Fine motor skills are like tiny superheroes at this age—they help kids learn to write, zip up their jackets, and so much more. By practicing these activities at home, you can help your child become a master of their little world, just like they do in class! Allowing toddlers to dress themselves and make choices is crucial for their development, building confidence and decision-making skills. When they pick out their outfits, even if mismatched, they learn about personal expressions. Similarly, letting them feed themselves, even if it gets messy, develops fine motor skills and a sense of accomplishment. Parents can support this independence by offering clothing choices, providing easy-to-clean meal options, and creating an organized space for toys, which not only empowers children but also helps parents manage daily routines more smoothly by fostering self-reliant and capable little ones. ✨

### ✨ REMINDERS ✨

✨ Don't forget to bring back your child's blanket and pillow all washed and cozy for next week! ✨

✨ When we send home any dirty clothes, please pack a clean pair in a Ziplock with your little one's name on it. ❤️

✨ And remember to label all their belongings clearly so we can keep everything safe and sound!

Thank you for helping us! 🌈 ✨

Have a wonderful weekend! 💛

Mrs. Yanet, Ms. Krystelle, and Mrs. Sofia