

11/04/2022

Dear Parents

What a great week we had!! We don't get tired of saying that we have an amazing group of children in our class. The kids were super enthusiastic, playing and having fun with each other. Seeing how much they are improving in the daily basis by learning to follow directions, developing their skills (fine, gross, cognitive, social emotional) , tell us that we are in the right track, that working together as a team with you parents is crucial for your child. Parents, please give us a feedback about your child's progress at home.

This week we worked on fine and gross motor skills and learned about the emotions Happy, Sad, and Angry. "The children finger painted and colored freely with crayons and markers. They especially enjoyed painting. The children continue to practice their fine motor skills by doing fun art and sensory activities. This week was our first exercise class there are no word to describe how happy Yellow Door teachers and students were, it was just extraordinary!

Have a wonderful weekend love,  
Teachers of Yellow Door

Ms.Yanet ,Ms.Yeysleydy and Ms. Ashley

Parents info:

Can Do It Myself! Independent Toddler Eating

Spoon Feeding: It is important for toddlers to be feeding themselves with a spoon, completely independently by the age of 2. However, most kids are capable of learning much younger than that if they are given the opportunity. By one year of age they can be proficiently and messily feeding themselves. As with spoon feeding, the most important thing you can do initially is to let your baby or now toddler try. In the very early days of feeding your baby, this means giving them their own spoon while you feed them. This allows baby to associate the spoon with eating and they get to work on their fine motor skills a little too. Hopefully, your child will put it to their mouth intermittently, encourage this. Once they start to put it to their mouth put your hand on top of theirs and dip it together in the food, put just enough on the spoon so it is just a taste. Do this a few times throughout the meal until they start to get the hang of it themselves.

Why Children Bite Biting is a normal part of childhood development. Young children bite for many different reasons, from teething to seeing what reaction it will provoke. Many children between ages 1 and 3 go through a biting phase, which they eventually outgrow. Still, biting is something you want to discourage. Fortunately, there are ways to dissuade your little chomper from sinking his or her teeth into everything that walks and talks.

Kids bite for a number of reasons — and most of them aren't intentionally malicious.

- They're in pain. When babies bite, typically it's because they're teething. They're just doing it to relieve the pain of their swollen, tender gums.

- They're exploring their world. Very young children use their mouths to explore, just as they use their hands. Just about everything infants or toddlers pick up eventually winds up in their mouths. Kids this age aren't yet able to prevent themselves from biting the object of their interest.

- They're looking for a reaction. Part of exploration is curiosity. Toddlers experiment to see what kind of reaction their actions will provoke. They'll bite down on a friend or sibling to hear the surprised exclamation, not realizing how painful the experience is for that person.

- They're craving attention. In older kids, biting is just one of several bad behaviors used to get attention. When a child feels ignored, discipline is at least one way of getting noticed — even if the attention is negative rather than positive. [How to Stop Biting Practice](#) prevention so that your child will be less likely to bite in the first place.

- They're frustrated. Biting, like hitting, is a way for some children to assert themselves when they're still too young to express feelings effectively through words. To your child, biting is a way to get back a favorite toy, tell you that he or she is unhappy, or let another child know that he or she wants to be left alone.

- If your baby is teething, make sure to always have a cool teething ring or washcloth on hand so he or she will be less likely to sink teeth into someone's arm.

- Avoid situations in which your child can get irritable enough to bite. Make sure that all of your child's needs — including eating and nap time — are taken care of before you go out to play. Bring along a snack to soothe your child if he or she gets cranky from being hungry.

- As soon as your child is old enough, encourage the use of words ("I'm angry with you" or "That's my toy") instead of biting. Other ways to express frustration or anger include hugging a stuffed animal or punching a pillow. Sometimes, shortening activities or giving your child a break can help prevent the rising frustration that can lead to biting and other bad behaviors.

- Give your child enough of your time throughout the day (for example, by reading or playing together), so he or she doesn't bite just to get attention. Extra attention is especially important when your child is going through a major life change, such as a move or welcoming a baby sibling. If your child is prone to biting, keep an eye on any playmates and step in when an altercation appears to be brewing. Even with your best prevention efforts, biting incidents might still occur. When your child bites, firmly let your child know that this behavior is not acceptable by saying, "No. We don't bite!" Explain that biting hurts the other person. Then remove your child from the situation and give the child time to calm down. You might have heard from other parents that if your child bites you, bite your child back. This isn't good advice. Children learn by imitation. If you bite your child, the child is going to get the impression that this behavior is acceptable and he or she will be more likely to do it again. The same goes for hitting a child for biting.

If you are unable to get your child to stop biting, the behavior could begin to have an impact on school and relationships. You or another adult might have to closely supervise interactions between your child and other kids. When biting becomes a habit or continues past age 4 or 5, it might stem from a more serious emotional problem. Talk to your child's health care provider, or enlist the help of a child psychologist or therapist.