

Dear Kiddie Academy families,

Healthy eating from the start: Nutrition education for young children

Early experiences with food have a strong impact on the future eating habits and health of young children, and the best time to teach good dietary habits is during the early years.

To learn about nutrition, children should be involved with actual food—not simply answer questions in workbooks or sing songs about vegetables. Hands-on nutrition activities help children develop healthy eating habits and can complement other learning, for example math, science, language, social development, cooperation, and respect for culture.

Following are some suggestions for promoting healthy eating in young children:

More than graham crackers

Help build self-esteem and teach good eating habits by allowing children to plan, prepare, and serve simple nutritional snacks. For example, create smiling faces using rice cakes and cheese, or make frozen banana sticks or applesauce. Introduce new foods in small portions to encourage children to taste their creations.

Integrate learning activities

Use seed catalogs and real vegetables to examine the edible parts of various plants, or conduct a taste-test on a variety of raw and cooked vegetables. Children can then discuss the nutritional value of each vegetable. Children can also work together to make vegetable soup and create labels for their own soup cans.

Warm regards,

Jordan & Sarah

Happy Birthday!

Saanvi 1/7	Sudeep 1/7	Olivia 1/20
Brady 1/29		
Audrey 1/11	Victoria 1/14	Noah 1/26
Inaki 1/14	Braelyn H. 1/14	Braelyn S. Ms. Ambreen 1/5

Your Family Manifesto

Do what you love. Work hard. Be honest. Listen to music. Ask for help. Share with others. Be kind. Give without expectation. Play with Legos. Clean your room. Help with the dishes. Dance it out.

Lately, family manifestos and mission statements have been all the rage. We mentioned [Brene Brown's Parenting Manifesto in a recent blog post](#) where she vows to teach her children compassion, and offers many other guidelines for her family to live by and practice. [Stephen Covey popularized the idea of a Family Mission Statement](#) in which families can identify, in writing, what kind of family they want to be.

Whether a mission statement or a family manifesto, the idea of this written document identifies qualities that define your family, outlines the feeling and attitudes of the people in your home, and offers inspiration for building healthy and meaningful relationships with other family members.

Your family manifesto should partially be a reflection of what your family is currently like and embody the values which are most important to you in this time and place ("sharing," "caring" and "loving," for example). Then add a touch of aspirational phrases to live up to for added inspiration (maybe "jump on the bed," "read a book together before bed every night," or "live by the 5-second rule").

Developing a family mission statement or manifesto is a great opportunity to get the entire family involved and contributing to a document everyone can cherish. Will you all agree to "work hard" or will you aspire to "listen to each other?" The beauty of the family manifesto is: you decide. Your kids decide. The family decides.

Be creative and sentimental when building your "famifesto." Be collaborative and loving. When you think you've got your final draft, declaration of the words you all wrote together can make it an official family document everyone can live with and by.

"Manifesto" is a big word for little ones. Explain to young children simply that this defines what is important to them and your family as a unit, with your intentions as a family in writing. Start off 2016 with your own family manifesto and share it with us on [Facebook!](#)

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Words of Affirmation

Dear Parents & extended family members,

We can't even count how many cards, emails and verbal compliments that you have given to our Teachers and Management team over the last several months. We are so overwhelmed by them that we wanted to express our sincere appreciation and say a BIG THANK YOU! We also wanted to let you know we do have a Facebook Page if you would like to follow it. We think Kiddie Academy is a special place and we had several of you ask about posting reviews and you can do that on Google reviews and Yelp!

Thank you all for helping our school truly feel like a family,

Jordan & Sarah

January Special Events

1/3 Wear your Pajamas National Sleep Day

1/13 PNO Parent's Night Out 6:30-11:30

1/16 MLK Kiddie Academy is Open

1/20 Wear your Pajamas

1/28 Dance Party Sat. 10:00 a.m. to 12:00 p.m.



Parent Reminders –

- Weekly tuition is due on Wednesday by end of business day.
- Monthly tuition is due Thursday of the month end.
- Make sure your child has an extra change of clothes in case of spills or potty accidents.
- All bottles and sippy cups must be labeled with your child's first and last name.