

Dear Kiddie Academy families,

Dear Castle Hills,

The back-to-school season is officially behind us and with the brisk fall weather also comes pumpkins, long-sleeves, hayrides, boots and corn mazes.

Fall is one of our favorite time of the year for kids and families (can you blame us?!). But it's also one of the busiest. Between fall festivals, field trips, play dates and more, it can be tough to remember the *little things*. So you don't let fall pass you by. We also shared some tips on the Family Essentials blog for [having successful play dates with new friends](#).

[And don't miss our parent-tested, Kiddie Academy-approved drop-off tips for when you say goodbye to your little one in the morning.](#) Learn insider drop-off tips from moms who have been there (*like keeping slippers in your car to wear during drop-off so you don't have to hobble in on high heels before work!*).

As always, thank you for reading along, as we work together in raising the next generation of amazing kids!

Warm regards,

The Management Team,

Happy Birthday!

Catherine S. Nov. 6

Ancika D. Nov. 9	Ms. Christine Nov. 17	Lachlan R. Nov. 22	Miranda K. Nov. 30
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Ava C. Nov. 10	Ruthvi P. Nov. 17	Liam G. Nov. 25
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Landon H. Nov. 12	Vanessa M. Nov. 18	Reagan J. Nov. 29
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In the Kitchen with Kids

November is finally here and one of our favorite holidays for families: Thanksgiving, is just around the corner. As a parent, you might already be planning your meal menu complete with the traditional turkey, mashed potatoes and gravy to start. But have you considered letting your little ones assist you in preparing for one of the biggest meals they'll have all year?

Cooking with friends and family members is an activity that allows you to connect with others more meaningfully as it offers opportunities for everyone involved to be creative, and also make the occasional cooking mistake. Either way, there are plenty of chances to bond in the kitchen. Here are a few ways you can encourage your children to get excited about Thanksgiving and spend more time in the kitchen with you leading up to November 24:

Plan the Pie: If you haven't already asked your child what favorite food they'd like on the table, too, it might be a good time to talk about which dish they'll crave come dinnertime and plan the ingredients accordingly, with their help. For older children, ask them to write a list of the needed ingredients and for younger ones, ask them to remember three things from your shopping list. Little ones love to be helpful and will have more direction at the grocery store knowing you have a task to complete!

Hand-washing: At Kiddie Academy, hand washing is a regular occurrence for all classrooms throughout the day. Even the toddlers will make a habit of practicing good hygiene by washing their hands before and after every meal, as well as after going to the bathroom or being outside etc. Cooking is no exception. Teach your child to wash hands early and often before whipping up a cake in the kitchen!

Eat as you go: It's a lot easier to enjoy cooking if you're not hungry! Either snack on chopped ingredients as you're preparing to drop in your dish (carrots, celery, cheese, etc.) or have some veggies and fruit to snack on throughout the prep process so no one gets distracted.

Happy cooking!

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