



Little 1s Daycare

Monthly Newsletter

November 2017

What's Up at little1s

1. 1st mothers meeting was held; where moms got the chance to discuss their kids issues and enjoy the mini bazar at the same time.
2. We had [Boecker](#) parent awareness.
3. Kids had a blast at Super Market Day.

Children's nutrition: 10 tips for picky eaters

1. Respect your child's appetite — or lack of one
2. Stick to the routine
3. Be patient with new foods
4. Don't be a short-order cook
5. Make it fun
6. Recruit your child's help
7. Set a good example
8. Be creative
9. Minimize distractions
10. Don't offer dessert as a reward

If you're concerned that picky eating is compromising your child's growth and development, consult your child's doctor. He or she can plot your child's growth on a growth chart. In addition, consider recording the types and amounts of food your child eats for three days. The big picture might help ease your worries. A food log can also help your child's doctor determine any problems.



FOOD

GRAIN GROUP 6 servings

- 1/4 - 1/2 slice of bread/rotis
- 2-3 crackers/biscuits
- 1/4 - 1/2 cup cooked rice/cereal
- 1/4 - 1/2 bun or muffin

FRUIT AND VEGETABLE 5 servings

- 1/4 - 1/3 cup cooked, canned, or chopped raw
- 1/4 - 1/2 small fruit/vegetable
- 1/4 - 1/3 cup juice

MILK GROUP 3 servings

- 1/2 cup milk
- 1-2 tbs of cheese or yogurt

MEAT/PROTEIN 2 servings

- 2-4 tbs lean meat, chicken, fish
- 2-4 tbs dry beans and peas (4-8 tbs for vegetarian people)
- 1/2 - 1 egg

DAILY CHART (1-2 years)



SLEEP

Total Sleep: **13-14** hours
Nighttime Sleep: **11** hours
Naps: **2** hours (1 nap)

FLUIDS

900 ml

This content includes water, beverages and other fluids

How to Deal with Hyperactive Toddler at Home

Toddlers aren't only our little bundle of joys but are also an enormous bundle of energy. Many toddlers have only two modes – hyperactive mode or sleep mode. Their ability to transit from one mode to another in a matter of few minutes can make us adults envious. It's great to be parents of active kids however if you fail to manage your hyperactive toddler things could get out of control and someone could get hurt. You can help calm your child by channeling that hyperactive energy into a highly productive activity. Get them to stomp around like an elephant or to help you push the laundry basket filled with clothes. This will relieve their surplus energy and will calm your hyperactive toddler in a short time. You can also play calming music for your hyperactive toddler or Blow bubbles which as bizarre as it sounds, blowing bubbles is found to a proven method for relaxing the young ones. Finally, one of the best hyper child natural remedies is to talk to your hyperactive toddler. Hyperactive toddlers have trouble dealing with their feelings. They do not know how to show anger, happiness, sadness, or any other feeling. During this time, there is a high probability that they can hurt themselves. Your job is to drop down to the child's level and speak to them.

