

Toddler Room Newsletter

January 2019 - Happy New Year

Important Dates!

- Yoga Day - January 14th
- Happy Birthday to Ewan on January 22nd!

DONATIONS:

If you have any extra multicultural books in different languages, especially about "food", please consider donating them to the toddler room.



Reminders and News!

- ▶ Welcome to Freya, Lucas, Arie and their families to our toddler room!
- ▶ Please label all your child's belongings, especially snow pants, boots, mittens , hats.
- ▶ Please leave wet footwear at the door before entering the playroom.
- ▶ Please bring in extra clothes for your child and put them in your child's basket (in the washroom, not cubby) .
- ▶ Please bring family pictures. We love to post them around the room.
- ▶ Please update your child's emergency and immunization forms if you have changed your phone numbers.
- ▶ If you have time, please come in to read a story, sing a song, etc.
- ▶ Thank you to all the parents for the wonderful gifts! From all of us in the toddler room, we wish you a Happy New Year!

Activities and Resources:

MacTac Activity: The toddlers love to touch sticky paper. We put MacTac paper on a table and provided them pom-poms, glitter and pieces of coloured paper. They can decorate them on MacTac paper even just touch the sticky paper. They will develop fine motor skills, sensory exploration skills and self regulation skills.

Health Recipe:

Banana & Carrot Muffins - Makes 12-15 servings

INGREDIENTS:

- 1 cup unbleached flour
- 1 cup whole wheat or bran flour
- 2 tsp baking soda
- ½ tsp cinnamon
- ½ tsp nutmeg or pumpkin spice
- 1 cup local carrots (grated)
- 1 large fresh local apple (grated)
- 3 large eggs
- ⅔ cup non-GMO sunflower oil
- 2 tsp vanilla extract
- 1 cup 100% Ontario apple butter
- ½ cup raisins (optional)
- ½ cup unsweetened shredded coconut (optional)

PREPARATION:

- 1 Preheat oven to 375°F
- 2 Grease muffin trays with non-GMO sunflower oil, or use Silpat muffin trays
- 3 Mix eggs, oil, vanilla and Apple Butter and set aside
- 4 Sift together; flour, baking soda, spices. Add carrots, apple, coconut and raisins
- 5 Add egg/oil mixture and stir thoroughly
- 6 Generously spoon mixture into muffin tins
- 7 Bake for 20-25 minutes

REAL FOOD TIPS:

- Double the recipe and store the extras in the freezer, the chilled muffin will thaw by lunchtime when packed in your kiddos lunch bag.
- Try sneaking in other veggies like shredded zucchini, beets, or puréed broccoli.

For our Newsletter and Real Food Menu, please visit: <http://www.matthewjohndaycare.com>