



OPT Newsletter

The mission of the OPT is to strengthen the parent-teacher connection and assist with the children's overall preparation for success
Young Horizons Child Development Centers Long Beach, CA www.yhcc-lb.com
March 2017

OPT News

We have many exciting activities going on in the month of March. We are sure your child will enjoy the next few weeks at Young Horizons.

We will start the first week of March celebrating Dr. Seuss, an author loved by so many around the world. We invite all parents and community members to join us for Read Across America Day and create a unique experience for our children. Please let your Site Supervisor know if you would like to participate on this special day.

We are happy to announce that our Mayor, Robert Garcia, will be stopping by Kohn Center to read to our children. This will be an exciting experience for our children to meet someone who is dedicated to our community.

We kick off Picture Days during the second week of March. This is also an important and fun activity for our children. Soon you will be receiving envelopes with pricing information and schedules from your Site Supervisors. Make sure to plan your day if you are thinking of dressing up your child or joining him or her for their photo session.

We would like to thank all parents, staff and community members who have participated in our World's Finest Chocolate fundraiser. It has been a total success so far and we are grateful that we will be able to use these funds to pay for field trips and materials needed in the classrooms at all Young Horizons centers. We have already purchased new digital cameras for Kohn, Central and Grisham centers. The OPT board will be discussing other purchases to enhance the classrooms.

We are happy to receive any comments or suggestions and appreciate your participation.

Javier Zamorano
Administrative Assistant
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March 12, 2017- Daylight Saving
Turn clock forward one hour!



Monthly theme: "Growing Things"

What do we need in order for our bodies to grow? What do plants need in order to grow?

All around us we see things growing every day. When we step out of our homes to go to school we see that the grass has grown and is very green. The trees are growing leaves and they are very colorful. The trees seem a little taller every day. These are "Growing Things" that our children observe and may relate to in their stages of development.

Just like a tree grows and changes, our children notice they are growing and changing. Their favorite t-shirt may not fit anymore or their bicycle may be too small for them to ride around as usual.

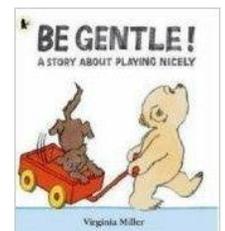
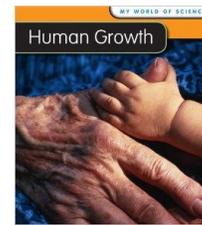
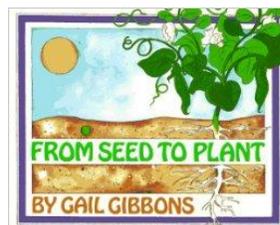
After the various activities planned throughout the centers, children will understand that growth is part of our lives and that they should appreciate their growth. Children will learn about the different parts of plants and flowers and how they grow. They will learn about the things plants need to grow and how some of those things may be similar to what we need.

You can start the conversation with your child by asking the following questions:

- How do trees grow so big?
- How does a seed become a plant?

Recommended books for this month:

- "From Seed to Plant" by Gail Gibbons
- "Human Growth" by Angela Royston
- "Be Gentle" by Virginia Miller



Cooking Experience

March 2nd Breakfast: Green Eggs
and Turkey Ham



Growth and Your 1- to 2-Year-Old

You're in for many changes! By midway through this year, most babies are walking and learning to talk. They're turning into toddlers. By their second birthdays, most are losing that "baby" look. As toddlers get stronger and more capable, their rate of physical growth slows during this year.



How Much Should My Child Grow?

During this second year of life, growth slows down. Your toddler may gain about 5 pounds (2.27 kg) and grow about 4 or 5 inches (10 to 12 cm). By 2 years, children have reached about half of their adult height and 90% of adult head size. Boys tend to weigh about a pound more than girls but average about the same height.

What you will notice more than actual growth are changes in a toddler's appearance. Body proportions are beginning to change. Instead of sporting the rounded belly and relatively short arms and legs suited to crawling on all fours, toddlers start to trim down, become more muscular because of increased activity, and will begin to look more like preschoolers than babies.



Should I Be Concerned?

Like babies, toddlers come in all shapes and sizes. Your doctor will continue to plot your little one's growth on a growth chart during regular checkups. Although you may be concerned that your child is too thin or too chubby at any one time, the most important thing is that your child continues to grow at a steady rate.

During the second year of life, babies are learning to feed themselves. They are moving to table foods and learning about new tastes and textures. Keep in mind that appetites slow down as growth slows and there may be times when your child is not very interested in food. If you have concerns your child is not eating enough, speak with your doctor.

Encourage activity and exploration by providing a safe environment that lets your child be active every day. Besides the physical benefits, this is also how a lot of learning takes place. This should be fairly easy, as most toddlers are naturally curious and seize every opportunity to move.

Try not to let your baby spend too much time in confined spaces — such as strollers, playpens, and cribs — that restrain moving and exploring.

What's Next?

Toddlers grow at a slower but steady rate. From their second birthday to their third, most kids grow only about 2-3 inches. But you will see your child growing in other ways, especially in the area of language. Continue to provide a safe and healthy environment to support your child's growth and development. Talk to your doctor if you have any concerns about your child's growth.

Dates to Remember

March 02, 2017- Read Across America (Dr. Seuss Birthday)

March 12, 2017- Daylight Saving (turn clock forward one hour)

Picture Days:

March 7th: North Pacific Center

March 8th and 9th: Central Pacific Center

March 14th: Ludloff Center

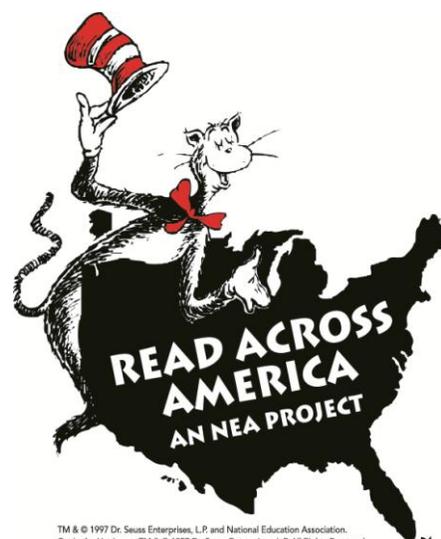
March 16th: Grisham Center

March 21st and 22nd: Kohn Center



March 11, 2017- Kindergarten Festival

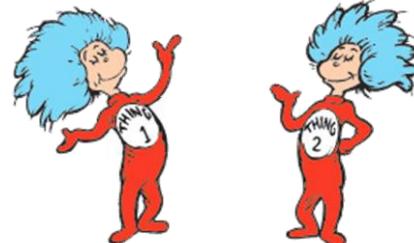
@ Burcham Elementary (5610 Monlaco Road. Long Beach, CA 90808)



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Celebrate Read Across America by stopping by your child's center and reading to the children on March 2nd!

"Why fit in when you were born to stand out?"
— Dr. Suess



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