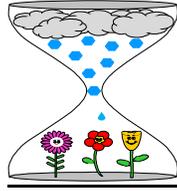




Providing a foundation for lifelong growth

## May 2017 Parent Newsletter



**A Special Day to Celebrate your Provider!**

May 12 is Provider Appreciation Day!! We want to take this opportunity to remind you of the date set aside to recognize your provider for the wonderful care they provide! Please take a moment to share your appreciation for what they do for your family!

**Please note:** The office will be CLOSED AT NOON on May 19th, and will re-open with regular hours on May 23<sup>rd</sup>. Happy May Long Weekend!

Please help us send a warm welcome to our new Providers!

Stephanie A. – Glendale

Lynie – Kentwood

And a big Welcome back to Dolly on June 1!

### **Sharing Corner**

This month, we are sharing a recipe using lentils!

#### **Tacos**

Ingredients:

Canola or olive oil for cooking

1 small onion, chopped

2 garlic cloves, crushed

1 – 14 oz can diced or stewed tomatoes

1 cup green lentils

2 tsp chili powder

½ tsp cumin

6 or more taco shells or soft tortilla shells

Toppings:

Shredded cheese

Chopped lettuce  
Chopped tomatoes  
Salsa and guacamole  
Sour cream

**Directions:**

In a large, shallow pan, heat a drizzle of oil over medium heat. Add onion, cook for 5 min., until soft. Add garlic and cook another minute. Add tomatoes, lentils, chili powder and cumin along with one cup of water. Bring to a simmer and cook, stirring occasionally, for 40 minutes, or until lentils are tender and most of the liquid has been absorbed. Add more water if mixture is a little dry, cook longer if it seems a bit too moist. Serve lentil mixture in taco shells with toppings available for children to add themselves.

More great recipes using healthy lentils are available at the office, or by visiting [www.lentils.ca](http://www.lentils.ca)!

## Upcoming Event!



### **Teddy Bear Picnic!**

This year's Teddy Bear Picnic is May 23, from 10:00 am to 11:30 am at Kin Canyon! This event is for all providers, children and parents that can come! Please talk to your provider or call the office for details - Thanks our Social committee for planning this group event!



### **Did you know??**

Outdoor play is an important part of every child's growth and development. It teaches the child across all learning domains – social, intellectual, physical, creative and emotional. Here are some quick, free ideas for encouraging children to interact with their outdoor environment as the weather gets nicer!

(April 26, 2015. Taken from [http://raisingchildren.net.au/articles/outdoor\\_play.html](http://raisingchildren.net.au/articles/outdoor_play.html))

## Outdoor play for different ages

Outdoor play helps **your baby** learn about different surroundings, and can make him feel more comfortable with the world around him. Some ideas for outdoor play with your baby include:

- tummy time on a blanket or towel
- crawling on grass, under outdoor furniture or through old boxes
- watching trees move and listening to birds
- looking at different coloured cars, street signs or traffic light signals.

**Toddlers** are keen to explore the world around them and test out their growing physical skills. Outdoor play for your toddler might include:

- throwing and chasing balls
- wheeling, pushing or pulling different toys and objects over increasing distances and across different surfaces
- walking, running or jumping into puddles, around trees, over stones or cracks in the footpath, or towards favourite objects
- playing in sand, mud or small amounts of water (but **always supervise water play** to prevent drowning accidents).

**Preschoolers** are learning to play with other children. They're also big on make-believe. You can make the most of this stage with outside play ideas such as:

- games of chase, hide-and-seek or kick-to-kick
  - crawling through tunnels or climbing over fallen trees
  - moving in different ways with colourful leaves, flowers, scarves or streamers
- building a castle out of boxes, clothes baskets or outdoor play equipment or furniture.