

NOVEMBER 2021

# Family Newsletter

## November Book List

**The Gift that I Can Give**  
by Kathie Lee Gifford

**Gratitude is my Superpower**  
by Alicia Ortego

**I Am Thankful**  
by Sheri Wall

**The Things I Am Grateful For...**  
by Arnie Lightning

**I'm Thankful**  
by Terri-Sue Hill

**The Thank You Book**  
by Mo Willems

**Thankful**  
by Eileen Spinelli

**Thanks A Million**  
by Nikki Grimes

**Bear Says Thanks**  
by Karma Wilson

**The Thankful Book**  
by Todd Parr

**Llama Llama Gives Thanks**  
by Anna Dewdney

## NOVEMBER UPDATE

We are kicking off November with our **MONTH OF GRATITUDE**. We simply cannot say it enough, we are so grateful...for our center staff, for our families, and for our center community.

This month, we are planting our **THANKFUL TREE** in the center lobby. We invite families to fill out a leaf or two and share what/who they are thankful for and why. We cannot wait to watch our tree grow and grow and fill our center with positive messages! If you aren't able to see our tree in person, be sure to check out our Facebook page where we will post pictures.

New this month in our Family Newsletter, we are pleased to bring you a new section from our registered dietician. The topic this month is picky eaters. We're sure many can relate to this and hope you find some useful tips and information to avoid falling into the trap of becoming a short order cook! Look for these featured articles periodically in future months.

Finally, be sure to check with the center about our Thanksgiving holiday schedule and closures.

We wish you and your family a very Happy Thanksgiving!



## November Fun Facts

November is **BANANA PUDDING LOVERS** month.  
Here are more fun days to celebrate!

### NOVEMBER:

- 3rd - National Sandwich Day
- 9th - Young Readers Day
- 11th - Veterans Day
- 18th - National Apple Cider Day
- 21st - World Hello Day
- 25th - Thanksgiving Day
- 26th - Native American Heritage Day

# For Grins



**Q: Why did they let the turkey join band?**

(Answer on page 2)



Early Learning  
Academies



# BRINGING IT HOME

RESOURCES AND ACTIVITIES FOR ALL AGES



## ACTIVITY

### THANKFUL TREE

Like our Thankful Tree in the center, create one at home to celebrate your family, friends and holiday traditions.



Start by going outside to find a small branch to make your tree from. Make sure it has plenty of space to place all of your thankful leaves.

Then help your child cut out leaf shapes from construction paper. Next have your child write what they are thankful for on each leaf or have your child tell you and you can write them down. As you are working on this step talk about why they are thankful for each and what it means to be thankful. Once you are done, attach them to the branches on the tree to complete your thankful tree.

## TIPS FOR PICKY EATERS

**Young children are notorious for developing picky eating habits** in their early years causing many concerned parents' agony over how to approach this delicate parenting issue. As a parent, there are many ways you can influence your child's eating to promote healthful eating habits that will last a lifetime. Picky eating can happen due to a variety of reasons including a natural preference for particular tastes, textures, or smells or can be a learned behavior. **One of the best ways parents can curb picky eating is to provide a variety of nutritious foods and by modeling healthy eating habits.** That's right, one of the most important things a parent can do for their child's long-term success with eating is to be a role model for what healthy eating looks like!

It is also important to recognize the parent-child responsibilities in feeding. Ellyn Satter, a registered dietitian specializing in childhood feeding coined the division of responsibility which specifies parental and child responsibilities when it comes to feeding within the family. According to Satter, **it is the parent's job to decide what, when, and where food will be consumed, and it is the child's job to decide if and how much food they will eat.** This strategy can be scary for many parents who worry about their child's intake, but regardless it is ultimately the child who decides how much they eat. A calm, neutral and pleasant attitude toward food is always the best approach in feeding children. Avoid being controlling, anxious or unpleasant during mealtimes and instead be patient. It often takes children many years of exploring their individual eating preferences to develop healthy eating habits.



**TRY NEW FOODS!** While your child may have several favorite foods (this is normal), these foods should not be the primary staples in their diet. Introduce a new food along with another food they are familiar with and if they don't eat it, don't worry, offer it again another time. It can take years of offering a food for a child to eat it. Always respect individual likes and dislikes, however, avoid becoming a short order cook. Preparing special meals for picky eaters will only reinforce picky eating behaviors.

Remember, it is the parent's job to decide when, where and what the family eats so it is up to you to **keep a regular eating schedule.** This normally consists of three meals and a snack or two each day. Maintaining a schedule will help your child show up to a meal hungry. If your child is grazing throughout the day or filling up on non-nutritive foods or drinks, they are not likely to eat the meal you put in front of them. You may also consider getting your child involved in the meal planning, grocery shopping and meal preparation/cooking. The more ownership and control they feel, the more likely they are to eat and even enjoy their meals!

For more information on childhood feeding, check out "Eat and feed with joy" <https://bit.ly/EatFeedwithJoy>.

**Looking for more news, updates and other helpful resources?**  
Remember to LIKE and FOLLOW us on Facebook.

For Grins 🤪 Answer: Because he had drumsticks.