

KIDCO Express

January, 2019

ACTIVITIES

January 1

- **HAPPY NEW YEAR!!**

January 8

- 3:00pm – Parent Committee Meeting and Parenting and Health/Safety Training – KIDCO V & KIDCO VII
- 3:30pm – Parent Committee Meeting and Parenting and Health Safety Training – KIDCO II

January 10

- 3:00pm – Parent Committee Meeting and Parenting and Health/Safety Training – KIDCO IV

January 11

- 3:00pm – Parent Committee Meeting and Parenting and Health/Safety Training – KIDCO VI
- “Winter Wardrobe” Day – Children bring in an article of clothing worn during winter for large group “Show and Tell”

January 17

- **12:00pm - Policy Committee Meeting – KIDCO V**
- Dr. Martin Luther King Nutrition Activity “Paint My Dream” – all centers

January 18

- **Teacher Planning Day**
- 8:00am – 10:00am – “CLASS Instruction Format” Training
- 10:00am – 12:00pm – “Nutrition” Training
- 11:00pm – 1:00pm – “Monitoring Tool” Training

January 21 

- **ALL CENTERS CLOSED** in observance of Dr. Martin Luther King Jr. Birthday

January 22

- *Dad Read to your Child “Literacy Activity”* – all centers

January 22 – January 24

- “Literacy Week”
 - 1) Tuesday - “Treasured Storybook Door” Day
 - 2) Wednesday – “Hats off to Reading” Day
 - 3) Thursday – “The Alphabet is all Around Us” Day
 - 4) Friday – “Reading by Flashlight” Day

January 24

- Hibernation Nutrition Activity “Bear in a Cave” – all centers

January 25

- 9:00am – Dr. Martin Luther King, Jr. Parade – in the playground at all center sites

January 28

- Celebration of Mozart’s Birthday – Children will create a drawing listening to classical music and will make a magic flute and drawing based on the opera, “The Magic Flute”

NOTE:

Parenting Training for all KIDCO Families, Staff and the Community provided by Family First; a parenting research-based curriculum. The parenting curriculum is “The Incredible Years, funded by The Children Trust. Training starting January 15, 2019 through April 9, 2019 from 4:00pm to 6:00pm at KIDCO V.

JANUARY'S BIRTHDAYS

Marlene Carmona	January 2
Bridgette Reid	January 5
Francoise Blanco	January 8
Olga Zayas	January 22

PARENTS' CORNER

Tips for Monitoring Media in your Home

1. The American Academy of Pediatrics has recommended that under age 2 should be kept away from television all together.
2. Teach your kids to ask permission to use any media.
3. Be clear that media rules in your house also apply when your child is at a friend’s house.
4. Discuss some of the media messages kids are likely to be exposed to, even when you do closely monitor their media (violence, stereotyping, casual sex).
5. Ask your child: What is your favorite show, video game, song? Why?
6. Switch the TV/computer/video game system off.
7. Read to or with your kids.

By Susan Frasca (Parenting)

EVENTS

Miami Children Museum – 3rd Friday of each month

Miami History Museum – 2nd Saturday of each month

FREE ADMISSION

NUTRITION



Berry Banana Smoothie

Keep the ingredients for this recipe on hand to make healthy after school snack.

Ingredients:

- 1 small banana, peeled, cut up, and frozen
- ¼ cup fresh or frozen assorted berries (such as raspberries, blackberries, and/or strawberries)
- 1 cup orange juice
- 3 tablespoons vanilla low-fat yogurt
- Fresh mint (optional)
- Fresh berries (optional)

Directions:

- In a blender container combine the frozen banana pieces, desired fresh or frozen berries, orange juice, and yogurt.
- Cover and blend until smooth.
- To serve, pour into glasses.
- If desired, garnish with fresh mint and additional berries.
- Makes 2 (8-ounce) serving

KIDCO Creative Learning Inc (305) 576-6990

