

### Introducing my first email news letter...Cuddle Bug

So happy to introduce this new form of communication! First of all I want to thank you for giving me the privilege to be part of your child's lives. I am so pleased and happy with all the training that I am going thru, I have learned so much in these last couple of months. Can't wait to show you my final project, my CDA file, in a couple more months. One of my assignments this week was creating different types of forms of communication between parents and providers. And I thought a news letter would be a great idea. So here we are, my first issue. I am not sure as of now if I will be doing this weekly or monthly, depends on what I have to share with you. Here are a couple of links on information I found regarding this topic:

<http://www.examiner.com/child-care-in-denver/child-care-101-improving-communication-between-parents-and-daycare-providers>

<http://www.extension.umn.edu/distribution/familydevelopment/00158.html>

Hope to share ideas, stories, important dates and reminders thru this form of communication.

Hope you enjoy it!

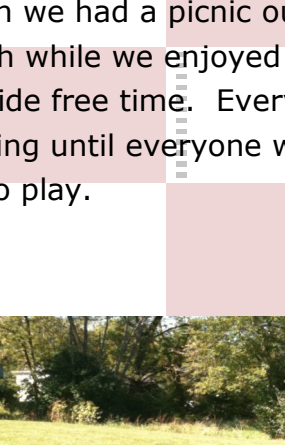
Maria



#### October Important Dates

Coming soon.....

### New Baby on board!

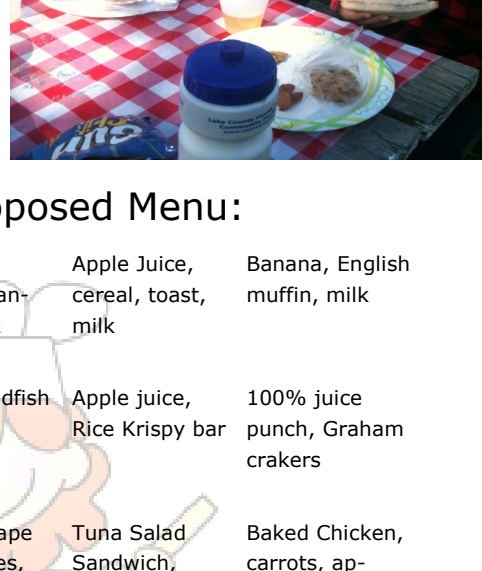


I am so pleased to announce that we have a new baby coming on board. Her name is Abigail and she will be joining my daycare home around October 18th.

Welcome Baby Abigail Sandra.

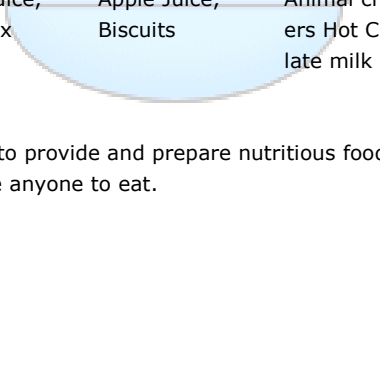
### We celebrated friendship day!!

Tuesday we celebrated friendship day!! Kids had so much fun playing together. We created a friendship wreath with the handprint of everyone. It was so colorful and fun! Then for lunch we had a picnic outside. We loved being able to sit and laugh while we enjoyed our food. Followed by outside free time. Everyone was so good at waiting until everyone was done eating to get up to play.



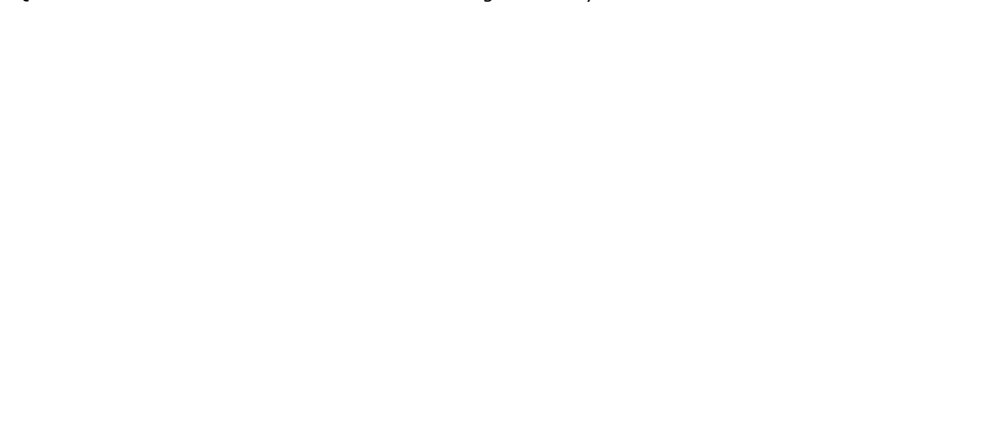
### This weeks proposed Menu:

Break-fast	Apple juice, cereal, toast, milk	Applesauce, waffles, milk	Sausages, Peaches, Pancakes, milk	Apple Juice, cereal, toast, milk	Banana, English muffin, milk
Am snack	Rice Krispy bar, milk	Apple juice, graham crackers	Yogurt, Goldfish crackers	Apple juice, Rice Krispy bar	100% juice punch, Graham crackers
lunch	Ham & Cheese Sandwich, Oranges, Carrots, Milk	Meat Sauce, Apple, green beans, spaghetti noddles, milk	Cheese, grape juice, grapes, tortilla, milk	Tuna Salad Sandwich, Potato Wedges, apple, milk	Baked Chicken, carrots, applesauce, rice, milk
Pm snack	Apple Juice, donuts	Apple Juice, chex mix	Apple Juice, Biscuits	Animal crackers Hot Chocolate milk	100% juice punch, raisin toast



According to DCFS, my job is to provide and prepare nutritious foods. It's the responsibility of the child to eat. I cannot force anyone to eat.

### Hope you enjoyed it !



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Questions or comments? Email us at [maria@holdignhandsdaycare.net](mailto:maria@holdignhandsdaycare.net) or call 224-399-9168