



# Learn, Love 'n Laugh



## Newsletter – February 2022

Everyone has been enjoying the new year and January was a great month for us here at LLL. We rang in the New Year and are ready to make the best of 2022 ! Can you believe it is already February? February is Black History month and its all about love and friendship !

In January/February we are welcome to have Ethan, Carter, Daniel, Rylee, Scarlett, Beatrice and Hazel to our center.

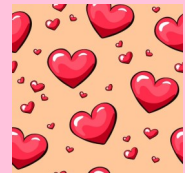
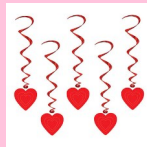
### February Birthdays

**February 1 Luka**

**February 5 Theodore**

**February 8 Senka**

**February 17 Vanessa**



### Valentine's Day

It's that time of year where we tell our friends at daycare how much we care about them. We will be having kids Pizza party and Valentine's day activities.



**Healthy Tip** –How to help your child sleep-Getting a child who isn't interested in ending the day to go to bed isn't always easy. But there are things you can do to help your child wind down at bedtime and prepare for a good night sleep.

Establish a Bedtime Routine -- For preschoolers who crave familiarity, a routine offers comfort. And as the routine is established, your child will learn to embrace and expect it.

Eliminate TV -- It may seem like a relaxant, but the television can actually act as a stimulant. And take it out of your child's bedroom.

Read, Read, Read -- What could be more soothing than a bedtime story

Let Sleep Come Naturally -- As tempting as it may be to rock your child to sleep or to stay in the room until they are asleep. By 3 years old, a child should be able to fall asleep on their own. Make sure the room is cozy and dark, play some quiet music and leave the room while they are still slightly awake.

### Attendance & A Friendly Reminder

Please call if your child/ren will be absent as soon as possible.

Please notify the centre if your child/ren are coming in after 10:00am. This is to ensure we keep in staff-ratio as we send staff on their breaks. If you will be dropping your child/ren after 10:00 am please call the centre before 9:00am.

Fees are due on the 1st and no later than 5th of the month unless otherwise arranged.

Please check **HiMama** for regular updates.



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