

5/20/2020

# TODDLER NEWSLETTER



## Summer Edition



## SUMMER IS HERE!

We cannot believe it is the end of the school year already. While this was not the end we necessarily planned on, we are so lucky to have had a wonderful time with all of you. Thank you for such an awesome school year!

This is our last newsletter, but it's chock full of fun!  
Enjoy!

# TRAVEL & EXPLORE THIS SUMMER:



WRITTEN BY RACHEL REGAN

**Many of us have had to change our travel plans this summer, but it doesn't mean we can't explore other places and cultures in our own backyard! Here are some fun ideas to do with your toddler this summer.**

- Have a **backyard camping trip**, complete with tents, sleeping bags, s'mores and star gazing!
- Have a **sandbox?** Learn about deserts and desert animals! [Desert Toobs Animals for Purchase](#)
- **Space exploration:** Learn some neat things about space, and try to catch the International Space Station zooming overhead! [Click Here For ISS Times & Dates](#)
- **Have Backyard Olympics!** Set up various games and obstacle courses:
  - Tug of war
  - Three-legged race
  - Water balloon toss
  - Corn hole: use two buckets and bean bags, or balls to play! If you use balls, you may want to add some rocks to the buckets to weigh them down.
  - Ring toss
  - Target practice: draw targets in chalk on a fence and fill a spray bottle with water for your kids to aim with.
- **Sidewalk art show:** Use chalk and have a family sidewalk art show. Pick a different theme each time the chalk washes away and there is a fresh canvas.
- **Sprinkler Party:** Never underestimate the fun of running through the sprinklers!
- **Bicycle Course:** Set up cones in your driveway and use chalk to set up different lanes and patterns to ride through! [Purchase small safety cones here.](#)
- **Backyard Cultural Picnic:** Explore different cultures through food in your own backyard! Exploring cultures through a variety of food is exciting and fun. Cooking with your toddlers is also so much fun! This blog has a great list of books that discuss a culture and food: [Cultural Books About Food](#)

# SUMMER TREATS

WRITTEN BY LESLIE GREEN

**Food prep is a big part of the Toddler classroom, and the Primary classroom. Help your child keep their cooking skills sharp over the summer with these fun recipes!**

## Fruit Salad

This is a great recipe for toddlers to help with – there is lots of chopping involved! A wavy chopper is a great tool to have for this recipe.

### Ingredients:

- 1 lb fresh strawberries
- 1 lb fresh pineapple,
- 12 oz fresh blueberries
- 4 kiwis
- 3 mandarin oranges
- 2 bananas

Let your toddler help chop up all the fruit and mix together for a yummy, refreshing fruit salad!

## Berry & Coconut Watermelon Pizza

### Ingredients: Makes 6 Slices

- 1/2 Watermelon
- 1 cup thick Greek yogurt
- 2 tbs desiccated coconut
- 1 - 2 tbs coconut flakes
- Mixed berries to decorate

### Directions:

- Cut a large round slice off the watermelon, about 1 inch thick.
- Place the slice on a cutting board and slice it into 6 equal slices, as you would cut a pizza.
- Measure out the yogurt into a bowl and add the desiccated coconut. Stir well to combine.
- Place the watermelon onto the plate or board that you wish to serve it from. Push the slices back together to form a complete circle of watermelon.
- Dollop the yogurt mixture into the center of the circle of watermelon. Spread it over with the back of the spoon, covering the watermelon slice nearly to the edge all of the way around.
- Top each slice with a mixture of the berries.
- Scatter the flaked coconut all over, then serve immediately and enjoy!

## Yogurt Covered Berry Sticks

### Ingredients:

- Skewers (You can cut the pointy tip off since the kids would be doing this)
- Blueberries and Strawberries
- Greek yogurt

### Directions:

- Let your toddler rinse the berries and slice the strawberries
- Toddlers can then skewer the berries onto the skewers
- Spread yogurt out onto a plate and roll the skewers in the yogurt
- Place in freezer on a parchment lined plate for 30 minutes, then enjoy!

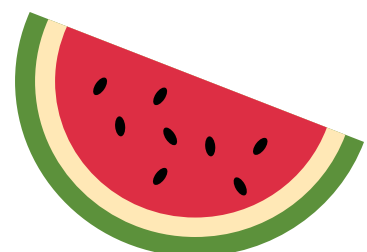
## Banana Berry Smoothie

### Ingredients:

- 1 medium banana
- 2/3 cup mixed berries, frozen
- 2 teaspoons chia seeds or nut butter (optional)
- 1/3 cup Greek yogurt
- 1 1/2 cups milk
- 2 teaspoons honey

### Directions:

- Have your child slice the banana
- Place all the ingredients into a blender.
- Blend until thick and creamy
- Pour mixture into glasses and serve.



## Soft Pretzels

### Ingredients:

#### For Pretzel Dough

- 2 1/2 cups of flour
- 1 teaspoon of salt
- 1 teaspoon of sugar
- 2 1/4 teaspoon of highly active yeast
- 1 cup of warm water

#### For Topping:

- 1 cup of boiling water
- 2 tablespoons of baking soda
- sea salt or coarse salt
- 3 tablespoons of butter

### Directions:

- Combine all the dough ingredients to form dough.
- Knead the dough for 5 minutes and place it in a bowl, cover and allow to rest for 30 minutes. Preheat oven to 475 degrees.
- Start the topping: boil 1 cup of water and remove from heat. Mix in the baking soda, stirring until it is dissolved. Pour into a baking pan until the water is lukewarm. Set aside until the pretzels are assembled.
- Divide the dough into 8 equal pieces, each weighing about 2.5 oz. Let the 8 pieces rest for 5 minutes.
- Roll each piece out to make a rope (between 28-30 inches). Make each rope into a pretzel shape.
- Place in the pan with the baking soda and water. Scoop the baking soda and water mixture over the pretzel.
- Spray another pan with cooking spray and transfer the pretzels.
- Sprinkle some sea salt on top of the pretzels before placing them in the oven.
- Bake the pretzels for 8 minutes at 475 degrees.
- Melt 3 tablespoons of butter and brush on top of the pretzels. Enjoy within a few days of baking.



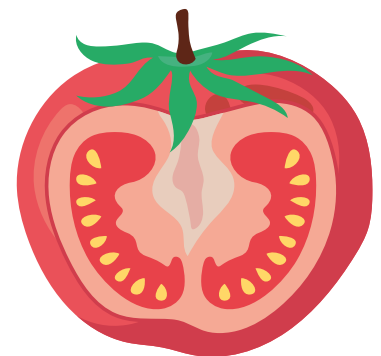
## Squashed Tomato Pasta Sauce

### Ingredients:

- 6 cherry tomatoes per child
- 3 Salad Tomatoes per child
- 1 onion for all to share
- Leaves from a basil plant
- Olive Oil
- Your choice of pasta cooked with enough to serve everyone

### Directions:

- Place cherry tomatoes in a dish and give to each child
- Get the children to squash and squeeze the cherry tomatoes
- Tear the flesh of the cherry tomatoes
- Chop the salad tomatoes in half
- Squeeze the juice out of the salad tomatoes
- Tear the flesh of the salad tomatoes and add to the cherry tomatoes
- Mix in a small portion of the chopped onion
- Tear up basil leaves to taste and add the tomatoes
- Pour in a splash of oil
- Mix with your hands
- Pour your squashed tomato pasta sauce over your pasta and enjoy!





## Easy Roasted Carrot Hummus:

### Ingredients:

- 2 cups carrots
- 2 cloves garlic
- 1 tbs olive oil
- 14 oz can of garbanzo beans
- 1 tsp ground cumin
- 3 tbs orange juice

### Directions:

- Preheat the oven to 400.
- Wash the carrots and pat dry with kitchen paper. Tip the carrots onto a large baking tray. Add the garlic cloves, leaving them intact in their papery skins.
- Drizzle over the olive oil and shake the tin to completely coat the carrots and garlic.
- Pop in the oven to roast for 20-25 minutes until the carrots are golden and cooked through.
- Once the carrots are ready, take out of the oven and leave to cool.
- Drain the chickpeas and tip into a blender. Squeeze the cloves of garlic out of their skins and into the blender with the chickpeas. Add the cumin, roasted carrots and orange juice and season to taste.
- Blend all of the ingredients together until you have a hummus consistency.
- Garnish with a little coriander (optional) and serve with finger foods for dipping.

# SENSORY PLAY

WRITTEN BY LESLIE GREEN

## Bubble Foam from [busytoddler.com](http://busytoddler.com)

### Materials:

- Large container for foam
- large mixing bowl
- tear free bubble bath
- water
- food coloring
- hand mixer
- small items or toys to play with and hide in foam

### Directions:

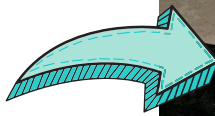
- Mix 2 parts water to 1 part bubble bath.
- To make rainbow bubble foam, use 1/2 cup water + 1/4 cup bubble bath for each small batch.
- For color, add a little food coloring then whip it with a hand mixer on med-high for one minute.
- Use a big bowl and you'll end up with stiff peaks. You'll just "know" when it's done and ready. If you've ever made whipping cream, it's similar to that concept.



## Cake Decorating Messy Sensory Play from [dayswithgrey.com](http://dayswithgrey.com)

### How To:

- Find a cardboard box. Cover the box with paper bags from the grocery store.
- Place shaving cream to the left of the cardboard box - aka the cake
- Place some shaving cream to the side of the box, and on top of the cardboard box.
- Add something you may already own, like these large preschool shape buttons. If you don't have any buttons, you know the counting bears make a colorful substitute!
- If your child's skin is very sensitive, you could use washable paint instead of shaving cream, or actual cake frosting!



## Ice Melt and Break from [growingbookbybook.com](http://growingbookbybook.com)

### Materials:

- shoebox or plastic container
- a variety of small plastic toys
- watering can
- kid sized tools such as a trowel, spoon or mallet

### How to make it:

- Fill a plastic container 1/3 of the way with water and drop in a handful of plastic toys. Freeze.
- Add some more water and drop in another handful of toys. Freeze again.
- Finally, fill to almost the top with water and add remaining handful of toys and freeze once more.
- When it is time to play, take your ice block outside. Let it sit for a few minutes so that it will easily release from the container. Give the kids toy tools or spoons and let them dig out the toys.
- Pouring water on it helps speed up the process. For an extra challenge, introduce the beginning sounds of the toys they dig out or sort by shape, color, or size!



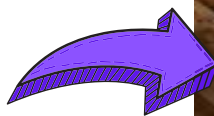
## Color Mixing Ice Bin Sensory Play from [dayswithgrey.com](http://dayswithgrey.com)

### Materials:

- Plastic Squeeze Bottles
- Kid's Paint
- Shower liner or tarp (to place underneath activity if desired)
- Large storage bin or water table

### How to set up:

- Lay out tarp or shower curtain.
- Fill each squirt bottle with a small amount of paint (use only primary colors).
- Add water to the rest of the bottle.
- Shake the squirt bottle.
- Dump ice into a large storage bin or water table.
- Play!



# SUMMER PASSION PROJECT

## WRITTEN BY KRISTEN BLOMGREN

Imagine a Summer when we can explore, have fun, create and learn! I am hoping that we all will be able to navigate more adventures as we move into the summer. Passion Projects are a way to tackle the summer with a plan! Since I am blessed to be a teacher, I have had the flexibility to spend a lot of time with my girls in the summer as well as empower them with camps that have guided their different interests. Before the summer starts, we sit down and create ideas based on things that intrigue them. When they were 2 and 3 years old, they were able to give me some ideas of topics in which they wanted more information. If your children are not as verbal, observe the items in your home that your child gravitates with play. For instance, are they always playing with vehicles, balls or animals? The girl's units of studies or themes varied from butterflies, cheetahs, birds, nature, sewing, baking, Harry Potter, New Hampshire, rock climbing, art projects, gymnastics, lacrosse, swimming and more! The girls get to pick something that interests them and then we spend the summer with that theme to provide a focus of projects and expeditions for the summer. Each week, I would have the same "relaxed daily routine" that provided the consistency but flexibility based on the girls age, naps, visitors, sickness, weather or travel. We all have had a lot of time to reconnect with our families and now it is time to fulfill your child's curiosity by providing a summer plan. Below is a general schedule that we would follow. When they were younger, I printed out the schedule with pictures next to the days as they could understand the visual cues! We usually had one day that was a field trip day, a hike or outside activity day, a project day, walk in the wagon to a library day and we spent many afternoons at the pool! Our local library is starting curbside pick-up this week! Please check your local library for details on their options.

### Example of a Butterfly Study Weekly Schedule:

#### Monday –

- **AM** Make a stained-glass butterfly with tissue paper and contact paper & make banana/pretzel butterflies for snack.
- **PM** Ride scooter/tricycles to a pocket park.

#### Tuesday –

- **AM** - Visit the Butterfly Pavilion and a picnic lunch with butterfly shape sandwiches.
- **PM** Pool.

#### Wednesday -

- **AM** - Nature Butterfly Walk at the Rocky Mountain Arsenal/Commerce City.
- **PM** - Wagon walk to the library and find books on butterflies.

#### Thursday-

- **AM** - Make Butterfly fruit muffins and paint in a butterfly.
- **PM** - plant flowers to attract butterflies.

#### Friday -

- Fun Free choice day! Playdates, matinees, trampoline park, face painting, water day in the yard and lots of fun from the minds of a young child!





Below are some possible field trips. The first four places are open with some guidelines and the others are not open yet! Fingers crossed that we will have more options!

- **Rocky Mountain Arsenal** [https://www.fws.gov/refuge/rocky\\_mountain\\_arsenal/](https://www.fws.gov/refuge/rocky_mountain_arsenal/)
- **Wild Animal Sanctuary** <https://www.wildanimalsanctuary.org/>
- **Littleton Museum** <https://littletongov.org/city-services/guidelines-visiting-the-littleton-center>
- **Garden of the Gods** <https://www.gardenofgods.com/>
- **Lookout Mountain** <https://www.jeffco.us/1281/Lookout-Mountain-Preserve-and-Nature-Cen>
- **Denver Puppet Theater** <http://www.denverpuppettheater.com/>
- **Golden Train Museum** <https://www.visitgolden.com/listing/colorado-railroad-museum/1204/>
- **Water World** <https://www.waterworldcolorado.com/plan/hours/>
- **Red Rocks** <https://redrocks.co/park-info/>
- **Cheyenne Mountain Zoo** <https://www.cmzoo.org/>





# WHAT ARE MY TEACHERS UP TO THIS SUMMER?

## KRISTEN

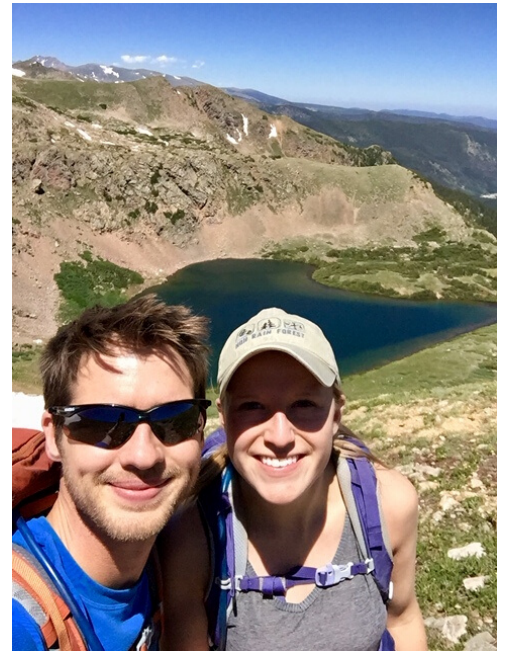
In summers past, Kristen has enjoyed outside time with her girls, Olivia and Lila (and their dog, Ike too). I bet you can find them getting into more fun adventures this summer!





# LESLIE

Leslie and her husband, Patrick, love to hike! They plan to enjoy the beautiful hiking trails of Colorado this summer as well!



# RACHEL

Rachel plans on spending her summer on her bike, or embroidering when she's not doing school work!





**THANK YOU FOR  
A GREAT YEAR!**

**HAVE A  
WONDERFUL, SAFE,  
AND FUN  
SUMMER!**

**SEE YOU IN THE  
FALL!**