

Did you know a 3-year-old boy's voice is louder than 200 adults in a crowded restaurant.



Cutest Kid Contest

Send a photo of your child that you know should make national headlines for adorability, and we'll choose a winner to "spotlight" on our national web site. The winner will also receive a \$500 gas gift card & a free family portrait with *Life Touch Photography*. **The deadline for entries is April 4, 2014.** Please send your cute pictures to darlene@kidsrkids.com. Please include your name and the Academy your child attends.

On average, a 4-year-old child asks 437 questions a day.



Teaching Your Child Charity by: Diane Harris



All kids are born with an innate sense of charity and compassion. "Children naturally look for ways to make a contribution and help others," says Deborah Spaide, founder of Kids Care Clubs. "But just as we give our children opportunities to use their legs when they're learning to walk, we need to give them opportunities to exercise their charitable muscles so they become really good at giving too." The benefits of actively fostering children's charitable impulses are enormous. Besides helping counter the overdeveloped "gimme" impulse, it gives kids a powerful boost in self-esteem to realize they can make a difference in someone's life. Suppose your 6-year-old has expressed concern that poor children don't get enough toys. Let her lead the way and ask her if she can think of ways to collect and distribute toys to needy kids.

Time to Sign Up!

2014 Camp Nature Kids Summer Camp

Ask your Academy Director
for more information regarding this
AWESOME PROGRAM



Learning While I Play by: Peter John

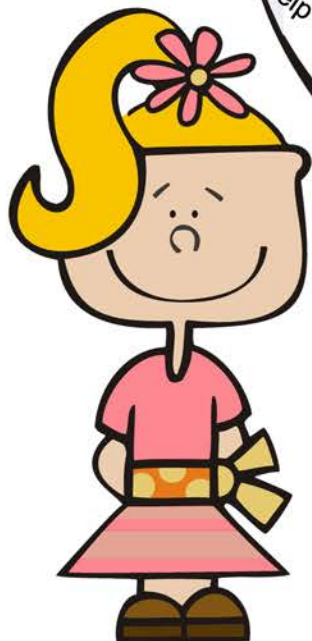
I love to play! So do my friends Tony, Rachel, Angela, and Rusty. We play together a lot. Sometimes I play by myself, and sometimes we play games with the teacher. Playing makes me feel good, and it helps me figure things out, as well. Today in the Imagination Station I wanted us to play veterinarian's office. Both Rachel and I wanted to be the vet. Ms. Amanda said we could both do that. She suggested that one of us could take care of dogs and cats, and one of us could take care of pets like parrots or chameleons. She called them exotic pets. I said, "I will be the exotic pet vet." Ms. Amanda said, "you made a rhyme. Pet and vet." (Story will continue in April's newsletter).



Did you know that the Kids 'R' Kids philosophy stemmed from the founders, Pat and Janice Vinson? Ever since they began in the business of caring for and educating children in 1961, there was never a doubt in their minds that each child needs to be loved and understood before they can learn. This philosophy is the foundation of why each Kids 'R' Kids child is so successful in the preschool classroom, and why they are listed in the top 95% of their class when they begin elementary school.

bundle of joy

Your baby's foot is divided into different zones. By applying gentle pressure to certain areas, you will be able to soothe and comfort - providing relief from discomforts while bonding with your baby.



Like all parts of your body, your brain can benefit from exercise too! Puzzles and problem solving are a great way to exercise your brain, help it function and work more effectively.

My Name is Alex, not Michael's Dad

As parents, we find ourselves with hidden identities. We're now Jill's mom. Am I right? Here are a few tips on how to get involved in your community and make some friends of your own that will call you by your first name. Building a new friendship is a lot like when you were a kid. You want to hang out with someone like yourself. Someone just as fun, hip and cool. You want to make time with that person, in a meaningful way, but usually based around common interest and activities you can do in your spare time. Get together with other moms or dads that have children the same age as your child. Find a sitter and go out and talk and laugh about what it's like being a parent of a 2 year old, for example. You will definitely share the same stories. Connecting with others just like yourself will help you feel confident in the way you are parenting and reassure yourself that you are not in this alone.



Is My Child's Weight Affecting His Ability to Love Himself & Learn?

The childhood obesity epidemic is a complex problem for society, but truly as parents we are much more concerned about what occurs within our own four walls. Many families believe that their chunky child will outgrow their baby fat, but it takes only a few extra pounds to weigh a child down. The child does not feel well participating in activities, so they become less active and the pounds begin to pile up. Kids are cute, but they are cruel to each other. The old saying of "sticks and stones may break my bones, but words will never hurt me" was never farther from the truth. The words are forever etched in our children's brains and hearts, and the pain is far more debilitating than broken bones. Their spirits become broken instead. This prevents our children from becoming who they were meant to be. The vicious cycle is set because more than 8 out of 10 of these children will go on to become overweight adults, carrying with them forever all the baggage from childhood. That is if we continue to see this vicious cycle. Ask your pediatrician what a normal weight range is for each of your children.

Side Note: An unhealthy diet that adds to an unhealthy body also affects the brain, thus the concentration mode. The more healthy "brain foods" that we can give our children, the better they will feel and the more they will participate in the classroom.



5 Parenting Experts and Their Tips



Deborah Tillman says "Don't ever give up on your child". Don't say you've tried everything and they still won't listen. There's always hope for children as long as they parents who never give up on them. Each day is a new day.

Madeline Levine says "Get to know your child" - especially their cognitive strengths and help them develop those strengths which are the things they love doing.

Carol Dweck says "praise the process with your child" which tells the child what they did to bring about this product (trying different strategies of creation) and what they can do again in the future.

Po Bronson says "let your kids experience losing without the parent trying to take that emotion away". Children need to experience this loss and understand that it's okay to feel disappointed. Just encourage the child to try again next weekend at the ball game.

Erica Reischer says that "discipline is not a bad thing". It isn't about punishment. Instead it's all about learning. When you discuss and implement a consequence it's important to do it in a matter of fact and calm way and not make it sound punitive.

How to Get Kids to Try Their Hardest

Parents can help their child become a truly motivated person by teaching them to be proud of their achievements and letting them do things independently and celebrating their small successes. Kids will feel more responsible and be able to face future challenges with more confidence.

Crock Pot Recipe

Vegetarian Mexican Lasagna

Ingredients

- * 1 head cauliflower, cored
- * 3 plum tomatoes, chopped
- * 1 can (15.5 ounces) black beans, rinsed and drained
- * 1 cup frozen corn
- * 1/3 cup chopped cilantro
- * 2 teaspoons chili powder
- * 2 teaspoons ground cumin
- * 3 1/2 cups shredded Monterey Jack cheese
- * 1 jar (16 ounces) tomatillo salsa
- * 6 fajita-size flour or multi-grain tortillas
- * sour cream (optional)



1. Cut cauliflower into florets and slice them into 1/2-inch-thick-slices (you should have about 6 cups). Place cauliflower, tomatoes, beans, corn and cilantro in a large bowl. Sprinkle with chili powder and cumin and stir to combine.
2. Coat inside of oval slow cooker bowl with nonstick cooking spray. Spread a scant 3 cups cauliflower mixture over bottom of slow cooker, then sprinkle with 1 cup Monterey Jack cheese and a generous 1/2 cup salsa over top. Place 2 tortillas on top. Repeat layering two more times, setting aside the last 2 tortillas. Cut these tortillas into 2-inch pieces and scatter over top.
3. Cover and cook on HIGH for 3 hours or LOW for 5 1/2 hours or until cauliflower is tender. Top with remaining 1/2 cup cheese. Cover and cook another 30 minutes or until cheese has melted. Let sit for 10 minutes, then serve with sour cream, if desired.

Kids 'R' Kids Learning Academies would like to write **The Busy Parent Cook Book**. However, we need your help, since you are the busy parent. All you need to do is share your favorite, quick and healthy recipes for breakfast, lunch, dinner or snacks with me and I will put it all together in one book and share it among all the Kids 'R' Kids Academies. Please submit your recipes to darlene@kidsrkids.com. Deadline for recipe submissions is May 2, 2014. If this is successful, every parent who attends our preschools will receive a free copy of this book before the end of the year.