Parent Page

August/September 2021

JEFFERSON COUNTY CHILD CARE ASSOCIATION
"TOGETHER WE SOAR!"

www.jeffcochildcare.org

Nominate Your Child Care Provider For JCCCA Provider of The Month!
E-Mail Nikki
nikkisnngenerations@gmail.com

Healthy Sleep Habits for Children

Although needs vary from one person to another, there are some sensible, scientific-based guidelines for children to get the sleep he or she needs to grow, learn, and play.

Age Range		Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours

www.sleephealthjournal.org

Adequate sleep duration for age on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental physical health.

Tropical Bean Salad

3 1/2 cups black beans, canned, drained and rinsed

1 1/2 cups mango, canned, drained, diced

3/4 cup tomato, fresh 1/4" diced

1 tbsp. canola oil

2 tbsp. apple cider vinegar

1/2 tsp oregano

In a medium bowl, mix together black beans, mango and tomato. Prepare dressing in a small bowl by whisking canola oil, apple cider vinegar, oregano, and pepper to taste. Toss the black bean salad with the dressing, then cover and refrigerate for at least two hours. Makes six servings.

There Was a Little Turtle

There was a little turtle.

He lived in a box.

He swam in the water.

He climbed up on the rocks.

He snapped at a mosquito.
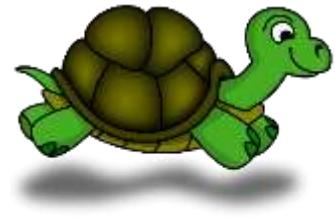
He snapped at a flea.

He snapped at a minnow.

Then he snapped at me!

He caught the mosquito.

He caught the flea.

He caught the minnow.

But he didn't catch me!

SUGGESTED STORY

Turtle Splash! Count Down at the Pond

By Cathryn Falwell

Encourage children to recall the pond animals in the story. Start reading at the end of the story where there was only one turtle left.

Read the story in reverse until you arrive at the first with ten turtles.

Parent Page Edited by
Cheryl Chinn