

*Happy
Mother's
Day*



MAY

COVID-19

We have found that the COVID-19 protocols that we have been implementing have drastically reduced the spread of illness between children and staff so we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands with soap and water for 20 seconds. If a child has a temperature of 100.4° or higher you will be asked to take them home. Please do not bring your child if they are exhibiting any flu/cold symptoms. Masks will still be worn inside the center.

We are gradually bringing back outside services/activities.

The children are going outside to play every day so please make sure they are wearing shoes that are secured with a strap. No flip flops! Please make sure they are wearing socks as well. Girls need to wear shorts under their dresses.

We are continuing to send home “Family Bags” every month. The intent of these bags is to provide your child and family with activities that you can do together at home. This year we will be focusing on “Cultural Cooking” and we encourage you to discuss different types of ethnic foods while allowing your child to help you cook!

**MEMORIAL DAY HOLIDAY
MONDAY, MAY 27th**

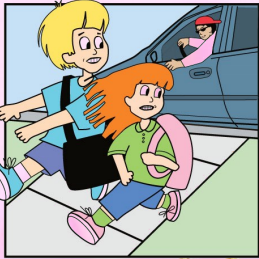
CDC WILL BE CLOSED!!

CURRICULUM

Theme: MY FAMILY

We will learn about our FAMILIES with an emphasis on our grandmothers, mothers, sisters & aunts. We will also learn about FRIENDS and “STRANGER DANGER”.

SAY NO TO



STRANGERS

Academic Activities

Letters: U, V & W

Numbers: 19 & 20

Color: Review

Shape: Review

Sample of Arts & Crafts Activities

Mother's Day Gifts & Cards, Handprint Flowers, Coffee Filter Flowers, Family Portraits, Stranger Danger Books

Daily practices include

Calendar, ABC's, 123's, Colors, Shapes, Manners, Hygiene, books of the day as well as songs and rhymes

my family

POOL SAFETY

Drowning accidents are the leading cause of injury/deaths among children under five. More than 80% of the drownings occur in residential backyard pools or spas. It can happen quickly, always without warning, without a splash, and without a cry for help. To help avoid such a tragedy, please read the following pool safety tips.

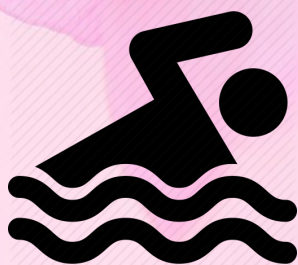
Secure Pool Area

A fence or barrier completely surrounding the pool can prevent many drowning accidents. Most children who drown or nearly drown were last seen in the yard, porch, or patio prior to the accident. Although a fence separating the pool and spa is the single most effective barrier for preventing childhood drownings, not one method alone is totally effective in preventing drowning accidents. Pool owners can take practical steps to make their pools and spas less dangerous by installing "layers of protection".

1. Pools should be fenced from the rest of the house. Fences should be five feet high.
2. The area adjacent to the outside of the fence must be free of objects which may aid children in climbing over the fence. These include items such as chairs, tables, tree branches, etc.
3. Gates should be self-closing and self-latching, opening outward away from pool.
4. A gate latch should be placed at the top of the gate and be inaccessible from the outside by small children.
5. All doors and windows leading to the pool should always be secured and locked at all times.
6. Additional "layers of protection" include safety covers, alarms on doors and motion detection devices.
7. Remember pool covers, gates and other layers of protection do not replace adult supervision.
8. Assign an adult Water Watcher to supervise the pool/spa area, especially during social gatherings.

Effective Supervision

1. Never allow young children to be left alone in and around the pool for a moment. Make sure an adult is always present.
2. Babysitters and guardians should always be instructed about potential hazards in and around the pool.
3. Never rely on flotation devices or swimming lessons to protect a child. 25% of all drowning victims have had swimming lessons.
4. Mount flotation devices designed for lifesaving near the pool. Many float-type toys are thought to be lifesavers. They are not! They should be used only as toys.
5. Look in the pool area first if a child is missing.
6. Never keep toys around or in a pool.
7. All adults, children and babysitters should learn and practice CPR.
8. Keep a telephone outside the pool area. Post the 911 emergency number on the telephone.



MAY 2024

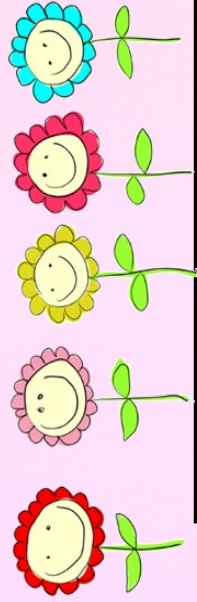
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 	6	7	8	9	10	11
12 	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day 	28	29	30	31	



LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER
 1321-1/2 Ken Street
 Las Vegas, Nevada 89106
 702.386.0040



MAY 2024 Breakfast & Snack Menu



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1		1 Cold Cereal Fruit Milk Celery Sticks Peanut Butter	2 Raisin Bread Toast Fruit Milk Applesauce Water	3 Cold Cereal Fruit Milk 1/2 Banana Water	4 French Toast Sticks Fruit Milk Orange Slices Saltine Crackers (4) Water	5 Cold Cereal Fruit Milk Granola Bar Milk	6	
7	8 Cold Cereal Fruit Milk Graham Crackers Milk	9 Pancakes Fruit Milk Cookie Juice	10 Cereal Fruit Milk Grapes Goldfish Crackers (20)	11 Cinnamon Toast Fruit Milk Bread/Peanut Butter Water	12 Cold Cereal Fruit Milk Granola Bar Milk	13	14	
14	15 Cold Cereal Fruit Milk Apple Slices Milk	16 Toast Fruit Milk Yogurt (2 oz) Juice	17 Cold Cereal Fruit Milk Carrot Sticks w/ ranch Milk	18 Waffles Fruit Milk Strawberries Club Crackers (2) Water	19 Cold Cereal Fruit Milk Crackers w/Peanut Butter (4) Milk	20	21	
21	22 Cold Cereal Fruit Milk Teddy Grahams (11) Milk	23 Bagel Fruit Milk English Muffin Juice	24 Cold Cereal Fruit Milk Orange Slices Water	25 Toast Fruit Milk Cookie Milk	26 Cold Cereal Fruit Milk Granola Bar Milk	27	28	
28	29 Cold Cereal Fruit Milk Celery Sticks Peanut Butter	30 Raisin Bread Toast Fruit Milk Applesauce Water					PORTION SIZES: Milk/Juice: 1/2 cup Peanut Butter: 1tbsp Veggies/Fruit: 1/2 cup Bread: 1/2 slice Cereal: 1/3 cup	



MAY 2024 Lunch Menu

HAPPY MOTHER'S DAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PORTION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup	On SPECIAL ACTIVITY days lunch will be purchased from outside sources		1 Tortellini Bolognese Green Beans Tropical Fruit Milk	2 **SPECIAL LUNCH**	3 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	4
5	6 Italian Meatballs w/ Bow Tie Pasta Broccoli Oranges Milk	7 **TACO TUESDAY**	8 Chicken Bites w/Spaetzle Green Beans Mixed Fruit Milk	9 **SPECIAL LUNCH**	10 Cheesy Ravioli Green Beans Peaches Milk	11
12	13 Chicken Breast w/ Tortellini Broccoli Applesauce Milk	14 **SPECIAL LUNCH**	15 Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk	16 **SPECIAL LUNCH**	17 Chicken Meatballs Spiral Pasta Broccoli/Cauliflower Pineapple Milk	18
19	20 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	21 **SPECIAL LUNCH**	22 Swedish Meatballs w/Egg Noodles Broccoli Peaches Milk	23 **SPECIAL LUNCH**	24 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	25
26	27 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	28 **SPECIAL LUNCH**	29 Tortellini Bolognese Green Beans Tropical Fruit Milk	30 **SPECIAL LUNCH**	31 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	



Color Me Healthy NEWS

preschoolers moving & eating healthy

MAY

Protection For FUN In The Sun

You and your family should enjoy spending time outside being active! While you are out having fun, protect your skin from the sun's damaging rays. Sun protection should begin in infancy and continue throughout life. It is estimated that we get about 80% of our total lifetime sun exposure in the first 18 years of life. Therefore, sun protection for young children is important to decrease the risk of problems later in life. Exposure to sun over time increases your risk for skin problems, including skin cancer.

Begin now to teach your children about sun protection. Take action to protect you and your children from the sun's harmful rays:

- Stay indoors or in the shade during the hottest time of the day—10am-2pm (daylight saving time 9am-1pm)
- Children and other family members should wear hats or visors and loose cotton tee shirts to protect their skin
- Apply a sun block with sun protection factor (SPF) of 30 or higher, and reapply after playing in the water



Snack Attack

Mom, I'm hungry! When you hear this and it's not meal time, you know it is time for a snack. Small children need snacks to help them make it from meal to meal. But snacks don't mean throw good nutrition out the window. Your child's snacking mood may vary, but you can always maintain healthy snacking habits. Below are examples of great snacks no matter what their snacking mood. Try these suggestions if their snacking mood is:

THIRSTY!—skim or low fat milk, water with lemon, lime, or orange wedge, 100% vegetable or fruit juice

SMOOTH!—Frozen yogurt, banana, cottage cheese, yogurt with fruit

CRUNCHY!—raw vegetables, apples, popcorn, graham crackers, rice cakes, granola bar, a handful of dry cereal

JUICY!—fresh fruit, 100% frozen juice popsicles, cherry tomatoes, blueberries

FUN!—fruit, frozen bananas, watermelon, strawberries

REALLY HUNGRY!—1/2 peanut butter sandwich, cereal with milk, bagel with low fat cream cheese, cheese and crackers



Helping Your Child Be Active and Helpful At Home

It is not too early to teach preschoolers that they need to help out at home. Make housekeeping chores fun and involve the whole family. It will get the chores done and help your child to be both active and helpful!

There are lots of ways to be active at home. Ask your child to help with these jobs:

- Dust furniture
- Pick up toys
- Rake leaves
- Set or clear the table
- Work in the garden
- Feed or walk their pet



Color Me Healthy Parent Bulletin Board

Eat a variety of nutrient rich foods. You need more than 40 different nutrients for good health and no single food supplies them all. Remember to include bread and whole grain products, fruits, vegetables, dairy products, and meat, poultry, and fish.

Preschool children should get at least 60 minutes of activity from a variety of activities on all or most days of the week.

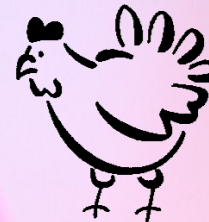
Instead of renting a video, use the money you would have used to purchase an inexpensive activity toy that can be used again and again. Ideas include: Frisbee, jump rope, ball, or sidewalk chalk.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Chicken Nuggets



INGREDIENTS:

- 1 egg
- 2 tablespoons milk
- 3½ cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget size pieces
- ¼ cup barbeque sauce, ketchup, or mustard for dipping sauce

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Whisk the egg and milk together in a small mixing bowl.
3. Place cornflakes in a plastic bag.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with warm barbeque, ketchup, or mustard dipping sauce.



Food For Families On The Go

Tuna Burgers 6 servings

INGREDIENTS

- 1 can (12 ounces) tuna drained and flaked
- 1½ cups bread crumbs; divided
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 egg; lightly beaten
- ½ cup non-fat peppercorn ranch salad dressing
- ¼ cup sliced green onion (optional)
- 1 tablespoon olive oil

INSTRUCTIONS

1. In a medium bowl, combine tuna, ¾ cup breadcrumbs, cheese, egg, salad dressing, and onion.
2. Form six patties; coat each side with remaining ¾ cup bread crumbs.
3. Heat oil in non-stick skillet over medium heat.
4. Cook patties 3-5 minutes on each side until golden brown.

Prep Time: 10 minutes
Cook Time: 10 minutes
Calories per serving: 308
Fat per serving: 11 grams

Color Me Healthy brought to you by...

