



APRIL

COVID-19

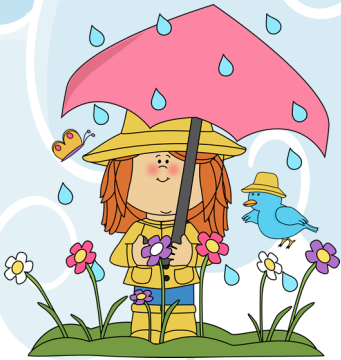
We have found that the COVID-19 protocols that we have been implementing have drastically reduced the spread of illness between children and staff so we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands with soap 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 everyday so please make sure they are wearing shoes that are secured with a strap and wearing socks. No flip flops! Please send a lightweight jacket as well.

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!

CURRICULUM



Theme: OUR EARTH

We will learn about RECYCLING, SPRING CLEANING, GARDENING and ways to PROTECT and PRESERVE OUR LAND

Academic Activities

Letters: S & T
Numbers: 17 & 18
Color: Pink
Shape: Review



Sample of Arts & Crafts Activities

Flower power, Handprint painting, Planting

Daily practices include

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

Parenting Tips

Provided by: Native Wellness Institute



- Listen to your children
- Expect them to make mistakes
- Be firm, fair and flexible
- Let your child know what your expectations are of them
- Set clear boundaries– most children want them
- Be clear and specific when giving instructions
- Develop family rules together
- Expect your children to obey you– Be in charge!
- Spend quality time with your children
- Know they are watching you to see how they should behave– be a good role model
- Always encourage your child
- Praise them when they do something special
- Be as consistent as possible
- When possible, offer children choices to help them develop decision-making skills
- Use teachable moments
- Practice patience
- Explain consequences of poor behavior-logical and natural
- Expect your teen to rebel-identity search
- Hug your children
- Say “I love you” to your children
- Give them the gift of your spirit-unconditional love
- Nurture interest in native ways of life



WE
are
FAMILY





APRIL 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
28	29	30				



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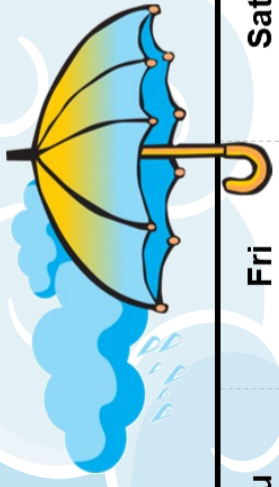
APRIL 2024 Happy Earth Day! Breakfast & Snack Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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	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	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	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



APRIL 2024 Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	2 **SPECIAL LUNCH**	3 Cheesy Lasagna Swirl w/Broccoli Tropical Fruit Milk	4 **SPECIAL LUNCH**	5 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	6
7	8 Italian Meatballs w/ Bow Tie Pasta Broccoli Oranges Milk	9 **TACO TUESDAY**	10 Chicken Bites w/Spaetzle Green Beans Mixed Fruit Milk	11 **SPECIAL LUNCH**	12 Cheesy Ravioli Green Beans Peaches Milk	13
14	15 Chicken Parm w/ Veggie Spaghetti Applesauce Milk	16 **SPECIAL LUNCH**	17 Chicken Breast w/ Tortellini Broccoli Tropical Fruit Milk	18 **SPECIAL LUNCH**	19 Chicken Meatballs Spiral Pasta Broccoli/Cauliflower Pineapple Milk	20
21	22 Cheeseburger Mac & Cheese Broccoli Mixed Fruit Milk	23 **SPECIAL LUNCH**	24 Swedish Meatballs w/Egg Noodles Broccoli Peaches Milk	25 **SPECIAL LUNCH**	26 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	27
28	29 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	30 **SPECIAL LUNCH**	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	



Color Me Healthy NEWS

preschoolers moving & eating healthy

APRIL

Please Try Just One Bite

If your children are not interested in some foods, start with smaller serving sizes. A half-cup of broccoli may look so overwhelming that a child won't even try to eat any. Start with two or three small pieces and then offer more when these are eaten.

A half-cup of milk may look more appealing to small eyes than a full cup. Remember, a serving doesn't all have to be eaten at once. Snacks are a great way to add another half serving of fruit, vegetable, milk, bread, or meat.



Spice Up Your Fruits And Vegetables

One of the best ways to jazz up fruits and vegetables is by adding herbs and spices. They can be expensive so choose a few to have on hand that your family enjoys. Add herbs and spices towards the end of the cooking time to preserve their full flavor. When using dried herbs remember that they are stronger than fresh herbs so you don't need as much. Below are examples of how herbs and spices match up with fruits and vegetables. Give these a try and experiment on your own!

- **CINNAMON**—apples, sweet potatoes, acorn squash
- **DILL**—tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers
- **ONION POWDER**—most vegetables especially mashed potatoes
- **OREGANO**—tomato sauce, bean salad, zucchini, spinach
- **PARSLEY**—potatoes, green beans, carrots
- **ROSEMARY**—mashed potatoes, peas, lima beans, green beans, roasted potatoes



Active After School

The amount of time a child is outside is directly related to how active they are. Encourage your children to stay outside for an hour before dinner and play. If they have no playmates in the area, encourage them to be creative on their own or take the time to play with them.

Here are some ideas for activities they can do in that hour:

- Bike
- Skate
- Jump Rope
- Run
- Swim
- Fly A Kite
- Play Hopscotch
- Dance
- Toss a Frisbee
- Play Kickball
- Play Tag
- Play Catch
- Play Soccer
- Play Hide-N-Go Seek



Color Me Healthy Parent Bulletin Board

Encourage your children to eat a wide variety of foods by letting them pick out a new fruit, vegetable, or grain at the grocery store. Tell them it's a new game called "Adventure Eating" and make it a weekly event.

Plan outdoor family activities such as going to a park or a zoo that involves walking or provides the opportunity to be active.

Almost 50% of your bone mass is formed during childhood. Make sure your children get the calcium they need to form strong bones and teeth. Low fat dairy products are a great source of calcium.



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.

Fruit Kabobs

INGREDIENTS

- strawberries
- cantaloupe
- bananas
- kiwis
- OR any kind of fruit that is in season
- skewers, toothpicks, or plastic drinking straws

INSTRUCTIONS

1. Cut up fruits into chunks.
2. Place on skewers, toothpicks, or plastic drinking straws.
3. Have children experiment with different combinations.
4. Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. The child can then drink the water through the straw.



Food For Families On The Go

Tangy Citrus Chicken *8 servings*

INGREDIENTS

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

INSTRUCTIONS

1. Place chicken breasts in a 13x9x2 baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350 degrees for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Prep Time: 10 minutes
Cook Time: 40 minutes
Calories per serving: 268
Fat per serving: 4 grams

Color Me Healthy brought to you by...

