



February

Why Your Baby Shouldn't Sleep With A Bottle

If your baby falls asleep with a bottle in their mouth, small amounts of milk, breast milk, or juice leak out and collect around the teeth. The sugars in the milk or juice combine with the bacteria in their mouth to form acids. These acids attack tooth enamel and cause cavities. Babies and children are especially prone to cavities due to the different pH levels in their mouths. And sadly, childhood tooth decay is an epidemic today because of this.

It is never too late to correct this habit. The sooner you fix it, the better your chance of protecting your baby's teeth.

Cavities can also develop from your baby drinking bottles during the day. For this reason, do not put sugary fruit juices or sodas in your child's baby bottle to avoid this problem.

5 Benefits of Outdoor Play

1. Winter play promotes physical activity, which enhances gross motor skills and their overall strength.
2. Sunlight exposure during outdoor play aids in essential Vitamin D production.
3. Cold weather exposure supports immune system development, lowering the risk for illness.
4. Winter play provides diverse sensory experiences, fostering their cognitive development.
5. Outdoor winter activities encourage resilience, creativity and emotional well-being.

Outside Snacks

With Valentines Day coming up, we would like to kindly remind parents that outside treats cannot be sent into the classroom as it conflicts with the policies of our CACFP food program.



Early Childhood Division

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