

# Infant and Toddler Newsletter

## Spring Themed Sensory Play Ideas

The days are warmer, the birds are chirping, and spring is finally here. And while we love seeing all the blooms, bugs, and muddy puddles just waiting for jumpers to take a leap popping up all over the place, we're not quite sure we want to invite all those natural elements into our house (especially that rainy day mud). But not to worry, kids can celebrate the season with spring sensory play ideas that focus on all the outdoor elements they love without messing up the place. Want to know a secret? You can pull these bins out anytime the kids need some quiet time to play. They work well in any season. -Themed Sensory Activities

- Muddy Truck Sensory Bin. Mama. ...
- Rainbow Water Beads. Meri Cherry. ...
- Nature Sensory Bag Suncatcher. Hands On As We Grow. ...
- Super Seeds. Fun at Home with Kids. ...
- Texture Eggs. ...
- Chicks and Flowers Sensory Bin. ...
- Insects and Bugs. ...

Check out these great activity ideas at:

<https://tinybeans.com/bump-baby/spring-sensory-play-ideas-for-babies/>

### Infant and Toddler Spring Training Opportunities:

April 6th 6-9pm

Purple Tears: Adults' Impact on Infant Emotional Intelligence

May 18th 6:30-8:30 pm

Story Stretchers for Infants and Toddlers



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## Let's Look at the Regs!

Regulations are not just rules. They are a guide to help us keep children safe.

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D. Only whole, pasteurized milk will be served to an infant or toddler who is not receiving formula or breast milk, except that skim milk, reconstituted nonfat dry milk, or 12 percent milk may be served upon the written prior approval of the child's parent and health care provider.

E. An operator shall ensure that:

- (1) All infant foods and bottles are labeled with the infant's name, dated, and refrigerated at 40° F or below if potentially hazardous;
- (2) All nipples on bottles are protected;
- (3) Breast milk or formula which has been bottled for the child is:
  - (a) Placed immediately in a refrigerator when brought to the center;
  - (b) Warmed to the desired temperature immediately before feeding; and
  - (c) Served to the child at a temperature that is safe and conducive to the child's comfortable feeding;
- (4) Foods that present a high risk of choking for infants and toddlers are not served to them; and
- (5) Reusable bottles and nipples are:
  - (a) Reused only after they have been washed, rinsed, and sanitized; or
  - (b) If supplied by the child's parent, rinsed after use and returned daily to the parent.

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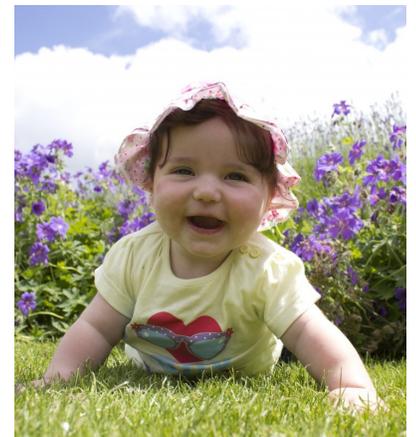
## Cow's Milk and Milk Alternatives

Your growing child needs vitamins and minerals like vitamin D and calcium to build strong bones. Pasteurized, whole cow's milk and soy beverages that have been fortified with vitamin D are good sources of vitamin D and calcium. Most cow's milk sold in the United States is fortified with vitamin D.

Choose milk or milk alternatives that are unflavored and unsweetened. Flavored cow's milk and fortified soy beverages can have added sugars. Your child does not need added sugars.

Read more at:

[Cow's Milk and Milk Alternatives | Nutrition | CDC](#)



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