

A monthly publication providing the latest information on  
The Kidz Club’s Prescribed Pediatric Extended Care services and education.

NUTRITION | PROGRAMMING | PPEC EDUCATION | THERAPY

REMINDERS/ANNOUNCEMENTS

### Back to School, But Never Without Care

School may be right around the corner, but your child’s PPEC care doesn’t pause for the bell. We’re here to seamlessly support your family with care before school, after school, on school-out days, and even Saturdays, ensuring your child continues to receive the compassionate, expert care they deserve year-round.



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## PPEC Education

### Back to School Success

It’s time to head back to school. To help ensure your child has a safe, healthy, and happy year use these tips for back-to-school success:

- Establish a routine
- Get enough sleep
- Start with a healthy breakfast
- Get organized

**Routine**

- Keep the same bedtime each night
- Maintain calm near bedtime
- Follow the same routine- brush teeth, put on pajamas, read a book etc.

**How much sleep does your child need?**

- Preschoolers: 3-5 years old 10-13 hours
- Gradeschoolers: 6-12 years old 9-12 hours
- Teens: 13-18 years old 8-10 hours

**Nutrition**

- A healthy snack can help your child focus at school
- Healthy snacks include fruits, granola bars, vegetables, pop-corn, cheese, yogurt
- Limit sugary snacks and drinks, as well as low-nutrient snacks like chips

**Homework**

- Have a homework schedule
- Set up a calm homework zone
- Make homework time a quiet time
- Read with your child each night

**Limit Screen Time**

- Model healthy use of screens
- Set aside screen-time zones in your home
- Unplug during homework time

MORE INFORMATION AND TIPS

## We’re Social

Be sure to follow The Kidz Club main Facebook page and your child’s center-specific page so you don’t miss any snapshots of their TKC adventures! You won’t want to miss the fun!

We’re on Instagram too—come say hi! @thekidzclub

## Programming Corner

At The Kidz Club, we take a holistic approach to the care of each child. Apart from skilled nursing, we also provide comprehensive programming. Programming refers to the intentional planning and organization of activities and experiences for children.

### Fine Motor

#### My Family and I

#### Details

-Large baking tray or table surface that can be wiped down  
-Shaving foam

Spray the shaving foam to cover the tray/table. Make sure to spread it quite evenly. Ask your child to assist you in leveling out the foam. Ask your child to draw themselves in the foam, as well as family members. Stick figures, faces or blobs – it doesn’t matter!

This is a sensory activity that can be soothing for you and your child. It uses fine motor skills and encourages your child to think about themselves in relation to their family members – siblings, cousins, aunts and uncles, grandparents, etc.

### Gross Motor

#### Simon Says

#### Details

Simon Says is a children’s game for three or more players. One player takes the role of “Simon” and issues instructions - usually physical actions such as “jump in the air” or “stick out your tongue” to the other players. If the phrase “Simon says”, is not said before the action is given, the action should not be followed.

Be sure to encourage actions like “hop on one leg”, “run on the spot”, “wave your arms up and down”, “sit on the floor” to encourage movement and engage the large muscle groups.

### Try these activities at home

to support your child’s learning this month

### This Month’s Curriculum Theme: What Makes Me

## Nutrition

# RECIPE CARD

## Pizza Kebabs

### Ingredients

- Pepperoni
- String Cheese
- Pita Bread
- Cherry Tomatoes
- Kebab sticks
- Marinara Sauce

### Directions

- Cut string cheese into 4 pieces each
- Cut pita bread in half and then cut each half into 8 triangles (ask your child to name the shape!)
- On the kebab stick, alternate sliding on the pepperoni, cheese piece, pita bread, and half a cherry tomato
- Serve the pizza kebab with marinara dipping sauce

This recipe provides proteins, a vegetable and grains, all filled with essential nutrients to grow healthy bodies and brains!

Enjoy

GET A PRINTABLE RECIPE CARD

## Therapy

### SLEEP STRATEGIES IMPACT ON INFANT DEVELOPMENT

**No soft bedding or pillows**

- A firm surface promotes proper spinal alignment and decreases risk of suffocation.

**Offer a pacifier at naps and bedtime**

- This teaches them to self-soothe, maintain respiratory support, and promotes oral-motor development.

**Avoid overheating**

- This helps infants learn to self-regulate their body temperature, an important physiological development.

**Create a consistent routine**

- Establishing a circadian rhythm supports emotional regulation and sleep quality which improves cognitive development as the brain processes and learns during sleep.

**Avoid rockers and swings**

- These compromise the baby’s natural positioning, potentially leading to the head slumping forward and restricting the airway.

**Encourage tummy time but only while awake**

- This promotes strengthening the upper body necessary for head control, rolling, and crawling, while also decreasing risk of plagiocephaly (flat head).
- Always place on their backs at night. Placing a child on their stomachs during sleep is a major suffocation risk.

Prescribed Pediatric Extended Care