



KID'S HAVEN

CHILD CARE & PRESCHOOL

Parent News

NEWSLETTER | MAR 2025

-NEWS AT THE HAVEN-

Embracing Spring with Healthy Routines and Activities

As March ushers in the arrival of spring, it's a wonderful time to refresh your child care routines and introduce new activities to keep children engaged, active, and healthy. The changing season brings opportunities for both indoor and outdoor fun, as well as a chance to foster positive habits that will support your child's growth and development. Here are some practical tips for parents and caregivers to make the most of March.

- Spring Cleaning: Organize Your Child's Space

Spring is often associated with fresh starts, and organizing your child's space can be a great way to embrace the season. Use this time to go through toys, clothes, and books, donating items your child has outgrown. A tidy space fosters a sense of calm and order, and it teaches kids the importance of maintaining a clutter-free environment. Encourage your child to help with sorting and organizing, as it can be a fun and productive activity.

-Spring Into Healthy Habits

As the season changes, it's important to adjust your child's routines to support their overall health. Encourage your child to wash their hands regularly, especially as the weather transitions and allergies become more prevalent. You can also promote healthy eating by introducing a variety of fresh fruits and vegetables, like strawberries, apples, and spinach, which are in season during March.

Additionally, make sure your child stays hydrated, as spring activities can leave them feeling thirsty. Teach them the importance of drinking water, especially as they start spending more time playing outside.

-Incorporate Educational Activities

Spring is a great time to expand on educational activities at home or in child care settings. Children can explore their creative side through arts and crafts projects, such as creating spring-themed art with flowers, butterflies, or rainbows. You can also incorporate fun science experiments that focus on weather changes, such as making a simple weather chart or tracking rain patterns. These activities foster curiosity and learning, helping children develop cognitive and problem-solving skills.

March is a month of transformation, both for the environment and your child's routine. Embrace the changing season with exciting outdoor activities, healthy habits, and fun learning opportunities.

Missy Sjolin



-REMINDERS-

- Daylight Saving Time is Sunday March 9
- If your child will be entering Kindergarten fall of 2022, your child will be running with our school-age program this summer. Let your child's teacher know if you are not planning on sending your child to Kindergarten this fall and he/she are old enough to attend.



-EVENTS-

3/3 Dr. Seuss Day: Dress as your favorite Dr. Seuss character

3/3-3/14 - We are inviting families to help their child learn more about buildings, look for other opportunities to talk about buildings, their features, and what happens inside them. For example, when reading a story together, talk about the rooms in an illustration (Preschool)

3/3, 3/28, 4/18, 4/25 - Cat's Kids Yoga in the AM: Must sign a waiver to attend (Preschool)

3/16 - We are inviting families to think about the learning experiences created by something as simple as recycling. When your child sorts trash and recyclable items, she learns about the characteristics of objects. When she looks for the recycle symbol on containers, she learns that symbols have meaning. (Preschool)

3/20 - Jim & Martha Music Show at Kid's Haven (Preschool)

3/24 - We are inviting families Looking at trash might seem unappealing, but your child might be curious and excited to see what's inside your trash cans! Keep in mind that your child does not have to touch trash items to observe them. While looking inside trash cans around your home, you can shake the bags to show your child what's inside or use a ruler, paint stir stick, or other long object to move trash items around. (Preschool)



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