



Ashley's Angel Gram

May 2011

A to Z What every child needs

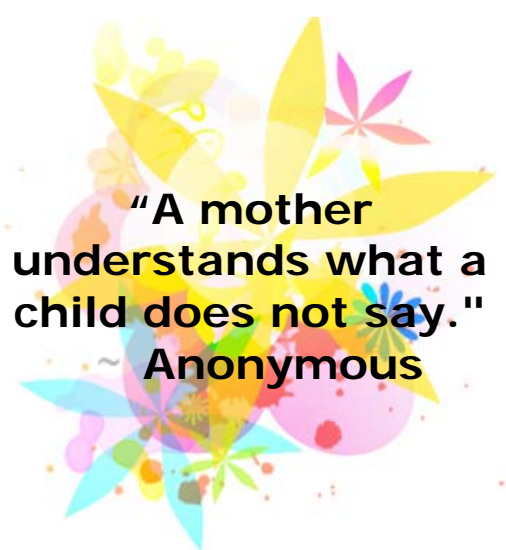
- A**ppreciation, for all they bring into our lives
- B**alance, somewhere between too little and too much.
- C**ommitment, it's the little things we do each day that matter.
- D**reams, to touch the future.
- E**mpathy, remember what it was like to be a child.
- F**amily And Friends, everyone needs someone to love.
- G**uidance, actions speak louder than words.
- H**ealthy Habits, to nurture body, mind and spirit.
- I**nspiration, to explore beauty, wonder and mystery.
- J**oy, sprinkle laughter and happiness daily.
- K**indness, to learn to care for others as they are cared for.
- L**imits, set boundaries and consequences together.
- M**entors, to give wings to their aspirations.
- N**ature, to delight in rainbow butterflies and shooting stars.
- O**pportunities, to discover what truly makes their heart sing.
- P**lay, the "work" of childhood.
- Q**uiet Time, to recharge their batteries.
- R**esponsibilities, to build self-esteem and self-confidence.
- S**ecurity, feeling safe is essential for growth.
- T**raditions, keep the family tree alive & sprout new branches.
- U**nconditional Love, for who they are, not for what they do.
- V**alues, live yours and encourage them to find theirs.
- W**ords Of Encouragement, You can do it, I believe in you.
- X**oxoxo's, hug and kiss them each and every day.
- Y**ou, your presence more than your presents.
- Z**zzzzzzs, a good night's sleep.

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29	30	31				

ANNOUNCEMENTS

Closed on
Memorial Day

**"A mother
understands what a
child does not say."
Anonymous**



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ACTION SNACKS

Preschoolers are anything but boring, so why should their snacks be? Here are a few action-snack suggestions that help keep our snacking fun and exciting:

Cut it! Use a cookie cutter to cut cheese, veggies, and sandwiches into fun, irresistible shapes.

Dip it! Pair slices of fruit, veggies, or whole-wheat crackers with a side of dip. Whether it's peanut butter, cream cheese, jam, guacamole, salsa, applesauce, or yogurt, everyone loves to dip.

Sip it! Who says you have to eat a healthy snack? Fruit smoothies made with low-fat yogurt or milk and fresh fruit are a great way for your child to drink up needed nutrients.

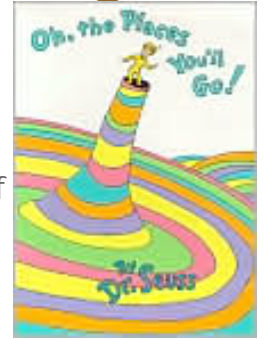
Crunch it! Low-fat granola and lower-sugar breakfast cereals are good choices. Also try toasted whole-wheat pita wedges for a satisfying crunch without the salt and fat of potato chips.

Play it! Turn healthy snacking into a game. For example, try making a "food rainbow" on your child's plate. Let him or her decide which colors to eat first. Next time, you can do the same with different shapes.

ONCE UPON A TIME... Story Corner

Oh, the Places You'll Go!
by Dr. Seuss

"Don't be fooled by the title of this seriocomic ode to success; it's not 'Climb Every Mountain,' kid version.



All journeys face perils, whether from indecision, from loneliness, or worst of all, from too much waiting. Seuss' familiar pajama-clad hero is up to the challenge, and his odyssey is captured vividly in busy two-page spreads evoking both the good times (grinning purple elephants, floating golden castles) and the bad (deep blue wells of confusion).

Seuss' message is simple but never sappy: life may be a 'Great Balancing Act,' but through it all 'There's fun to be done.'"

