



# My Friends News

QUARTERLY NEWSLETTER  
SPRING 2016

## Elk Grove

We hope you had a splendid holiday/winter season! Here is a little recap of what was going on at our center the last few months.

In December we had our annual trip to the Alta Regional Santa Day! We had so much fun playing games and meeting Santa. We celebrated the month with weekly themes like The Grinch Who Stole Christmas, Cocoa and Cookies and of course, Frozen. The kids enjoyed singing Christmas carols while making Christmas cookies and cocoa and creating fun winter crafts.

In January, we brought in the New Year with a bang! The kids enjoyed experiments like making fireworks in a jar, celebration playdough, and delicious breadstick dippers for snack. We explored our five senses and enjoyed smelling, tasting, touching, seeing and hearing what the New Year has to offer. In Elk Grove we prepped the children and families for exciting move to our new center.

In February, the children spread the love by making Valentine's Day cards for children in hospitals and seniors in senior homes, Valentine's Day goody bags, heart shaped brownies and cards for one another. We exercised our gross motor skills by dancing the mornings and afternoons away with their all-time favorite song the "Cupid Shuffle." We wound down this month with outdoor play and heart shaped animal crafts.

Winter was tons of fun and we can't wait to see what the upcoming months have to offer! Here is a sneak peek...

In March, we will be on the lookout for leprechauns and going on adventurous treasure hunts in search of four leaf clovers and gold. In April, we will eagerly await the Easter bunny and search for Easter eggs throughout the center and in our back yard. In May, we gear up for summer by starting water play and planning some fun filled trips for summer time. We will be dipping into our five senses with ocean sensory bins, under the sea animals, scavenger hunts, and exciting experiments.

Please let us know if your child has a particular interest such as certain music, movie, books, or games. This will aid us in successfully promoting your child's development. Also, since we will be spending more time outdoors, please send any sunscreen your child will need.

"When I see you through my eyes, I think that we are different. When I see you through my heart, I know we are the same."

- Doe Zantamata



hello  
spring!



### Special notes to our parents:

- Please remember to send diapers, wipes and formula promptly upon request.
- Please remember any items or clothing sent with your child should be labeled with your child's name or initials.
- If your child uses a GT and /or nebulizer, please remember to send at least 1 GT syringe & extension set and 1 nebulizer treatment set on a monthly basis.

# SAVE THE DATE!

Music Therapy - second Wednesday  
of each month

Pet Therapy - fourth Saturday of each month



## Meet Myla...

We have had the pleasure of working with Myla for seven months as a Personal Care Attendant and Housekeeper. Myla has always enjoyed working with children and she is dedicated to our kids at My Friends. Myla sees each child as unique and beautiful and this attitude shines through in her work.

As much as Myla enjoys her job, she loves being at home with family. Myla is happily married to her husband Mike. Together they have four amazing children; Xavier, 21, Nathan, 16, Maeson, 4, Robbi, 2 and baby Carson is on the way. We are excited to help her celebrate baby Carson in July 2016. As a family they enjoy watching movies and cooking at home. Myla is a phenomenal co-worker, role model, and motivation to us and we adore seeing her smiling face every day. Thank you for all the hard work you do, Myla!



## Our friends at My Friends!

### Meet Ephraim...

Ephraim is a rambunctious, sweet, caring little boy. He has been coming to My Friends for a little over a year now. He bolts through the door every day with a full tank of energy and a smile on his face. Ephraim is a lively boy who loves playing with his friends.

Ephraim dances to fast beat music and always shows off his newest moves. He enjoys playing with cars, Legos, and finger painting. Every day is a pleasure being around Ephraim. We love seeing what he will do next!



## ACTIVITY CORNER: TRY THIS AT HOME!

### Homemade Playdough

**Supplies Needed:** 1 cup flour, 1/3 cup salt, 2 tablespoons cream of tartar, 1 tablespoon vegetable oil, 1 cup water & food coloring or glitter of choice

**Instructions:** Combine the flour, salt, cream of tartar, vegetable oil, and liquid in saucepan. Stir over medium heat to the point where it starts to thicken. Once it's a fairly stiff ball, put it on the sheet of wax paper or safe surface. When cool, knead dough until its smooth and mix in any desired color or glitter. 😊

