



# Monthly Newsletter

**MARCH 2009**

# March

## IN THE NEWS...

We bid a fond farewell to Quadir (Shiyheim's little brother) who was with us for one week.

Parents: Just a reminder to not bring your children into daycare with junk food and/or candy. It causes a lot of crying and tantrums when one has and the others don't.



Sunday, March 8th at 2:00 AM

Happy Birthday!!

2nd — Aniyah  
12th — Shiyheim

# Nutrition Nook

## 7 Minute Meal— Stove Top Turkey Casserole

Prep time: 2 minutes

Cook time: 5 minutes

Yield: 4 servings

10.75-oz can cream of potato soup

1/2 cup water 10-oz package frozen peas and carrots, thawed

2 cups leftover turkey, diced

1 cup croutons

3/4 cup (3 oz) shredded reduced-fat cheddar cheese

Combine soup, water, peas and carrots, and turkey in a large nonstick skillet. Cook over medium-high heat for 3 minutes, stirring occasionally. Add croutons, stir to combine. Sprinkle shredded cheddar over casserole. Cover, reduce heat to low, and cook another minute, until cheese is melted. Remove skillet from heat and let stand for 1 minute so flavors develop.

Per serving: 289 calories, 11 g fat (5 g saturated), 804 mg sodium, 73 mg cholesterol.

### March Celebrations

Music in our Schools Month

American Red Cross Month

National Craft Month

2nd—Dr. Suess' Birthday

17th—St. Patrick's Day



**Tuesday, March 17th—Wear something GREEN!**

# Preschool Pointers

Please make sure you go over the weekly verse daily.

## MARCH THEMES

Week 1: S - Five Senses

Week 2: T - Transportation

Week 3: U - Uniforms

Week 4: V - Volcanos

## UPCOMING TRIP

**March 6th — Sesame Street Live**  
**Please be here by 8:30 AM**

## DAYCARE CLOSING

We will be closed on **Saturday, April 4th** to attend my mother's 75th Birthday Party!

## **ABOUT MOM-MOM'S PLACE FLC**

**Mom-Mom's Place FLC** is a 24-hour Christian-based childcare located in SW Phila. We provide childcare in a home-like setting for children between the ages of 6 weeks and 5 years of age. We are licensed by the City of Philadelphia and registered with the Department of Public Welfare. We participate in Keystone Starts and currently have a Star 1 designation. Mom-Mom also has her CDA certification.

**Mom-Mom's Place FLC** philosophy is to nurture children physically, emotionally, intellectually and spiritually in a stimulating environment.

The child-development goals of **Mom-Mom's Place FLC** are three-fold: physical, emotional/social, and intellectual. These goals will be met through individual and group play, positive reinforcement of accepted social interaction skills and a structured age-specific curriculum.

We provide nutritious meals daily in accordance with the USDA food program.

### **CONTACT US:**

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### **Day Care Staff:**

**Jeanette Lewis: Owner/Operator**  
**Oliver Lewis: Assistant Caregiver**  
**Katrina Lewis: Assistant Caregiver**  
**Kevon Lewis: Play Assistant**  
**Kyle Lewis: Maintenance**