

FEBRUARY 2026

Family Newsletter



Llama Llama I Love You
by Anna Dewdney

The I Love You Book
by Todd Parr

Happy Valentine's Day!
by Laura Numeroff

I Spy Little Hearts
by Jean Marzollo

Little Blue Truck's Valentine
by Alice Schertle

**The ABCs of
Black History**
by Rio Cortez

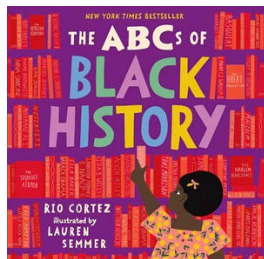
**I Am Martin
Luther King Jr**
by Brad Meltzer

The Jazz Man
by Karen Ehrhardt

**Fifty Cents and a Dream: Young
Booker T. Washington**
by Jabari Asim

Whoever You Are
by Mem Fox

**Black Inventors: 15 Inventions that
Changed the World**
by Kathy Trusty



LOVE & LEARNING

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope
~ Maya Angelou”

This month our classrooms are full of exploration. Children will learn about Black History Month, observe the Chinese New Year, celebrate friendship and kindness on Valentine's Day, and eagerly watch to see whether the groundhog predicts an early spring or a bit more winter ahead.

In addition, our team will participate in our annual Professional Development Day. This dedicated time allows staff to refine teaching strategies, strengthen safety practices, and continue working toward state-required professional learning hours. We truly appreciate your support and understanding as we invest in our educators—because when our teachers grow, all the children in our center benefit!



For Grins
(Answer on page 2)

**Who always
has a date on
Valentine's
Day?**



NAPPING (OR NOT NAPPING)

Sleep needs in early childhood vary widely and shift as children grow. Around 3 to 4 years of age, many children begin to resist naps, not necessarily because they're no longer tired, but because their daytime sleep needs are changing. Other factors like transitions, classroom stimulation, or changes in routine can also impact rest. Even if a child doesn't fall asleep, they still benefit from a calm, restful break during the day.

Rest time, whether a child sleeps or not, gives the brain and body time to recharge, help children regulate emotions, process new experiences, and grow physically. Honoring individual sleep needs helps children feel safe and helps them get more in tune with their own bodies.

We incorporate a consistent rest period into our daily routine, creating a calm and quiet space for children to relax. Children are welcome to bring comfort items, and we maintain a soothing environment. If a child doesn't nap, we offer quiet activities like books or puzzles that help them recharge while allowing others to sleep.

TIPS -

- Maintain a consistent bedtime and nap routine
- Share your child's current sleep habits with us so we can support!
- Done with naps? Let us know - we'll create a rest time plan that supports their needs.



TRAFFIC LIGHT SNACKS

Garrett Morgan was an African American inventor who is known for inventing the three-way traffic light! He dedicated himself to preventing accidents and spent much of his life to working towards the advancement of African American people in Cleveland, Ohio.

Make these simple (and tasty) traffic light snacks! All you need is crackers, peanut butter (or any alternative of your choosing), and red, yellow, and green M&M's.



WE'RE IN PLANNING MODE!

We're excited to announce our Summer Camp 2026 theme ...

NATURE NAVIGATORS



Get ready for a summer full of exploration, discovery, and outdoor adventures. Stop by the office to learn more or register today!

For Grins Answer: A calendar