

Dear Families,

We are pleased to announce that we will begin using a new curriculum called *ChildcareAlive!: Shaping the First 5*. This curriculum is designed specifically to positively influence children's eating and physical activity habits during their toddler and preschool years. Written by a local registered dietitian, this curriculum includes 12 activities that focus on a variety of nutrition and physical activity topics.

During each lesson, your child will spend time exploring different food groups, healthy eating topics, and movement skills. You will also receive a parent newsletter titled "What We Learned Today." This newsletter will describe what activities your child participated in, and different ways you can talk with your child about each topic, including recipes and at-home activities.

The first five years of a child's life are crucial for development, with 90% of brain development occurring during this time. A child's nutrition and physical activity are two factors that greatly impact this development. Nutrition and physical activity habits learned before kindergarten often track into adolescence and adulthood. As your child care provider, I am here to partner with you as we give children opportunities to develop healthy eating and active play habits.

I will be notifying you of ChildcareAlive! activity days. Please feel free to come and join an activity if you are able!

Sincerely,