



Upcoming Events

September 2
Labor Day
Schools closed
KOCO closed

September 3
Visiting Curriculum resumes
Circrobatics, Second Step, EHPL,
Signing Time, Fun with Mr. B and
Makerspace

September 3
Board of Directors Annual Meeting
Election of Officers
6:00-7:00 pm

October 3
Preschool Field Trip to Scott's Orchard
Rooms 104 & 105 only

October 13-20
Scarecrows in the Park
Visit KOCO's scarecrow at Sears Park

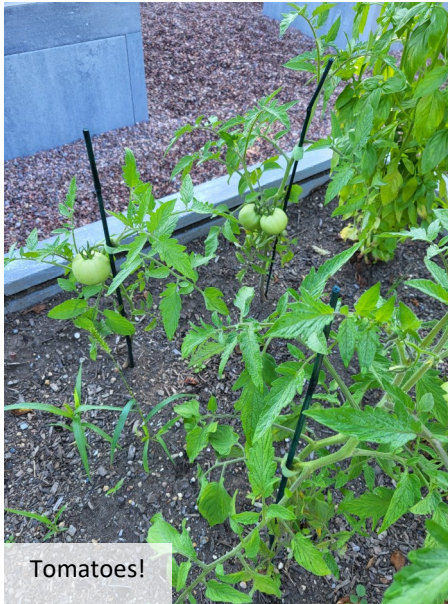
October 29
Trunk or Treat
Center School 5:30-7:00 pm
Check out KOCO's "Barnyard Boo!"

October 30
Chatham Health Flu Clinic
KOCO room 101

Circrobatics



Edible Flowers



Tomatoes!



Superheroes



Carnival Party
Racetrack



Lunch time



Peek-a-boo!



Co-op painting



Feed the baby



Cool-down pops



Circles



Schoolbus



Book Club



Obstacle course



Beading with the Girl Scouts



Name collage



Color sort



AUGUST 2024 KOCO'S CSA



HERE ARE SOME FUN RECIPES USING ITEMS WE EXPLORED THIS MONTH!



Eggplant and Veggie Pizza

Ingredients

- 1 1/2 cup Tomato & Basil Red Sauce
- 2 medium eggplants (cut in 1/2 inch thick slices)
- 2 tbs olive oil (divided)
- 1 small zucchini (diced)
- 1/4 small onion (diced)
- 2 garlic cloves (minced)
- 3/4 cup cherry tomatoes (halved crosswise)
- 3/4 cup shredded mozzarella cheese
- 1 tsp fresh oregano (chopped)
- 6 basil leaves (julienned)
- 1/2 tsp red pepper flakes (optional)

Directions:

1. Preheat oven to 450 ° F. Line rimmed baking sheet with parchment paper.
2. Arrange eggplant slices in one layer on baking sheet. Brush each slice with 1 1/2 tablespoons olive oil. Sprinkle with 1/2 teaspoon each salt and black pepper. Bake 10 minutes.
3. In large skillet, heat remaining oil over medium- heat. Add onions. Cook and stir 2 minutes. Add garlic, zucchini and oregano. Stir and sauté for 2 minutes. Add tomato sauce and cook 1 minute.
4. Remove eggplants from oven. Top each with equal amounts of red sauce-vegetable mixture, cherry tomatoes and mozzarella. Return to oven and bake 5 minutes or until cheese is melted and bubbly.
5. Serve eggplant pizzas sprinkled with fresh basil and red pepper flakes (optional).

Recipe from ShopRite.com

Bell Pepper Race Cars!

Ingredients:

- Baby bell peppers
- Mini Cucumbers
- Grape tomato
- Hummus
- Sliced Olives
- Toothpicks



Directions:

1. Cut the very top (stem) off of the bell peppers. Cut the bell pepper in half lengthwise.
2. Fill bell pepper half with your favorite hummus.
3. Cut baby cucumbers into thin rounds. Using a toothpick and four cucumber slices, assemble the wheels.
4. Add a small grape tomato on top of the hummus, at the back of the car (this is the driver!). Place an olive slice in front of the tomato for the steering wheel.
5. Enjoy!

Cellentani Caprese Salad



Recipe from ShopRite.com

Ingredients

- 1 box Barilla® Protein+® Cellentani pasta
- 2 pints grape tomatoes, mixed color, halved
- 4 tablespoons extra virgin olive oil, divided
- 4 tablespoons lemon juice
- 8 basil leaves, julienne
- 2 cups small mozzarella cheese balls, halved
- Salt and black pepper to taste

Directions

1. Bring a large pot of water to a boil. Cook pasta according to package directions and drain. Drizzle pasta with 1 tablespoon olive oil and place on a sheet tray to cool down. Set aside.
2. In a large bowl combine tomatoes, basil, remaining olive oil and cheese. Season with salt and pepper. Add pasta, stir, and enjoy!





AUGUST 2024 KOCO'S CSA



HERE ARE SOME OF THE ITEMS WE EXPLORED THIS MONTH, FROM OUR CSA WITH COLD SPRING FARM!



Bell Peppers are a great source of vitamin C. With cold and flu season around the corner, vitamin C helps to support a healthy immune system!

Tips to get kids interested in trying Peppers:

- ~ Do a pepper taste test! Compare different colored peppers. See which one is sweeter, crunchier, etc
- ~Veggies as vehicles! Cut mini bell peppers in half and use like a chip for your kids favorite dips.

Big or small, tomatoes are packed with lycopene, an antioxidant shown to have heart health benefits.

Tips to get kids interested in trying Tomatoes:

- ~Have a dipping party! Line up a few different dips (hummus, ranch, pesto, etc) and have your kids taste test by dipping tomatoes in each sauce. Have them rate their favorite combo.
- ~Tomato squirting contest! Take a few sheets of white paper and line them up on your table or counter. Sitting in front of the paper, place a cherry tomato in your mouth and take a big bite down the middle. Measure how far the tomato seeds traveled. Although messy, this can be a fun way to get them to try tomatoes. *(Idea from the book Adventures in Veggieland)*



Basil



Tips to get kids interested in basil:

- ~ Have kids pull leaves off the stem of a basil plant and stack them. Have them count out the leaves as they stack them. Sometimes the littlest activity and exposure can pique their curiosity and encourage them to try something new.
- ~Tomato & Mozzarella skewers are another fun way to try basil. Give kids a small skewer or toothpick and have them place a cherry tomato, mini mozzarella ball and basil leaf on the stick. Have them repeat the pattern until the skewer is full. Drizzle with balsamic reduction and olive oil.

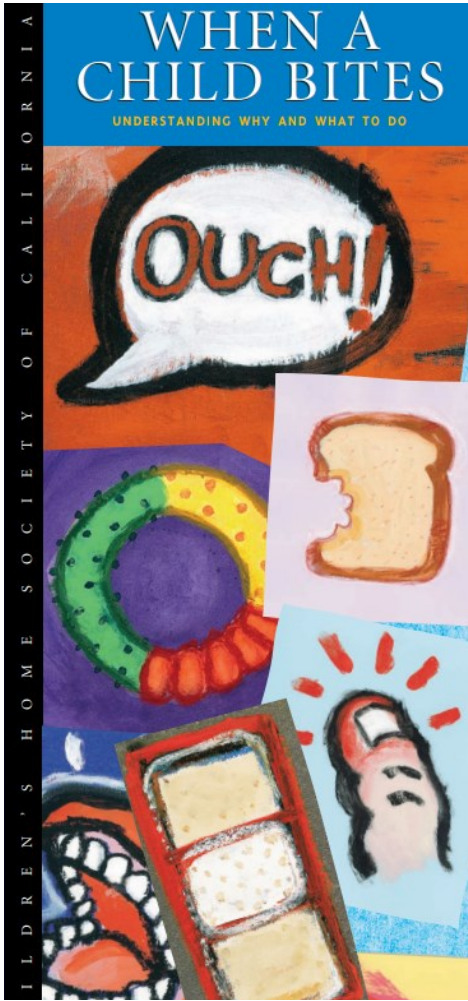
Eggplant is a great source of fiber. Fiber helps to keep us full and satisfied longer.

Tips to get kids interested in trying eggplant:

- ~Eggplant can be a tricky one for kids, as it may not be as familiar. Try preparing and serving eggplant in a familiar way. Cut eggplant into fry sized strips and dredge in flour, egg wash, then breadcrumb and parmesan mixture. Air fry or bake to make delicious crunchy eggplant fries.



Handout provided to you by ShopRite of East Hartford Dietitian: Lindsey Kent, RD
For more recipes and nutrition information, email Lindsey.kent@wakefern.com



Hello Kindergarten!

Connecticut Office of Early Childhood

CSDE

Child Developmental Milestones

How a child plays, learns, speaks and acts offers important clues about their development. Developmental milestones are actions and skills most children can do by a certain age. Here are a few important markers to look for as a child grows.

6 Months <ul style="list-style-type: none"> Copies sounds Sits without support Plays with others, especially parents Responds to own name Strings vowels together when babbling (ex: "ah," "uh," "oh") 	3 Years <ul style="list-style-type: none"> Copies adults and friends (ex: running when others run) Converses using 2-3 sentences Climbs well Plays make-believe Shows affection for friends unprompted
12 Months (1 Year) <ul style="list-style-type: none"> Uses and copies simple gestures (ex: waving "bye-bye") Responds to simple spoken requests Says "mama" and "dada" Pulls up to stand 	4 Years <ul style="list-style-type: none"> Hops and stands on one foot for 2 seconds Prefers playing with peers than alone Tells stories Draws a person with 2-4 body parts Plays cooperatively
18 Months (1½ Years) <ul style="list-style-type: none"> Plays simple pretend (ex: feeding a doll) Points to show others items of interest Knows what common items are used for (ex: phone, brush, spoon) Says several single words Walks alone 	5 Years <ul style="list-style-type: none"> Tells a short story using full sentences Can tell what is real and what is pretend Counts 10 or more items Draws a person with 6 or more body parts Swings and climbs

Do you have concerns about a child's development?

The Child Development Infoline provides information and referrals to resources in the community.

For more complete checklists by age, or if you have questions or concerns about a child's development, behavior or learning, visit <https://cdi.211ct.org> or dial 1-800-505-7000 to speak to a Care Coordinator at Child Development Infoline.

OEC

koco4kids.org

Did you know that KOCO has a website? Did you know that our website has tons of useful information and dozens of resources for parents? Click on any of the sample thumbnails to read more about these topics, or click on the link below to visit our website's resource page:

koco4kids.org/resources

Tummy Time

Activities to Strengthen Baby

FREE tools to maximize child development
Pathways.org is a 501(c)(3) not-for-profit organization.

ASQ-3 and ASQ:SE-2 Parent Activity Handouts

Providing parents with resources to support their child's development at home is one of the best ways to bridge the home-to-school gap and ensure children's healthy growth.

Share these age-specific ASQ®-3 and ASQ®-SE-2 activity sheets with parents in your program to help them support their child's physical, cognitive, and social-emotional development—all while having fun!

ASQ-3 Parent Activities

DOWNLOAD ASQ-3 ACTIVITIES

ASQ:SE-2 Parent Activities

DOWNLOAD ASQ:SE-2 ACTIVITIES

Family Routine Guide