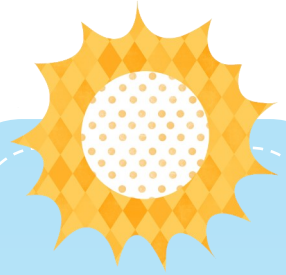


# July /August 2025 Newsletter



## Word from the Office

Over the summer, many of our educators will be taking some well-deserved vacation time. To ensure the continuity of our high-quality programming, some familiar and experienced faces will be stepping in to support the classrooms. We are pleased to welcome Alvinder, Mehak, Antonietta (RECE), and Rowena (RECE), all of whom are well-acquainted with the children, families, and routines at Alpha. In addition, other regular supply educators will be present throughout the summer to help cover personal days. We will also have student placements in the classrooms during this time. As a reminder, placement students are not counted in our staff-to-child ratio and cannot be left alone with children. Please ensure that your child is dropped off directly to a classroom educator each day.

At the end of July, we will be converting the Pre1 room to its alternate licensed capacity for Senior Toddlers. This shift will be effective **July 7th** and will operate with three educators and a total of fifteen children. Alpha continues to experience high enrolment across all programs, and our classrooms remain full of eager learners.

Throughout the summer, many children will be transitioning to new classrooms. You can expect to receive a graduation note outlining your child's upcoming move, the educators in their new classroom, and the effective transition date. While some children may move up earlier than others due to individual room dynamics and available space, please rest assured that all children will eventually be grouped accordingly by September.

If you are planning to withdraw from the program over the summer, please remember to provide **two weeks' written notice** to either myself or Sam. This will ensure your deposit is appropriately applied to your final fees. For families receiving subsidy, please also remember to notify your caseworker of your child's last day.

### Vacation Notice:

I (Patricia) will be away on vacation during the following weeks:  
July 21st – 25th, August 11th – 15th, and August 18th – 22nd.

Sam will be away July 28<sup>th</sup> – August 1<sup>st</sup>, and August 4<sup>th</sup> – 8<sup>th</sup>

During our absences, either Sam or I will be available to support you with any questions or concerns. Ipsita and Jacqueline will also be assisting us as needed.

We wish you and your family a relaxing and joyful summer!

Until next time my door is always open.

**Patricia Andrade RECE**

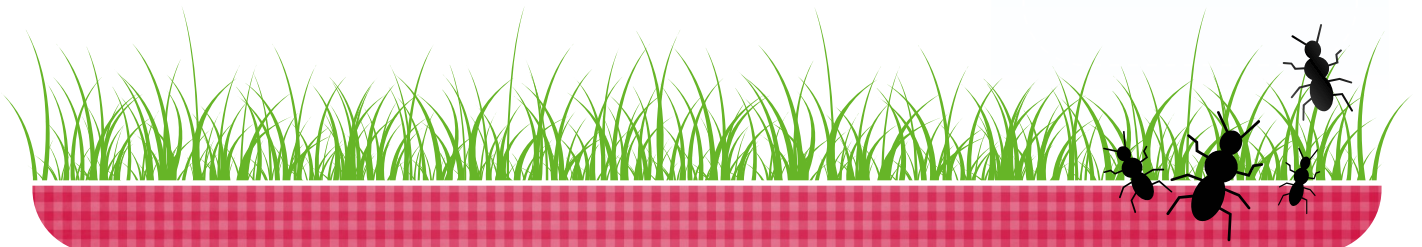
Supervisor/Manager

[patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)

## Important Dates

Tuesday, July 1<sup>st</sup> closed  
for Canada Day

Monday Aug. 4<sup>th</sup> closed  
for Civic Holiday



## Infants

Hi infant families, we hope you all are enjoying the summer season with your little ones. For children, summer is pure magic as it offers children a unique blend of fun, relaxation, and learning through engaging activities. Summer is ideal for exploring the natural world with activities like birdwatching, gardening, and bike riding. These activities provide opportunities for children to interact with peers and develop social skills. Fortunately, with just a few household items and a ton of imagination, you can create wonderful memories. If you have any questions or you are looking for ideas to plan activities with your child, you are most welcome to reach out to one of the educators in the room and we'll be happy to help you! Here are the 2 awesome, easy summer activities that will get your babies moving, learning, and having fun!



### Water fun:

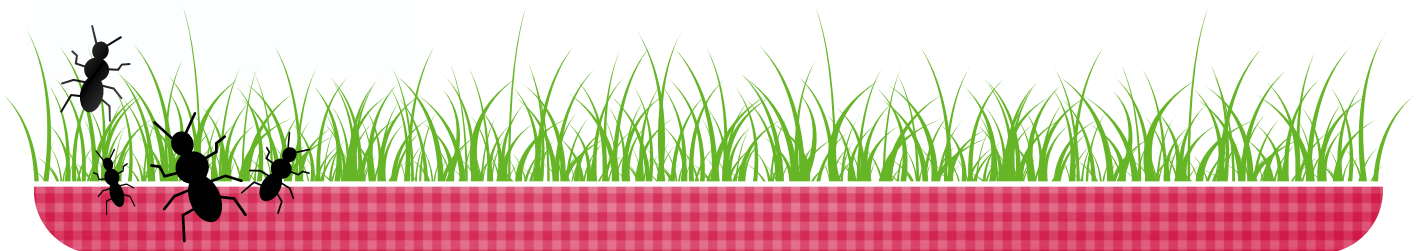
Let your child engage in water play. Get a plastic bathtub or an inflatable one, fill it with water enough for your child's feet to be submerged. Throw in some toys such as boats, balls, cars, rubber duckies, sponges, spoons, bowls etc. They can then explore the toys in different ways, for example, squeezing the water out of sponge, adding water to the bowl using the spoon, looking at the boats floating around. You can also add some water balloons for them to squish them, feel the texture of them, twisting and rolling them around in the water. It will help your child to develop fine-motor skills, hand-eye coordination and balance. Always ensure the water is shallow, safe, and the environment is supervised.

### Nature hike:

A child can have no better teacher than nature. Plan a nature walk with your child to the park. If they can walk, let them pick up flowers and dried leaves, crunch them, and explore the texture of mud and grass. Engage your baby's senses- Stop by the flower and plants to smell and differentiate various colours of them, sounds (birds chirping, water flowing), and textures (leaves, grass). Hunt around for some bugs- talk about which insects crawl and which ones fly. Look up at the sky, and tell your baby about the weather and how it makes you feel (i.e., hot, cold, warm).

Until next time,

***Kirandeep RECE, Pawanjot(PJ) RECE, Ipsita B.A, RECE, Gurleen RECE, and our Infants***



## Junior Toddler

Hello again everyone! We'd like to welcome our new children and families to the classroom. It is always a pleasure getting to know everyone and we cannot wait for the day when we can all gather and chat.

Summer is here and we have been taking advantage of the sun and spending plenty of time outdoors, playing with water and exploring the materials on the playground. Many parents have recently come to us for advice on toilet training their child and when to begin the process. Here are a few helpful questions to ask yourself to determine if your child is ready for toilet training.

- Can your child walk to or sit on the toilet? Are they interested in sitting on the toilet?
- Can your child pull down his or her pants and pull them up again? (No more onesies if your child is toilet training.)
- Is your child staying dry for longer periods of time (up to 2 hours)?
- Can your child understand and follow 1 to 2 step directions?
- Is your child able to communicate verbally or non-verbally when he/she needs to go? Are they letting you know when their diaper is wet or when they have a



bowel movement?.

If you answered mostly yes to these questions, then your child might be ready to start. If you answered mostly no to these, then it is best to wait a little bit longer until you notice your child displaying some of these signs. In the meantime, we can start asking your child if they would like to sit on the toilet during our diaper routine here, as most of our older children do already. You may try this at home as well and when dressing/undressing always encourage your child to pull up/down their bottoms by themselves and take off their own diaper. Some children show signs of being ready between ages 20 and 24 months, many others may not be ready until they are 2 ½ or 3 years old. There is no rush. If you start too early, it might take longer to train your child because it can lead to many toilet accidents due to their bladder not being strong enough. As always, we are here to support you in any decision you make, and we are ready for toilet training when you and your child are. You can always come to us with any questions!

Until next time,

**Areanna RECE, Jeremiah RECE, KomalRECE and the Jr. Toddlers**

## Intermediate Toddlers

The sun is shining, the birds are chirping, and summer fun is here! Whether you're building sandcastles, running through the sprinklers with your children, or playing at the park, there's one super important thing to remember... drink your water.

As adults, we understand that drinking water is essential to our health as well as our children. The problem is how do we get our children to want to drink water! Have no fear the intermediate Toddler team has some tricks and tips we want to share on how to make drinking water fun for your little ones.

### **Silly Sips and Happy Tips:**

#### **Take Water Breaks**

Water helps us run, jump, and dance without feeling tired. Try to drink water every time you take a break from playing.

#### **Add Some Fun!**

You can make your child's water special by adding their favourite fruit. Like a slice of orange, lemon, or even strawberries. It tastes like a rainbow!

#### **Bring Your Water Bottle!**

You and your child can bring your own water bottle when you are going out. Have your child pick a water that has their

favourite colour and/or animal or character on it. Let your child see that you are drinking water too!

#### **Yummy Water Foods!**

Did you know foods can help you stay hydrated too? Watermelon, cucumbers, and oranges are tasty and juicy – just like water! Use these fruits as fillers for those children who just don't seem to be getting enough hydration.

#### **Symptoms of dehydration**

There are some symptoms that can occur when a child needs water. Explain to your children this summer that if they start to feel too tired, hot or like their mouth is very dry, this means it is time to drink some water!

#### **Summer Fun Activity:**

##### How To Make Your Own Water Bottle Holder

##### Materials

16.9 ounce water bottle

Your favourite craft foam

Self-adhesive craft foam shapes of dolphins, starfishes, and waves

(Continued on page 4)



## Intermediate Toddlers cont'd

(Continued from page 3)

Self-adhesive craft foam letters  
4 feet plastic lace  
15-20 plastic pony beads  
Lanyard hook  
Hole punch  
Pen  
Scissors  
Ruler

### Steps

1. Wrap the craft foam around the water bottle. Mark the right size on the craft foam with a pen and cut a piece to fit around the bottle.
2. Use the hole punch to punch 8 holes evenly spaced on all 4 sides of the purple craft foam wrapper.
3. Cut a piece of plastic lace about 3 feet long. Use it to lace the short sides of the foam wrapper together from top to bottom like you would lace a shoe. Tie the ends together in a knot. Slide pony beads onto the ends of the lace. Tie another knot to hold them on.
4. Cut another piece of lace about 2 feet long and lace it around the top edge of the foam wrapper. Tie the ends in a knot. To make a handle, feed a pony bead onto one of the loose ends of lace, then tie a knot after the bead with the other piece of rex lace. Tie 4 more pony beads onto the lace,



then add the hook and tie one more knot.

5. Slide the water bottle into the wrapper. Stand the wrapped bottle onto craft foam and trace the bottom. Cut out the circle of craft foam for the bottom.
6. Punch 8 holes evenly-spaced around the edge of the circle. Cut a piece of rex lace about 2 feet long. Lace the circle onto the bottom of the purple wrapper. Slide pony beads onto the ends of the rex lace. Tie a knot.
7. Spell out your name on the bottle sling using the stick-on craft foam letters.
8. Decorate the bottle sling with stick-on dolphins, starfish, and waves.

Happy Crafting!

### Summer Water Song (To the tune of "Twinkle, Twinkle, Little Star")

Drink, drink, drink your cup,  
Sip it when the sun is up.  
Cool and fresh and oh so sweet,  
Water helps us on our feet!  
Drink, drink, drink your cup,  
So we can play and never stop!

Stay cool, drink lots of water, and have the best summer ever!

With big sunny smiles,

**Komal RECE, Amrit RECE, Aleci and the Int. Toddlers**

## Preschool 1

As the summer sunshine shines a little brighter and the days stretch a little longer, our Preschool 1 classroom is bursting with energy and excitement! These warm months are perfect for discovery, laughter, and outdoor play—and we're soaking it all in. This season brings so many opportunities for hands-on learning. We've been feeling the textures of sand and grass and noticing sounds and colours of summer all around us. These simple experiences spark such big wonder in our little ones—and we love watching them use their senses to learn and grow.

With all the fun outside, we're being extra careful to stay safe in the sun. Please help us by sending:

- A sunhat with your child's name
- A labeled water bottle to stay hydrated
- Sunscreen with a minimum SPF 30.  
If you can apply the sunscreen at



home that would help us move outdoors quicker and we appreciate the application 30 minutes before heading outdoors to get maximum protection. We will apply sunscreen at the centre if your child is here before heading outdoors.

Comfortable clothes and closed-toe shoes also help us play safely and confidently all day long.

While summer brings lots of energy, we're also making space for quiet, cozy moments. We are finding ways to balance busy with calm, such as by listening to gentle music under a shady tree. These little pauses help children reset, reflect, and feel grounded.

We're so proud of the way your children are embracing the season with curiosity, joy, and big summer smiles. We look forward to lots of sunshine, giggles, and sweet summer memories!

**Anamika RECE, Sukhneet RECE and your Preschoolers!**



## Junior Preschool

Hello again everyone! Welcome Summer! Wow – that sure was quick! Currently in the Jr. Preschool classroom, we are soaking up the sunshine and embracing the beginning of the warmer months here at Alpha! The children are absolutely loving the freedom of outdoor play without the layers of winter gear—no more heavy winter jackets, mittens, or boots slowing us down! It's been a joy to watch them run, climb, and explore our natural playground with ease and excitement.

We're also proud to share a big milestone: toilet training progress! Our Jr. Preschoolers have been doing a phenomenal job using their words to communicate their needs, and many are confidently heading to the washroom all on their own. Their independence and self-awareness are blossoming, and we couldn't be proud of their efforts. Here's to sunshine, growth, and all the little wins that make each day special!

As the warm weather has finally rolled in and summer has officially begun, what a better way to enjoy these hot days than with diving into a fan-favourite — Water Play!

Water play is not just a great way for children to cool down, it's also a fantastic opportunity for learning, exploration, and lots of giggles. Here's why we love it and how we're making a splash this season!

### **The Importance of Water Play**

Water play is more than just fun — it's a vital part of early childhood development and here's why:

**Sensory Development:** Water play stimulates a child's senses — touch, sight, sound — and helps with sensory integration.

**Motor Skills:** Pouring, squeezing, splashing, and stirring water all help build fine and gross motor skills.

**Social Interaction:** Water play encourages sharing, cooperation, and teamwork among children.

**Scientific Exploration:** Children learn about volume, flow, cause and effect, and even basic physics — all while having fun!

**Emotional Benefits:** Water is naturally soothing. It provides a calming effect and gives children a sense of control and creativity.

### **Fun Water Play Ideas you can enjoy with your children:**

**Mini Splash Pads & Sprinklers** – Who doesn't love to run through sprinklers on hot days!

**Water Tables** – Great for pouring, scooping, and floating fun.

**Ice Cube Play** – Coloured ice cubes in bins for a cool sensory experience.

**Bubble Fun** – Who doesn't love chasing and popping bubbles?

**Sink or Float Experiments** – A hands-on way to learn while playing.

### **How You Can Join the Fun at Home**

Water play doesn't have to be complicated or require fancy equipment. Try these simple at-home ideas:

Fill a plastic bin or bowl with water and let your child use cups, spoons, and toys to explore.

Try painting with water on sidewalks or fences using paintbrushes.

Create a DIY sponge toss or a gentle water balloon game.

Add bath toys to a kiddie pool for easy backyard play.

We're so excited for a summer full of sun, smiles, and splashes! We can't wait to hear all about your summertime water adventures! Be sure to let us know how it goes!

*PS. Just remember to always supervise your child closely around any amount of water, no matter how shallow.*

Until next time,

**Smiledeep, RECE. Rupinder, RECE. Theresa & the Jr. Preschoolers**



## Senior Preschool

We extend our warmest greetings to you as we welcome the summer months of July and August. This season brings with it new opportunities for growth, exploration, and joyful learning for our preschoolers.

In our preschool classroom, we are currently focusing on developing important social skills. The children are learning how to respect one another by listening, sharing, and being kind to their friends. One of our main goals is to encourage the use of words when asking for a turn or expressing their needs. Instead of grabbing toys or reacting with frustration, we are practicing simple phrases like "Can I have a turn, please?" or "I'm using this right now, but you can have it next." These small but powerful steps help children build healthy communication habits and create a more peaceful and cooperative classroom environment.

In the classroom, we've been working on early printing skills through the *Handwriting Without Tears* program. The children will continue to practice colouring inside shapes and continue to trace letters, which helps strengthen their hand-eye coordination and fine motor skills. We will also continue to use fun and engaging tools to guide them, like small crayons and wooden pieces, which encourage the correct hand position. These activities lay the foundation for confident, independent printing as the children continue to grow.

### Fine Motor Activities to Do at Home with Your Preschooler

#### 1. Sorting Small Objects

Use buttons, beads, or pom-poms and sort them by colour, size, or shape.

Use tongs, tweezers, or fingers to pick them up — great for hand strength!

#### 2. Match and Roll Socks

Have your child find sock pairs and roll them up — it builds grip and coordination.

#### 3. Cutting Practice

Let kids use child-safe scissors to cut strips of paper, magazine pages, or old greeting cards.

You can draw lines or zigzags to follow.

#### 4. Push Pins & Corkboard

Use push pins (with supervision) to poke around traced shapes or letters on paper placed over cardboard.

#### 5. Squeeze Activities

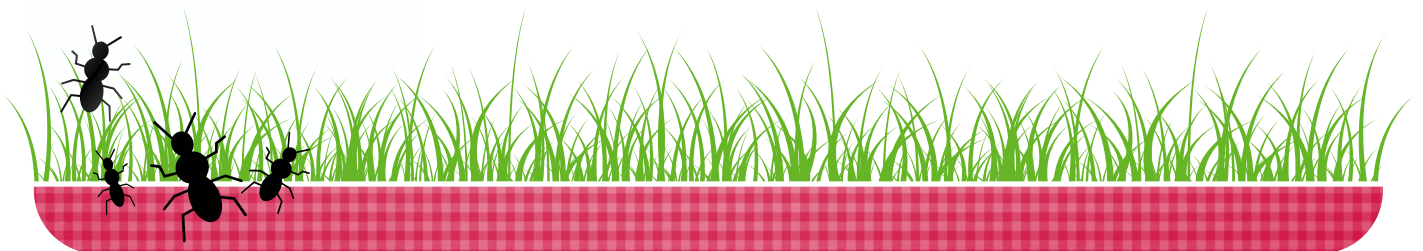
Use turkey basters, eye droppers, or sponges in water play. Squeezing strengthens hand muscles.

#### 6. Sticker Fun

Peeling and placing stickers builds pincer grasp — try sticker scenes or sticker charts.



(Continued on page 7)



## Preschool 3

Hello from the Preschool 3 classroom. The room is buzzing with excitement and pride as the educators are thrilled that summer has arrived, bringing warm weather and the chance to shed those heavy coats and sweaters. The educators are encouraging parents to ensure their children have sun hats to protect them from the sun.

The graduation ceremony on June 18th, 2025, was a fantastic event. The educators are full of pride in the children's hard work and accomplishments. It's wonderful to see how much the children have grown and achieved throughout the year. The educators are wishing the children all the best in kindergarten.

Over the summer, the children will be busy reviewing Alpha's curriculum, including the Jolly Phonics, Second Step Social Program, and Handwriting Without Tears Program as they have already completed these core programs and will be revisiting them before September.

Now that summer has arrived, families will be spending more time outside enjoying the warm weather. Families may want to explore the outdoors with friends at their Community Parks, they may go on a nature hike at a Conservation Area, go to the beach, or spend time at a cottage/trailer. So here are a few summer safety tips to keep in mind:

**1. Stay Hydrated:** Make sure everyone drinks plenty of water, especially during outdoor activities. Dehydration can happen quickly in the heat.



**2. Sun Protection:** Apply

sunscreen with at least SPF 30, wear hats, sunglasses, and seek shade during peak sun hours (10 AM - 4 PM) to avoid sunburn.

**3. Water Safety:** Always supervise children around water, whether it's at the beach, pool, or lake. Ensure they wear life jackets if needed.

**4. Bug Protection:** Use insect repellent to protect against mosquito bites and ticks, which can carry diseases.

**5. Heat Safety:** Be aware of the signs of heat exhaustion and heat stroke. Take breaks in the shade and avoid strenuous activities during the hottest parts of the day.

**6. First Aid Kit:** Keep a first aid kit handy for minor injuries like cuts, scrapes, and insect bites.

**7. Bike & Road Safety:** Teach children to look both ways before crossing the street. The children should wear their bike helmets and if needed elbow/knee pads and wear bright coloured clothing to be seen.

**8. Wildlife Awareness:** Teach children to respect wildlife and avoid touching or feeding animals they encounter.

For more information, please visit the link listed below.

[10 Summer Safety Tips for Kids](#)

Enjoy your summer adventures and stay safe!

Until next time,

*Lynda RECE, Harnoor RECE and the Preschool 3 children*

## Senior Preschool cont'd

*(Continued from page 6)*

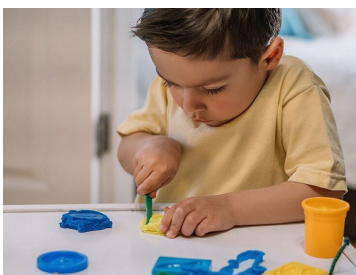
### 7. Stringing Beads or plastic straw pieces

Use yarn and large beads or plastic cut into smaller pieces to make necklaces. Tape one end of the string to make threading easier.

### 8. Play with Playdough

Roll, pinch, flatten, and cut shapes with cookie cutters or plastic utensils.

### 9. Puzzle Play



Wooden puzzles or matching games help with spatial awareness and finger control.

### 10. Clothespin Games

Clip clothespins to a piece of cardboard or a basket. Try matching colours or counting while clipping.

**Parent Tip:** These activities don't need to be perfect — just encourage your child to try, have fun, and use both hands when possible!

Until next time,

*Harneet RECE, Janice & Sr Preschoolers*



# Preschool/Kindergarten

Hello families! It seems like only yesterday that we were beginning the school year with a new group of learners eager to start their journey in the Preschool Kindergarten classroom. The children have been very busy over the past few months with preparing for the Spring Concert and Graduation as well as completing the curriculum for the year. The educators would like to congratulate the Preschool/Kindergarten classroom on the wonderful job they did with the Spring Concert. We hope everyone enjoyed their performance as much as we did.

The class has worked very hard all year with the curriculum pieces and have successfully completed the Jolly Phonics program. The children are very familiar with the single consonant and vowel sounds and are becoming more confident with the blended sounds. Most of the children can recognize the various sounds in words and are beginning to read simple 3 letter words. The Senior Kindergarten children have been practicing their reading skills as well. The educators will be reviewing the material that has been introduced throughout the year, to keep their minds stimulated.

One area of the curriculum which will receive more focus over the summer will be exploring the outdoor environment. Our natural playground allows children the opportunity to observe animals and insects in their natural habitats. This allows children the opportunity to learn about familiar animals and insects. The Preschool/Kindergarten class was instrumental in planting the school gardens and will be caring for these plants in partnership with other classrooms. These experiences for the children are all part of developing an understanding of the scientific world around them.

One of the goals of the program is to develop an appreciation and respect for nature. This is reflected in our weekly program plans as well as our COR documents which you will have received at the beginning of the summer. This is a very

important goal as children need to understand the importance of nature to save it, the future of our planet is depending on our ability to pass on an appreciation of the outdoors and wild spaces. Nature is not here to serve us but be our partner in sustaining the planet.

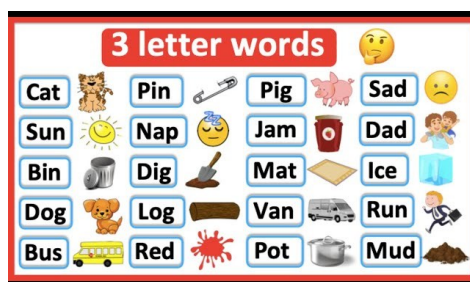
Another important goal of outdoor education is respecting plants and animals. It is normal for children to be curious about plants and animals but harming them is not appropriate. The children are allowed to use the natural

materials that they find on the playground, but they need to respect the plants and trees not tearing leaves and branches from them. A classroom discussion about why trees need their leaves as well as reading books about caring for trees and plants will encourage this concept. The educators will introduce materials to encourage the children's knowledge of animals and insects to be more

respectful and not afraid of them. These objectives can be practiced at home in your own backyards. Reading books about nature is also a good way to encourage natural learning as well as literacy skills.

We would like to wish everyone a safe and happy summer and express how much we will miss those families who will be moving on at the end of the summer.

Best wishes from **Jacqueline RECE, Ankita RECE and the Preschool/Kindergarten class**



**We're on the web visit  
[www.alphachildcare.ca](http://www.alphachildcare.ca)**

## A Moment with the Manager

As we approach the height of the summer season, we would like to extend our gratitude for your continued partnership in your child's early learning journey. At the end of June, each family received a copy of their Child's Observation Record (COR), along with the documentation and social stories that highlighted and supported the skill development outlined in the COR. We are pleased to hear that many of you took the time to review and enjoy the documentation, particularly the comments section, which offered a personalized glimpse into your child's unique learning journey. Your positive feedback is truly appreciated.

The COR assessment uses an eight-level scale ranging from 0 to 7 to evaluate children's development. These levels are designed to reflect a developmental continuum that allows for overlap and flexibility. Infants and younger toddlers are most often scored in the lower ranges (0–2), while older toddlers and preschoolers may begin to show development across levels 2 to 4. Preschoolers approaching kindergarten readiness may even be scored in the higher levels of 5, 6, or 7. This scoring approach supports children of all developmental stages, including those who may have advanced skills in certain areas and those who may need more time and support in others. It ensures that each child's abilities are acknowledged and nurtured in a way that meets them where they are.

As always, Alpha's leadership team remains committed to maintaining the quality and purpose of the documentation process. Based on your feedback, we are reviewing our practices to ensure they continue to meet our high expectations while remaining meaningful and engaging for families.

With the arrival of the warm summer months, we would also like to take a moment to highlight the value of taking time away, both for you and for your children. Just like adults, children benefit from a break in their daily routines. For children, attending childcare each day is equivalent to a full day's work, it can be joyful, yes, but also filled with effort, new challenges, and emotional learning. Add to that the energy required to keep up with evening activities such as swimming lessons, soccer practice, or dance, and it's easy to see how little ones can become physically and emotionally drained.

Summer offers a wonderful opportunity to slow down. Whether it's a few days away or simply a "staycation," time spent away from regular routines can refresh and restore both you and your child. A short getaway or dedicated time together at home can become a treasured memory and help to strengthen your bond.

We encourage you to involve your children in the planning of your summer experiences. Let them help choose the destination, select the activities, or even browse travel brochures and books from the library to spark ideas. And most importantly, follow their lead whenever you can. If they'd rather splash around at the splashpad, than visit a museum, that's okay too, what matters most is that you're connecting and enjoying each other's company.

Keep in mind that quality time doesn't always mean elaborate outings. It can be as simple as reading a book together, playing a game, or just sharing stories and laughter. These are the moments that will stay with your children for years to come.

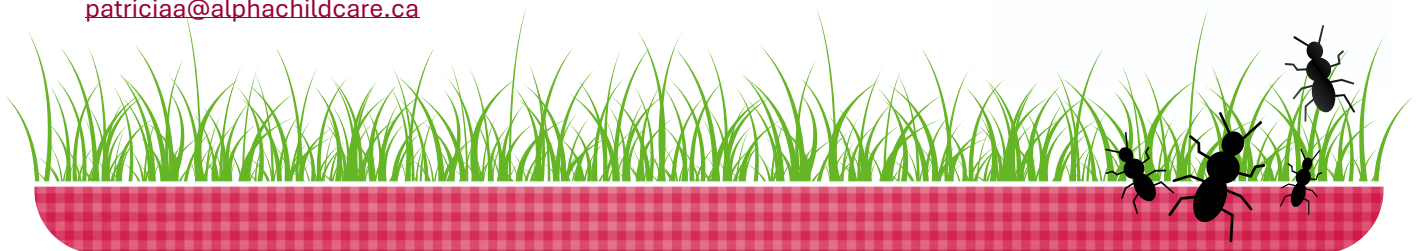
Wishing all our Alpha families a safe, joyful, and restful summer.

Until next time, my door is always open

**Patricia Andrade RECE**

Manager/Supervisor

[patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)



## Sheila's Kitchen

Alpha Child Care Ltd.  
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Email: [patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)  
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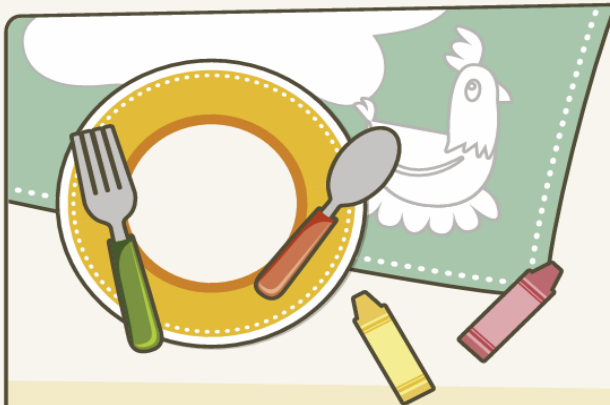
### Stay strong — don't give in to tantrums or whining.

If your child refuses to eat, you're not alone. So many parents have been there!

- **Try to stay calm.** The best reaction is no reaction at all.
- **Don't talk about what she is or isn't eating.** Talk about your family's day instead.
- **Never use food as a reward or punishment.** Pressuring your child may make her even less likely to eat.
- **Don't feel pressured to make a second meal.** Tell her that this is the meal you've made for the family. If she doesn't want to eat it, save it for the next meal.

Young children have considerably varied appetites. **Trust that if your child is truly hungry, she'll eat.**

Remember, when it comes to encouraging your child to eat a variety of foods: **you provide, your child decides.**



### What about restaurant tantrums?

We know, that's the worst — but you've got this. Calmly take your child to the restroom or the car and wait there with him until he quiets down. If he doesn't, stay strong — even if it means you need to leave the restaurant.



Still have questions? Your child's doctor is your partner in raising a healthy child.

For more information about age-appropriate foods, visit [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy).

This product was developed by the American Academy of Pediatrics Institute for Healthy Childhood Weight. Development of this product was made possible through a grant from the Centers for Disease Control and Prevention.