

# Birla Open Minds Preschool Newsletter



Dear Parent,

New Year Greetings!

Welcome to the January Newsletter of the Academic Session 2023-24.

“New year is the glittering light to brighten the dream-lined pathway of future”.  
Munia Khan.

Carlota Nelson, director of the documentary Brain Matters for UNICEF, a groundbreaking feature documentary about early brain development in children, shares few easy, effective and science-backed tips that will help set a child for future success. She insists on stimulating baby talk and treating it as real conversation, as the number of words a baby is exposed to will determine the amount of words in a child’s vocabulary and a child’s reading levels later. When reading to the child use every day experiences as learning opportunities. Take play seriously because play is again all about serious learning. Children are experts at reading faces and non-verbal attitudes and learn to mimic them.

Giving your child the best tools for future success has nothing to do with money or profligate learning resources. It has everything to do with time and level of engagement.

The integrated thematic curriculum of Birla Open Minds Preschool encourage the preschoolers to enhance the conversation and vocabulary their circle time activities, dramatic play, music and movement, improve their cognitive skills through various table top activities, play with building blocks, social skills through group activities, structured play understanding the non-verbal communication where learning while playing happens and also maximizes the teacher child engagement.

Regards

Editor,

Birla Open Minds Preschool.

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# Birla Open Mind Preschool Newsletter

## **Pre –Nursery**

**Fresh fruits**

**Various vegetables**

**Comfy cars**

**Themes in the month of  
January**

## **K1**

**Green growers**

**Growing grains**

## **Nursery**

**Fun fruits**

**Various vegetables**

**Comfy cars**

**Themes in the month of  
January**

## **K 2**

**Green growers**

**Growing grains**

**Why Wheels**

# Birla Open Minds Preschool Newsletter

## Parent Engagement

**Picky Eaters???? It's common and resolvable**

**Ms. Natasha Baruah** (Centre Head, BOMPS, Gopanpally)

Feeding nutritious food to our children is a top priority for all of us. So what do we do when our little ones often refuse to eat or choose to eat the same food repeatedly? As adults we may feel helpless and impatient, but we must remember that picky eating is very common among toddlers. It's a natural phase of growing up that they eventually overcome.

When children reach their second year they begin to eat on their own, they explore different foods and flavours, developing individual food preferences. With this newfound sense of taste buds and control, children prefer their own choice about what and how much they would like to eat. Believe it or not, if one were to understand the psychology of picky eaters, we would recognize that this is a way for them to assert their growing independence. As they learn new skills, our little ones experience a lot of changes at the same time. So choosing to eat the same food might be a way for them to feel secure amongst all the rapid changes.

There are many reasons why the child may be a fussy eater during mealtimes. Here are some common reasons.

- They may be sensitive to taste, smell, or texture of certain foods.
- They might want to choose for and feed themselves.
- They tend to be super active. So they prefer not to sit around long to eat.

Encouraging preschool children to eat healthy and develop good eating habits involves a combination of strategies. Here are some tips for parents to help their preschoolers adopt a nutritious and timely eating routine:

### 1) Be a Positive Role Model:

Children often imitate their parents' behavior. Demonstrate a positive attitude towards healthy eating by including a variety of nutritious foods in your own diet.

### 2) Create a Positive Eating Environment:

Make mealtime enjoyable and stress-free. Create a pleasant atmosphere by avoiding distractions like TV or electronic devices and having family meals together.

### 3) Involve Children in Meal Preparation:

Allow your child to participate in age-appropriate cooking activities. This can spark their interest in food and make them more willing to try new things.



**4) Offer a Variety of Foods:**

Introduce a wide range of fruits, vegetables, whole grains, and protein sources. Offering a variety of options can help children develop a taste for different foods.

**5) Make Healthy Foods Fun:**

Present fruits and vegetables in creative and visually appealing ways. Use cookie cutters to make fun shapes or arrange foods into colorful patterns to make them more attractive.

**6) Establish a Routine:**

Set regular meal and snack times to create a predictable eating schedule. This helps children develop a sense of routine and helps prevent excessive snacking.

**7) Encourage Independence:**

Allow your child to feed themselves using child-friendly utensils. This promotes independence and makes the mealtime experience more enjoyable.

**8) Limit Sugary and Processed Foods:**

Minimize the availability of sugary snacks and processed foods at home as well as during outdoor visits. Instead, focus on offering wholesome, nutrient-rich options.

**9) Praise and Encourage:**

Offer positive reinforcement when your child makes healthy food choices. Encourage them to try new foods without pressure, and praise their efforts.

**10) Educate About Nutrition:**

In a simple and age-appropriate way, teach children about the benefits of different food groups. Use fun and engaging methods, such as books, games, or stories.

**11) Stay Patient:**

It may take time for children to develop a liking for certain foods. Be patient, and avoid pressuring or forcing them to eat. Allow them to explore and develop their preferences gradually.

**12) Hydration is Important:**

Encourage water consumption and limit sugary drinks. Hydration is crucial for overall health, and water is the best choice for young children. By incorporating these strategies into your daily routine, you can create a positive and supportive environment that encourages preschool children to eat healthy foods and develop good eating habits. Remember that consistency and patience are key elements in promoting a lifelong appreciation for nutritious foods.



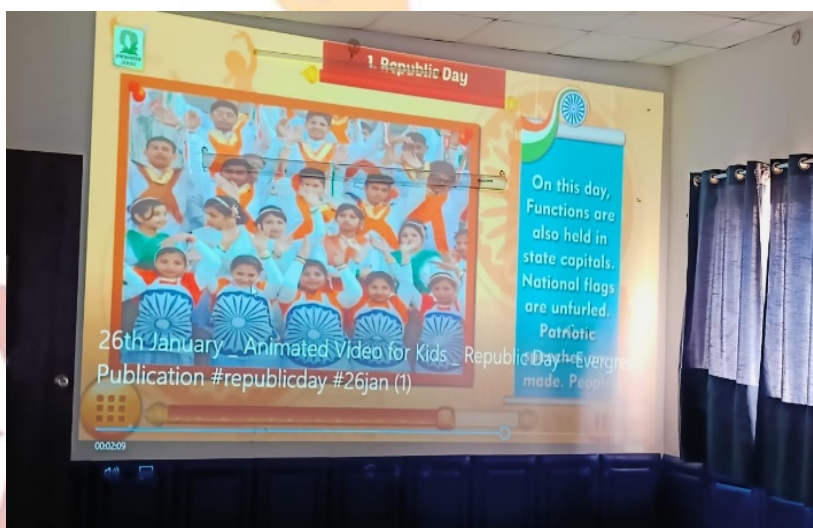


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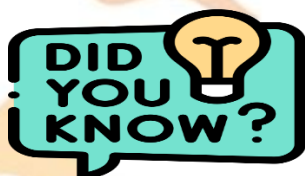








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# FOOD WASTE IN INDIA IS...



**68.7 million tonnes** of food is wasted annually in Indian homes



In simple word **50 kgs per person**



**1/3<sup>rd</sup>** of all food produced in India gets wasted or spoilt before it is even eaten.

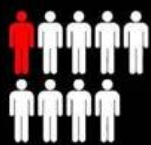
## INDIA'S HUNGER PROBLEM

Globally

**821 mn**

People are affected by hunger

THAT'S APPROXIMATELY



**1/9**  
People



India

**196 mn**

People affected by hunger

**107**

India's rank on the Global Hunger Index\*



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BIRTHDAY BABIES OF DECEMBER





## Birla Open Minds Preschool Newsletter

**Next Month**

**Important Dates**

**Celebrations**

Recent Panchami (Maa Aur Mein) - 14th February 2024, Wednesday

**Pre - Nursery**

**Comfy cars**

**Busy boats**

**Useful utensils**

Upcoming Themes

**K1**

**Why Wheels**

**More materials**

**Easy exercise**

**Nursery**

**Vroom vehicles**

**Unique Utensils**

Upcoming Themes

**K2**

**Why Wheels**

**More materials**

**Easy exercise**