

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

OCTOBER 2025 NEWSLETTER

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SPECIAL DAYS

October 13 - CLOSED - Thanksgiving
October 17 - Mr. Matt visit
October 31 - Halloween

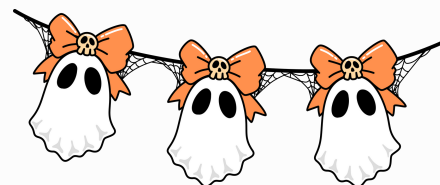
HAPPY BIRTHDAY

October 1 - Ms. Veerpal
October 5 - Korbyn - 3 years old
October 11 - Maria - 4 years old
October 13 - Emeric - 3 years old
October 22 - Ciaran - 4 years old

FROM THE OFFICE

Ms. Jackie will be away from the office from October 17 to October 27.

Children are welcome to bring/wear their Halloween costumes on October 31!



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PARENT CORNER

Healthy Eating for Children Under 5

Healthy eating for children under 5 is essential for their growth and development. Here are some key points to consider:

Variety of Foods: Offer a wide range of foods to ensure children get the necessary nutrients for growth and development.

Regular Meals and Snacks: Provide three meals and up to three snacks around the same time every day to maintain a balanced diet.

Family Meals: Make mealtimes a family and social event to encourage healthy eating habits.

Healthy Snacks: Offer nutritious snacks between meals, avoiding sugary drinks and focusing on water.

Vitamin Supplements: Ensure children receive adequate vitamin A, C, and D supplements daily, especially for those who are fussy eaters.

By following these guidelines, parents can help their children develop healthy eating habits that will last a lifetime.