



# Tender Hearts Newsletter



## January 2026

### Important dates in January

Jan. 1 Happy New Years Day

Tender Hearts is  
closed for the  
New Years Day holiday

Happy 4th Birthday  
to Juliette

Jan 19 Happy Birthday to  
Ian B.

### Topics for January

The topics for January are: Winter, Bears, Dinosaurs, and Post Office.

### What we did last month

A few things we did were: we explored all the new Hanukkah and Christmas items that were out. We played the Dreidel game. We lit the Menorah. We made Christmas gifts for the parents. We hope you liked them.

We had our Christmas party on Friday, December 19th. To mix things up this year, a picture of each child was taped to their present that was around the tree. We sat in a circle and each child took a turn to go up to the tree to pick out a present to open. They all picked their own presents with their picture on it.

We want to thank each family for the gifts you gave to us! It is greatly appreciated! Thank you!

### 2025 Childcare Financial Statements

You have received your 2025 Child Care Financial Statement. Please look it over and I hope you have been keeping track of the amount you have paid over the 2025 year. If you have a different end-of-the-year total than I have, please let me know and we can figure out where the error is. I do go over my paperwork thoroughly, however mistakes can be made.

If you haven't claimed childcare on your taxes before, you will need to use my EIN number, which is on the statement.

### Topics for 2026

In this newsletter is a list of topics I will be covering in 2026.

### Accreditation

I have been nationally accredited for family child care for many years and every three years, I renew my accreditation.

I submitted my paperwork last Summer and was expecting to have my observation in the October/November time frame. However, due to the high number of providers in the country that also submitted their paperwork at the same time as I did, they are backlogged. I now have my second accreditation extension that runs through March 2026. I did talk to a staff person at NAFCC and I will have my observation virtual instead of in person. The next steps will be for NAFCC to assign me an observer. Then the observer will contact me and we will set up an virtual date for observation.

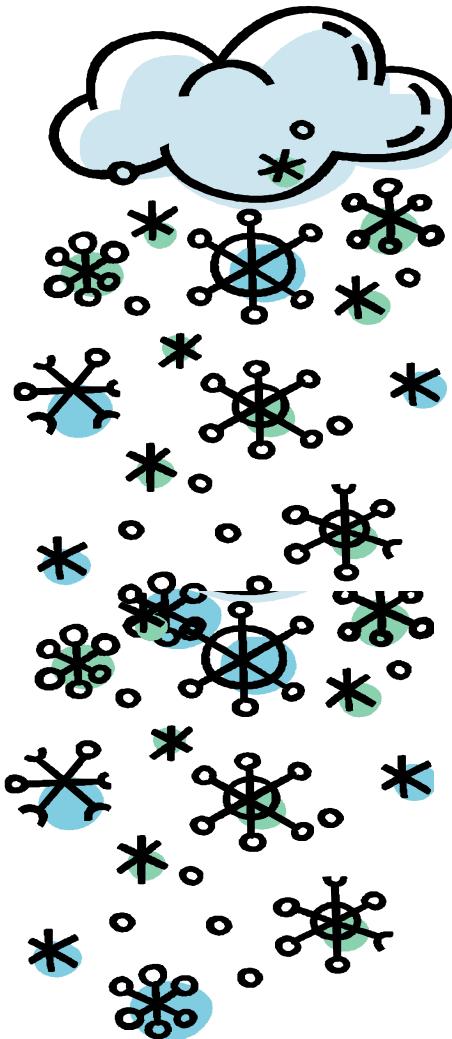
So, I will hang tight and take it as it comes. Until the next update.



# Tender Hearts Newsletter



January 2026



## Cubbies

Please take a few moments and check the clothes in your child's cubbie to make sure your child has not outgrown the clothes. Please make sure there is also a sweater or sweatshirt in case there are chilly mornings or chilly days. You never know what Wisconsin weather will be like.

## Happy New Year

I hope each and every one of you have a happy, healthy and safe 2026 year. This past year, I was reminded in many ways that life is short. As we go on with our everyday tasks and chores, we need to remember to connect with the people that we care about in our lives. Whether that's making a phone call or going to visit in person. I do plan on connecting more with people this year.

Wishing you a Happy, Healthy, and Blessed 2026 year!

The most important gifts you can give are your love, time, and attention. Slow down, take time to smile & enjoy loved ones... life goes by way too fast

## Inclement Weather

In the event of inclement weather, my policy is that if Oshkosh schools close due to severe weather before the beginning of the school day, Tender Hearts will also be closed. If this happens, I will let you know via Facebook and/or a text message. If there is a two hour delay, I will be open the normal times. If school is already in session and schools close early, parents will have the option of picking up their child/children early.



# Preparing Your Family for Winter Weather

You've remembered to winterize your house and your car, but is your family ready? Be sure to prepare your kids and your kitchen for snowy days and long winter nights.

Wintertime. Ice, snow, and, perhaps worse, lots of "snow days" with the kids in the house. Are you and your family "winterized"?

Preparing for unexpected campouts in your living room is not exactly akin to preparing for a terrorist attack, but some of the same precautions apply. Ice can put weight on electrical lines and cut off power, so have the following on hand:

- Flashlights and batteries; candles are not a wise choice, because in bad weather you can have a fire and no one can reach you.
- Plenty of blankets.
- A safety kit for your car, consisting of shovel, sand or cat litter for traction, tire chains, booster cables, a cell phone, extra warm clothing or boots, an ice scraper, small tools, winter sleeping bag or blankets, snack food, water, flashlight with good batteries, matches and newspapers, games and toys, zip-top bags (for elimination if stranded), and a 12-volt adapter coil heater that can plug into the lighter to heat water.
- Salt or sand for treacherous sidewalks.
- Safe, radiant space heater (no open coils).
- Fan for fireplace that blows heat into the room and does not suck it up the chimney.
- Supplies of medication to last a few days at least.
- The phone numbers of older or disabled neighbors, just in case.

## Making Your Kitchen Ready for Winter

Larrian Gillespie, MD, author of *The Goddess Diet*, tells WebMD that winter is all about comfort. "Soups, soups," she chants. "You want to stock your larder for those unexpected snow days. It's hard to make a bad soup. Just add the flavor with herbs and spices and avoid carbs that raise blood sugar such as pasta. Instead use barley and chunky root veggies, such as carrots and turnips. If you use meat, cool the soup first and remove the hardened fat, then reheat."

What else should you load up on?

- Steel cut oats, for oatmeal, Gillespie says
- Frozen berries. Great in that oatmeal for any meal of the day
- Peanut butter
- Tuna
- Garbanzo beans
- Canned juices
- Crackers/bread
- Long-keeping milk
- Vitamins
- Baby food. And don't forget diapers, towelettes, bottles, ointment, and the rest.
- Pet food
- Carrots, squash, and apples. Keep apples in the fridge, she says; they last a month that way.
- Raisins and nuts
- A slow cooker

The Department of Homeland Security recommends three days' worth of food.

For those long afternoons out sledding, set the slow cooker to make herb chicken. Put rough-cut celery, onions, and carrots in your pot, add pieces of a cut-up fryer, and bring the water up half-way. Cook for several hours. After a day's winter activity, add some barley and salt and pepper and cook a few minutes before serving.

When pent-up kids need a diversion, cut out bread into stars with a cookie cutter and toast it. Let the kids mix up tuna salad out of mayo, dill, and mustard and spread it onto every point.

If the kids are still bouncing off the walls, mix up some fake Play-Doh: 3 cups of flour, 1.5 cups of salt, 6 teaspoons of cream of tartar, and 3 cups of water. Mix the dough until it balls up and can be handled. Then set the "energy bunnies" to sculpting animals and little cars. If you are the brave type, add food coloring.

## Tips for Playing Outside in Winter

The American Academy of Pediatrics recommends dressing infants and children in several thin layers, such as long johns, turtlenecks, one or two shirts, a sweater, warm socks, boots, gloves or mittens, and a coat. Dress children in one more layer than you would wear.

Children who play outside may not notice they are getting too cold or even experiencing hypothermia, the AAP says in its bulletin, "Winter Safety Tips."

This can go for adults, too, says Gregg Boughton, coordinator of the outreach sports medicine program at Gem City Bone & Joint. He's also head athletic trainer at the Laramie City Community College in Wyoming, where it was 20 below zero the day he talked to WebMD. "The first sign of hypothermia is shivering," he says. This means it's time to go inside, he adds.

Adults and children can also get the beginnings of frostbite, which destroys living tissue, without being aware of it. "The first sign is numbness," Boughton says. Skin can appear gray, pale, or blistered along with the numbness, according to the AAP.

Boughton recommends warming slowly -- even in cold water. It will feel warm, he assures. The AAP recommends not rubbing the affected areas. If the numbness persists more than a few minutes, call the doctor.

Other tips from the AAP and Boughton for outdoor winter play:

- If your child gets winter nosebleeds from dry heated air, get a humidifier. Saline nose drops can also bring relief. If this persists, consult the doctor.
- Bathe every other day or every third day, especially in the case of children. Bathing too often can dry skin.
- Do not drink alcohol outside in cold weather, Boughton urges. "Some skiers bring along some schnapps and make mistakes or don't see they are too chilled."
- Make sure to stay well hydrated. Cold weather inspires us to drink hot cocoa and coffee, but we still need water, especially with increased physical activity.
- Also when skiing, unless you have been conditioning, he says, don't head for the Black Diamond slopes. Children especially, the AAP notes, need professional instruction and must have adult supervision. Remember, the real aches and pains show up after 24 hours. You may wake up and not be able to get up, wasting an expensive trip by staying inside the hotel!
- While outside for long periods, bring a couple of power bars.
- If anything, dress a little more lightly than you think you should for snowshoeing, Boughton says. "You can work up a great sweat." He also advises wearing fast-drying textiles for all outdoor play. "Gore-tex is the standard."
- If you have cold-induced asthma, Boughton recommends packing along your inhaler or taking a puff or two before you leave.
- Is there sun glaring on the snow? It can be intense! Wear sunblock in winter as well as summer.
- If you snowmobile, never go alone and never pull anyone, the AAP says. Stay on marked trails and travel at safe speeds.
- Never play outside after dark. "It's getting dark earlier," Boughton notes. "Be home."
- If a snowy driveway is awaiting you at home, remember all those shoveling-induced heart attacks that happen every year. More scoops, lighter loads.
- Whew. When you get home and are about to collapse and the children still are revving for something to do, bring out the board games. You do have batteries for the video games, right?

# Tender Hearts Family Child Care Center Curriculum 2026

DATE	WEEKLY THEME	HOLIDAYS AND SPECIAL ACTIVITIES
Dec. 29, 2025 - Jan. 2, 2026	Skill Building	Jan. 1 New Years Day
Jan. 5 - 9	Winter	
Jan. 12 - 16	Bears	
Jan. 19 - 23	Dinosaurs	
Jan. 26 - 30	Post Office	
Feb. 2 - 6	Shadows/Groundhog's Day	Feb. 2 Groundhog's Day
Feb. 9 - 13	Valentine's Day	Feb. 14 Valentine's Day
Feb. 16 - 20	Health and Nutrition	
Feb. 23 - 27	Dental Health	
Mar. 2 - 6	Dr. Seuss Week	Mar. 2 Dr. Seuss's Birthday/ Read Across America Week
Mar. 9 - 13	St. Patrick's Day	
Mar. 16 - 20	St. Patrick's Day/Spring	Mar. 17 St. Patrick's Day/Mar. 20 First Day of Spring
Mar. 23 - 27	Birds	
Mar. 30 - Apr. 3	Easter	Apr. 5 Easter
Apr. 6 - 10	Weather	
Apr. 13 - 17	Children are Special	Apr. 11 - 17 Week of the Young Child
Apr. 20 - 24	Earth Day	Apr. 22 Earth Day
Apr. 27 - May 1	Assessments and Development Checklists	
May 4 - 8	Mother's are Special	May 10 Mother's Day
May 11 - 15	Military/Armed Forces Day	May 16 Armed Forces Day
May 18 - 22	Caterpillars & Butterflies	
May 25 - 29	Camping	May 25 Memorial Day
Jun. 1 - 5	Farm/Farm Animals	
Jun. 8 - 12	Flag Day/Father's are Special	June 14 Flag Day
Jun. 15 - 19	Katy's Vacation	June 21 Father's Day/June 21 First Day of Summer
Jun. 22 - 26	Summer	
Jun. 29 - Jul. 3	Independence Day	July 4 Independence Day
Jul. 6 - 10	Ocean	
Jul. 13 - 17	Beaches/Sandcastles	
Jul. 20 - 24	Transportation	Jul. 20 - 26 EAA
Jul. 27 - 31	Zoo/Zoo Animals	
Aug. 3 - 7	Bugs	
Aug. 10 - 14	Water Fun	
Aug. 17 - 21	Letters	
Aug. 24 - 28	Colors	
Aug. 31 - Sep. 4	Back to School	
Sep. 7 - 11	Grandparent's are Special	Sept. 7 Labor Day/Sept. 13 Grandparents Day
Sep. 14 - 18	Shapes	
Sep. 21 - 25	Autumn	Sept. 22 First Day of Autumn
Sep. 28 - Oct. 2	Assessments and Development Checklists	
Oct. 5 - 9	Fire Prevention	
Oct. 12 - 16	Katy's Vacation	
Oct. 19 - 23	Halloween	
Oct. 26 - 30	Halloween	Oct. 31 Halloween
Nov. 2 - 6	Families	
Nov. 9 - 13	Veteran's Day	Nov. 11 Veteran's Day
Nov. 16 - 20	Thanksgiving	
Nov. 23 - 27	Thanksgiving	Nov. 26 Thanksgiving Day
Nov. 30 - Dec. 4	Christmas	Dec. 4 Hanukkah begins at sundown
Dec. 7 - 11	Hanukkah	
Dec. 14 - 18	Christmas	
Dec. 21 - 25	Christmas	Dec. 21 First Day of Winter/Dec. 25 Christmas Day
Dec. 28 - Jan. 1, 2027	Skill Building	Jan. 1 New Years Day