

# K-PREP NEWS

Jan 2025

## Ms. Claire

We are excited to announce that Ms. Claire has been provided with the opportunity to share her wealth of knowledge with others. She has taken on a new role as the full-time staff trainer for the Catherine Hershey Schools. Ms. Ann and Ms. Sam have been taking on more of her everyday tasks. While Claire will continue to support the center from behind the scenes, she may not be as quick to respond to emails. For that reason, any questions related to the day-to-day or tuition should be sent directly to Ms. Sam at [director@k-prep.com](mailto:director@k-prep.com).

EXCITING

NEWS

January is International  
**CREATIVITY**  
month



DON'T FORGET  
TO CHECK OUT  
THE ART  
DISPLAY  
PROVIDED BY  
OUR AWESOME  
LITTLE ARTISTS!



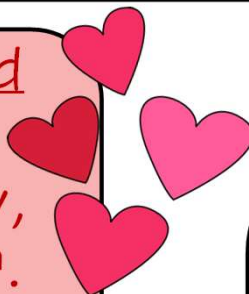
K-Prep  
Creativity  
Show  
January  
27-31



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Special Friend Day will be Friday, February 14<sup>th</sup>. Watch for more information!



PICTURE DAY is scheduled for Thursday, February 27<sup>th</sup>. More Info to come!



## Tax Information

End of Year tax statements will be sent out in email within the next few weeks. Please note, you will need K-Prep's **EIN # 90-0104071** for tax filing. If there is a balance on your tuition account, this must be paid in full before a 2024 tax statement can be released.

## Winter Weather Procedure

Just a reminder that we will be following Hempfield SD in the event of a winter weather delay. If Hempfield closes, K-Prep will delay and make an independent decision on closing the center. Weather updates will come through Tadpoles via text or email. Families can help on snowy days by marking their child absent on the Tadpoles Parent App. Thank you!





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## Tips for making tummy time fun:

- Lay on the floor in front of baby
- Mirror for baby to look at
- Read books/sing songs to baby
- Books, pictures, floor mats with contrasting colors to catch baby's eye

## Why is Tummy Time Important?

- Promotes arm strength, neck and back strength, and head control
- Develops core muscles needed for
  - Rolling
  - Sitting
  - Play
  - Eating solids
  - Crawling
  - Walking
  - Talking
- Prevents flat spots on head
- Promotes environmental awareness, visual, and cognitive development

## Tummy Time FAQ

**When should I start tummy time?** Unless your child's pediatrician advises against it, tummy time can begin after arriving home from the hospital.

**How often should my child do tummy time?** Several times a day, starting at small increments (1-2 minutes) and increasing with age and tolerance.

**What positions are safe?** Infants, especially newborns, should always be supervised during tummy time. Safe positions can include chest-to-chest with mom/dad, on a flat surface with a blanket or floor mat, across your lap, or on a boppy or other infant lounger for elevation. A small towel can also be rolled up and placed under the arms/chest if a boppy is not available.

**My baby doesn't like tummy time. What can I do?** Gradually build tolerance over time. Allow baby to become frustrated for a few seconds before moving them. Make tummy time fun!