



Breezy Knoll Child Care Center  
 311 Stillwater Road  
 Smithfield, RI 02917  
 (401) 232-7177



December 2015 Newsletter



Happy Holidays from the staff!  
 All of the staff at Breezy Knoll would like to extend our best wishes to each and every one of you. We thank you for your continued support in all of our efforts. We wish you the best health and prosperity throughout the coming year.

**Dates to Remember**

Sun, Dec. 6 Hanukkah begins  
 Tue, Dec. 22 First Day of Winter  
 Fri, Dec. 18 & Mon, Dec. 21  
 \*\*\*Giving Tree Gifts are due\*\*\*  
 Thur, Dec. 24 Christmas Eve  
**BKCCC Close at 12:00p.m.**  
 Fri, Dec. 25 Merry Christmas! **BK Closed**  
 Thur, Dec. 31 New Year's Eve  
**BKCCC Close at 12:00p.m.**  
**Fri, Jan. 1 Happy New Year! BK Closed**

**Picky Eating: When to Worry**

The American Psychiatric Association has officially categorized a new eating disorder known as Avoidant/Restrictive Food Intake Disorder (ARFID), in which a child severely limits what they consume and doesn't meet their energy or nutritional needs through food but isn't preoccupied with weight or body shape. "We believe the quicker you get kids into treatment, the better the outcome," says Debra Katzman, M.D., an eating-disorders specialist at The Hospital for Sick Children, in Toronto. Here's is what to look out for:

**Could Have ARFID**

- Your child persistently loses weight or doesn't gain on schedule.
- They stop growing or are growing very Slowly, and physically show that they have a nutritional problem such as a vitamin or iron deficiency.
- Eating issues may have arisen after a scary or traumatic situation, such as Choking.
- They avoid certain colors, textures, or Whole categories of foods to the point where they are not eating enough.

**Probably Just Picky**

- They are mostly growing and gaining normally.
- They are healthy despite a somewhat limited diet.
- Pickiness doesn't seem linked to a bad food-related experience.
- They avoid foods based on color, texture, smell, or taste-but still get enough to eat overall.

*Article from PARENTS*

**Ants on a Log,  
 5 New Ways!**

- Fill celery stick with the following:
- Guacamole; top with black beans, corn kernels, or both.
- Soft cheese; top with chickpeas.
- Red-pepper hummus; top with sunflower seeds or pumpkin seed.
- Tuna fish; top with sliced black olives
- Chicken salad; top with raisins.



### Did You Know...

When your child's temperature rises, you worry. But a fever is a sign that the body is battling germs. In fact it can be beneficial, by kicking the immune system into high gear and creating a less-than-ideal environment for illness to thrive.

*Article from PARENTS*

### Progress Reports

If you haven't already done so, kindly return your child's progress report to their teacher(s).

Thank you!



### SNOW CANCELLATIONS

The Rhode Island Broadcasters Association's television and radio stations have unified for notification of the cancellation/delay process due to inclement weather. You will still receive the information as in the past on your favorite radio and television station and their websites. You can register to be personally notified on your home or cell phone, PDA or email address. The simple registration form is available on the websites of participating radio and television stations.

