



Little Munchkins Learning Center

"Where learning and loving go hand in hand"



Monthly Newsletter

Birthday List



We would like to wish a special HAPPY BIRTHDAY to all of our October Birthdays!!

Kiera M 10/14	Jonathan S-G 10/12
Daphne B 10/21	Autumn H 10/15
Za'khaius G 10/24	Angel G 10/19
Antonio B 10/10	Alexander A 10/23
Arthur M 10/26	Julian J 10/26

LOOKING AHEAD...

Oct 16th—Parent Information Night @6:15
(Espinoza Chiropractic)

Oct 31st—**Halloween Parties (wear your costume)**

Nov 2nd—Day of the Dead

Nov 3rd—Daylight Savings Time End

Nov 5th—Election Day

Nov 27th-28th—**Closed for Thanksgiving**

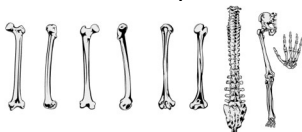


Espinoza Chiropractic



As we journey through October, it's a wonderful time to focus on the little ones in our lives. Pediatric Chiropractic isn't just about back pain; it's about fostering a foundation for lifelong health. At Espinoza Chiropractic, we believe in the transformative power of chiropractic care for children, nurturing their growth and development in profound ways.

Why Pediatric Chiropractic?



Pediatric chiropractic care offers several health benefits for children. It aids in promoting optimal nervous system function, which is crucial for their overall growth and development. Additionally, chiropractic stimulates the digestive, respiratory, cardiovascular, and immune systems making your child more resilient to all ailments they commonly experience. Addressing posture and alignment issues early on can also prevent future musculoskeletal problems.

Signs to Consider Chiropractic Care for Your Child:

- Challenges with sleeping or restlessness
- Postural imbalances or irregular walking patterns
- Frequent ear infections

Our gentle, tailored approach ensures your child's comfort and safety. We're here to answer your questions and guide you in the best ways to support your child's health journey.

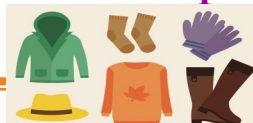
Espinoza Chiropractic will be speaking at our first Parents Information Night on Oct. 16th starting at 6:15. Please join us!

Reminder:



Halloween parties are on Friday Oct. 31st.

Please be on the look out for your classrooms sign up list. Children may dress in their costumes, but all parts of the costume must be labeled with your child's name or initials and extra clothes provided to change into after the party. Weapon accessories and scary costumes are prohibited.



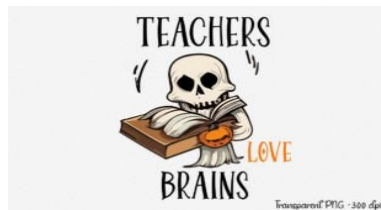
Reminder for Fall Weather:

As the seasons change and temperatures begin to cool, we kindly ask that all parents provide weather-appropriate clothing for their children. This includes items such as jackets, sweaters, hats, and long sleeves to ensure your child stays warm and comfortable during outdoor play and daily activities. Since we go outside daily, it's important that children are dressed properly for the weather. **Your child is required to wear closed-toe shoes.** We also **require** you to label your child's items to prevent them from getting misplaced. Thank you for your cooperation in helping us keep all children safe, healthy, and comfortable throughout the fall season!

DID YOU KNOW???



1. The tradition of carving pumpkins started in Ireland, but instead of pumpkins, people carved turnips and potatoes to ward off evil spirits. Pumpkins became popular after the tradition came to America, where they were easier to carve.
2. Halloween traces back over 2,000 years to the Celtic festival of Samhain, when people believed the boundary between the living and the dead was blurred, and spirits could roam the earth.
3. In Ireland and Scotland, families would leave out food and drinks on Halloween night—not just for trick-or-treaters, but to appease wandering ghosts so they wouldn't curse the household.



Crystal's Corny Corner

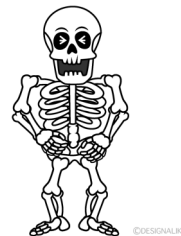


- Why was the Jack-o-lantern scared to cross the road?

Because he had no guts!

- How do you know when a skeleton is sick?

He's Coffin!



- Where do toddler ghosts stay when their parents are at work?

Day Scare!

