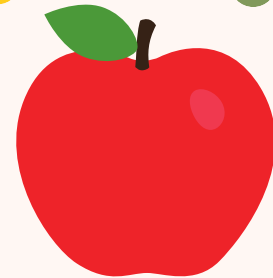




OTR NEWSLETTER

SEPTEMBER 2026



What's Happening

September is filled with opportunities for learning, growing, and getting to know ourselves and our friends!

We're kicking off the month by celebrating what makes each child unique and special! Children will explore their names, bodies, favorite things, interests, and the many wonderful qualities that make them who they are. This theme also helps us build friendships and create a strong classroom community as children get to know one another. Next, we'll be celebrating the people who are most important to us, our families! Children will talk about who is in their family, what makes their family special, and the fun things they enjoy doing together. We'll also celebrate that every family is unique and can look different while still being filled with love.

Learning about feelings is an important part of growing! Throughout the month, we'll help children identify and name emotions such as happy, sad, angry, frustrated, excited, and worried. We'll practice talking about our feelings, recognizing how others may feel, and learning age-appropriate ways to express and manage big emotions.

September is also assessment time! Our teachers will be completing developmental assessments to observe each child's progress across important areas of development. These assessments help us celebrate the skills your child has mastered while identifying opportunities where we can provide additional support and encouragement. We use this information to help individualize learning and make sure each child is continuing to grow at their own pace.

Apples, Apples, Apples!

To wrap up the month, we'll be heading to the apple orchard, right in our classrooms! Children will explore the different parts of an apple, learn how apples grow, practice counting and sorting, create apple-themed artwork, and even enjoy some hands-on apple exploration and taste testing. Apples are a wonderful way to bring science, math, literacy, sensory play, and creativity together!



Reminders

Over the Rainbow is closed Friday, September 4th for Staff Development and Monday, September 7th for Labor Day!

Upcoming Days

- 9/8 First day of school
- 9/16 Play-Doh Day
- 9/18 Grandparents Day @3pm
- 9/22 First day of Fall
- 9/25 Applesauce for Johnny Appleseed's Birthday (9/26)
- 9/30 Wear Orange day

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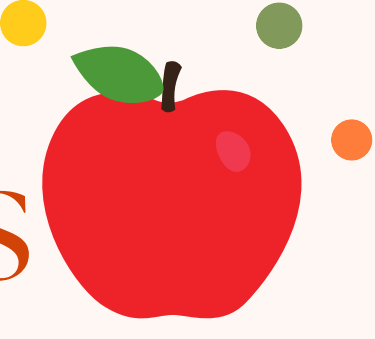
Hamden-(203) 230-8449

Enrollment questions? (860) 637-3363





OTR CELEBRATIONS



SEPTEMBER 2026

Cheshire Birthdays

9/4 Warren
9/4 Hunter and Gunner
9/10 Felix
9/17 Frankie
9/19 Lincoln T.
9/19 Amelia
9/20 Miss Glori
9/22 Theodore
9/22 Aurelia
9/30 Scott

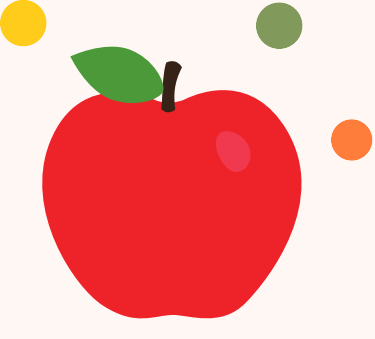
Hamden Birthdays

9/14 Londyn
9/16 Max
9/20 Micah M.
9/22 Nai

Upcoming Events

9/2 Miss Jasmine celebrates 1 year in Hamden
9/9 Miss Faith celebrates 2 years in Hamden
9/14 Miss Ana celebrates 6 years in Hamden
9/20 Miss BobbiJo celebrates 5 years in Cheshire
9/29 Miss Jaylin celebrates 1 year in Cheshire





CHESHIRE HAPPENINGS

SEPTEMBER 2026

Infants

September is going to be full of new experiences and exciting milestones in our Infant classroom! As we welcome the fall season, the children will enjoy creating fall-themed artwork and making adorable apple footprint keepsakes. We will also continue exploring new foods and flavors while encouraging healthy eating habits. Our little ones will be busy practicing important developmental skills, including taking steps with walkers, reaching new milestones, and growing stronger each day. We can't wait to watch our infants learn, grow, and explore throughout the month!

Toddler 1

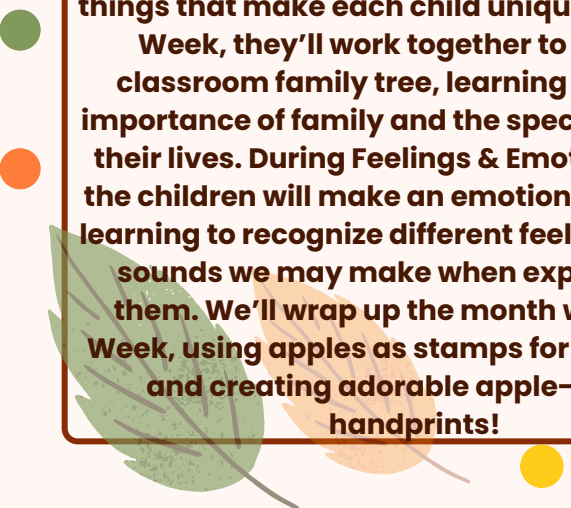
This month, Toddler 1 will be exploring exciting themes all about themselves, their families, feelings, and apples! During All About Me Week, we will sing the Name Song and create special "These Are My Hands" handprint keepsakes. For Family Week, the children will create their own family trees and enjoy reading Love Makes a Family. During Feelings Week, we will explore different emotions by making faces in mirrors and introducing simple words to help the children communicate how they are feeling. Finally, during Apples Week, we will enjoy an apple exploration sensory bin and practice sorting apples by color. We can't wait for a fun-filled month of learning and discovery!

Waddlers

Our Waddlers are kicking off September with lots of fun, hands-on activities! During All About Me Week, the children will create a special All About Me project with family participation, celebrating the people and things that make each child unique. For Family Week, they'll work together to create a classroom family tree, learning about the importance of family and the special people in their lives. During Feelings & Emotions Week, the children will make an emotions craft while learning to recognize different feelings and the sounds we may make when experiencing them. We'll wrap up the month with Apple Week, using apples as stamps for fun artwork and creating adorable apple-shaped handprints!

Toddler 2

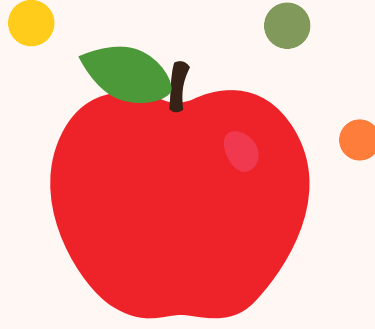
Our Toddler 2 friends have an exciting September planned! During All About Me Week, we'll learn fun facts about each child with help from Mom and Dad, giving everyone a chance to share what makes them special. For Family Week, the children will create special family-themed crafts while getting ready to celebrate Grandparents' Day! During Feelings & Emotions Week, we'll explore a new feeling each day through fun and creative crafts. We'll finish the month with Apple Week, making a colorful paper candy apple and creating apple art using real apples as stamps!





CHESHIRE HAPPENINGS

SEPTEMBER 2026



Toddler 3

September is going to be full of fun, learning, and exciting hands-on activities in Toddler 3! During All About Me Week, we will play "Who Am Eye?" by guessing our friends based on a photo of their eye and practice measuring our feet using pom-poms. For Family Week, we will create special popsicle stick photo frames and make family maps! During Feelings Week, the children will explore an emotions sensory bin and play a fun Catch a Feeling game while learning more about different emotions. Finally, for Apples Week, we will enjoy indoor apple picking, conduct an exciting erupting apple experiment, and finish the week by making delicious apple pies in a cup for a special snack! We can't wait for a month full of discovery and fun!

Pre-K

September will be filled with fun, creativity, and meaningful learning experiences in our Pre-K classroom! During All About Me Week, the children will create self-portraits and special "All About Me" handprints while learning more about what makes each of us unique. For Family Week, we will have classroom discussions centered around questions such as "What is family?" and "Who is in your family?" The children will also create their own family trees! During Feelings and Emotions Week, we will explore and discuss different emotions through a fun "Bunch of Feelings" craft and enjoy reading a monster feelings book. Finally, for Life Cycle of an Apple Week, we will discuss "How does an apple grow?" and learn about the different stages of an apple's life cycle. We will also get creative with a fun painting with apples craft! We can't wait for a wonderful September full of learning, creativity, and discovery!

Preschool

September will be an exciting month of learning, exploring, and getting to know one another in Preschool! During All About Me Week, we will focus on getting to know each other by sharing our likes and dislikes, practicing name recognition through art and picture puzzles, and playing fun getting-to-know-you games. For Family Week, we will talk about all the different ways families can look, whether they are big or small! We will practice counting how many people are in our families and create special family bracelets. During Feelings Week, we will learn about different emotions and ways to help regulate our feelings. We will enjoy reading The Color Monster and explore emotions through a colorful matching sensory bin. Finally, for Apples Week, we will learn the apple song, participate in exciting apple experiments, and create fun apple-themed artwork! We can't wait for a wonderful September filled with learning and discovery!

♥ Coming Soon! ♥

Our Over the Rainbow family is growing! We're so excited to share that Miss Jaylin is expecting a baby girl in late November! Please join us in congratulating her on this exciting new adventure!





CHESHIRE SPOTLIGHTS

SEPTEMBER 2026



The Wittneben Family

The Wittneben family comes from a wonderfully mixed background, bringing together unique stories, traditions, and experiences that make our family special. Christmas is our favorite holiday, or as we like to call it, "Ho, Ho, Santa!" One of our favorite things to do together as a family is go hiking and enjoy the great outdoors. When it comes to food, mac and cheese is the household favorite! Jackson's favorite movie is The Wild Robot, which is a movie we enjoy watching together often. Our favorite place is our cottage in Rhode Island, where we love spending time together, relaxing, and making special family memories. One of our most treasured memories was telling our grandparents that we had been approved for adoption. It was an incredibly meaningful and exciting moment for our family. Our family wouldn't be complete without our pets: Olive and Frankie, our dogs; Xena, our cat; and Coco, our betta fish. We love spending time together, creating memories, enjoying little family traditions, and celebrating what makes our family uniquely ours.

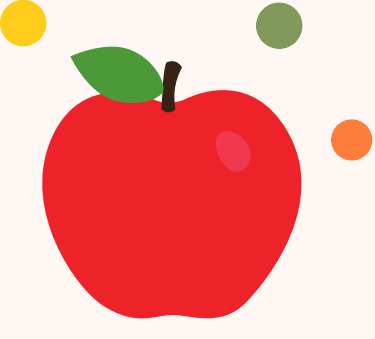


Miss Dajanie



Miss Dajanie is our amazing floater! She is always ready to step in wherever she is needed and does a wonderful job. Her flexibility, patience, and positive attitude make a big difference each day. We truly appreciate all of Miss Dajanie's hard work and dedication to our children, staff, and families. Thank you, Miss Dajanie, for all that you do!





HAMDEN HAPPENINGS

SEPTEMBER 2026

Infants

September is all about getting to know our new babies, settling into our new rooms, and building those special bonds with our teachers and friends! We'll be working on important milestones through tummy time, reaching, rolling, crawling, and exploring. We can't wait to watch our little ones learn, grow, and celebrate all of their exciting firsts this month!

Toddler 1

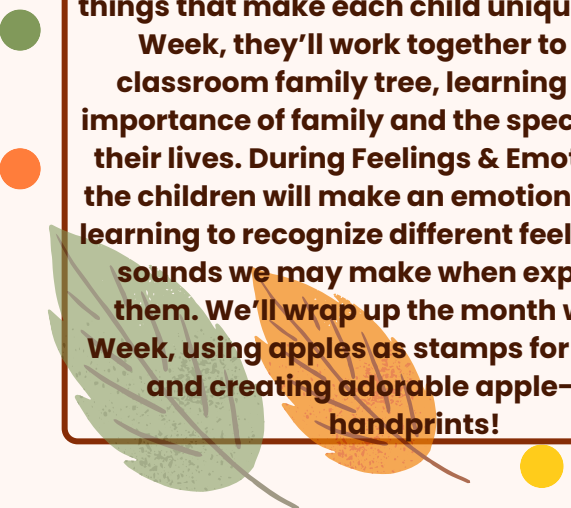
September will be full of fun, creativity, and learning in Toddler 1! During All About Me Week, we will create a special mirror craft, explore our favorite colors, and make a fun handprint activity while celebrating what makes each child unique. For Family Week, we will learn about the important people in our lives by creating family trees and singing a fun family finger song! During Feelings Week, the children will practice identifying and matching different emotions and explore emotions through hands-on sensory bags. Finally, for Apple Week, we will create an adorable apple name craft and enjoy a fun Basket of Apples activity. We can't wait for a wonderful September filled with learning, exploration, and fun!

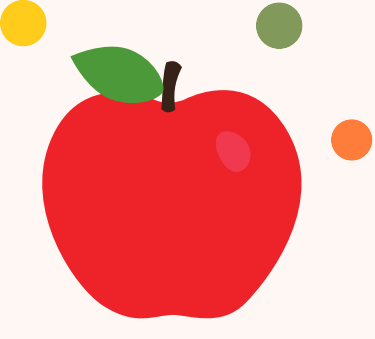
Waddlers

Our Waddlers are kicking off September with lots of fun, hands-on activities! During All About Me Week, the children will create a special All About Me project with family participation, celebrating the people and things that make each child unique. For Family Week, they'll work together to create a classroom family tree, learning about the importance of family and the special people in their lives. During Feelings & Emotions Week, the children will make an emotions craft while learning to recognize different feelings and the sounds we may make when experiencing them. We'll wrap up the month with Apple Week, using apples as stamps for fun artwork and creating adorable apple-shaped handprints!

Toddler 2

September will be full of fun, hands-on learning in Toddler 2 as we explore All About Me, Family, Feelings, and Apples! During All About Me Week, we'll talk about the things that make us special while creating a "Things I Like to Eat" craft and a "Hands Are for..." finger-painting craft. For Family Week, we'll celebrate the people we love with a "Family and Me" craft and create our very own family trees. During Feelings Week, we'll learn about different emotions and create a colorful emotions handprint craft while practicing identifying and expressing how we feel. Finally, during Apples Week, we'll get creative with a sponge-painted apple craft and make an adorable apple tree craft as we explore all things apples!





HAMDEN HAPPENINGS

SEPTEMBER 2026

Toddler 3

September will be filled with fun, creativity, and exciting learning experiences in Toddler 3! During All About Me Week, we will celebrate what makes each child special by creating paper plate self-portraits, an "I Am" mirror craft surrounded by kind words, and a colorful All About Me Rainbow! For Family Week, we will celebrate the people we love by creating an "I Love My Family to Pieces" craft, decorating family pictures, and learning about our families through a fun finger family activity. During Feelings Week, we will explore different emotions by creating a Bunch of Feelings grape craft and participating in a "Today I Feel..." activity to help children identify and express their emotions. Finally, for Apples Week, we will have fun building an apple, making apple handprints, and exploring apples through a hands-on squishing apples sensory craft using Ziploc bags!

We can't wait for a wonderful September full of learning, creativity, and fun!

Preschool

September will be filled with exciting hands-on activities as we get to know ourselves, our families, and our feelings! During All About Me Week, we'll create special self-portraits and explore a fun handprint sensory tray. For Family Week, we'll celebrate the people we love by creating family portraits and enjoying a playful family bubble wash sensory activity. During Feelings & Emotions Week, we'll explore different emotions through feelings emoji art, giving us a creative way to talk about and express how we feel. Finally, during Apple Life Cycle Week, we'll get hands-on with apple stamping and explore the different parts of an apple while learning how apples grow!

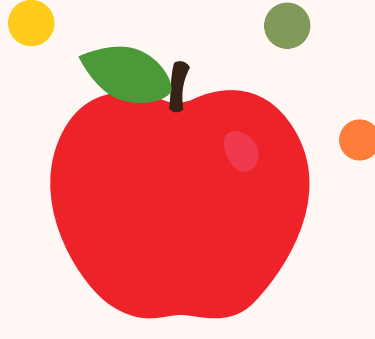
Toddler 4/Preschool

September is going to be full of fun, learning, and self-discovery in Toddler 4! During All About Me Week, we'll celebrate what makes each child special with activities like "My Name," "My Family," and "My Favorites," along with a fun Show & Tell activity. For Family Week, we'll explore the people who are most important to us through a family tree, family photo matching, and a "Who Is in Your Family?" activity. During Feelings Week, we'll learn about and express our emotions through a feelings dance, feeling color wheel, and a special feeling story. Finally, for Life Cycle of an Apple Week, we'll discover how apples grow with a life cycle of an apple craft and a fun apple experiment!

Pre-K

September is going to be an exciting month of learning and discovery in Pre-K! During All About Me Week, we'll explore our unique bodies with a fun sensory bin filled with noodles, where children will search for body parts like hands, noses, eyes, ears, lips, and more. We'll also create picture puzzles of ourselves while celebrating what makes each of us special. For Family Week, we'll dive into a family-themed sensory bin and create a "Who's in My House?" art project to celebrate the special people who make our families unique. During Feelings & Emotions Week, we'll explore our emotions with sensory bags and create our own silly and colorful feeling monsters. Finally, during Apples Week, we'll investigate the different parts of an apple and make delicious-looking puffy paint caramel apples!





HAMDEN SPOTLIGHTS

SEPTEMBER 2026

The Naef Family

This month, we are excited to spotlight the Naef Family! Their favorite holiday is Christmas, and they love celebrating with their grandparents, aunts, uncles, and cousins. Family time is especially important to them, whether they are playing outside in their backyard, enjoying soccer and golf together, or spending a fun day at the beach!

Their favorite food is tacos, and their favorite movie to watch together is Toy Story. Their favorite place to be is the playground, where they can enjoy time together and have fun!

This family also has two furry friends: a dog named Nola and a cat named Graycee. Their family background is German and Italian.

Thank you for letting us get to know your family! We love having you as part of the Over the Rainbow family!



Miss Alexis

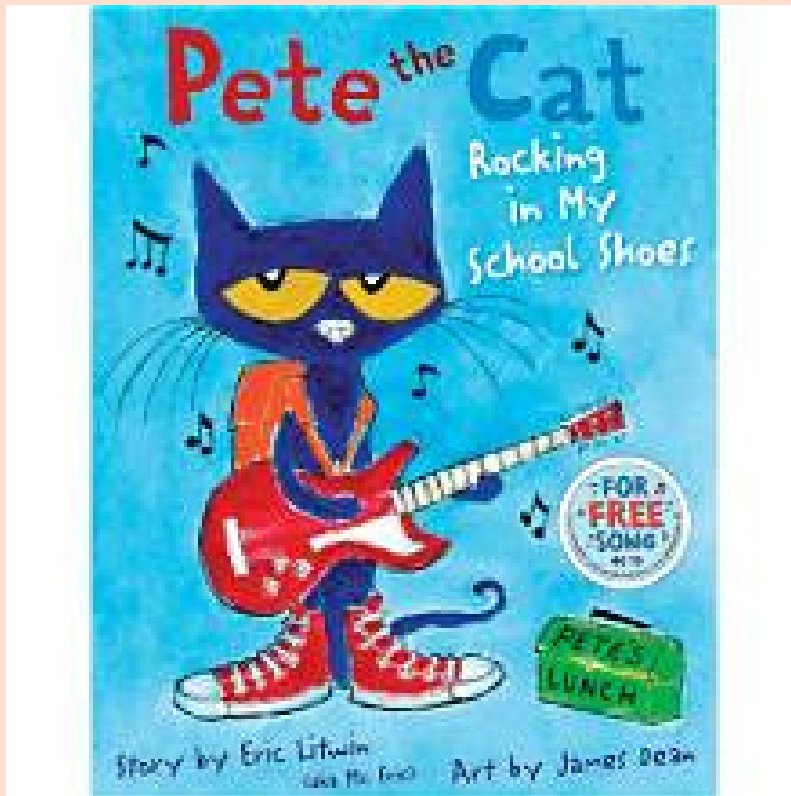


Alexis is an amazing teacher and floater who is always willing to step in wherever she is needed. She brings a positive attitude, patience, and so much care to every classroom she enters. Alexis connects wonderfully with the children and is always ready to support her fellow teachers. We are so grateful to have her on our team and appreciate everything she does to make each day a little brighter!



LITERACY RAINBOW

SEPTEMBER 2026



Pete the Cat is ready to explore his new school! As Pete walks around in his brand-new school shoes, he discovers all the exciting places and activities at school, from the library to the lunchroom and playground. With Pete's positive attitude and catchy adventures, children are encouraged to feel confident, stay calm, and have fun trying new things!

This month, our Literacy Rainbow is all about celebrating the joy of books and building early literacy skills! 📖 ✨ We'll be enjoying fun stories like Pete the Cat: Rocking in My School Shoes while encouraging children to listen, look at pictures, learn new words, and engage with stories. Reading together helps build language, imagination, and a lifelong love of books!



NOURISHING MOMENTS

SEPTEMBER 2026



Homemade Applesauce



A simple and delicious fall activity that the whole family can make together! This is a great way for children to help prepare a snack while learning about apples. 🍏

Ingredients:

- 6–8 apples
- ½ cup water
- 1 tablespoon lemon juice
- 1–2 tablespoons sugar or maple syrup (optional)
- ½ teaspoon cinnamon (optional)

Directions:

1. Wash, peel, core, and chop the apples into small pieces. An adult should handle the knife.
2. Place the apples in a large pot and add the water and lemon juice.
3. Bring to a boil, then reduce the heat and cover.
4. Simmer for 15–20 minutes, stirring occasionally, until the apples are very soft.
5. Remove from the heat and mash the apples with a potato masher, or carefully blend until smooth.
6. Stir in cinnamon and a little sugar or maple syrup if desired.
7. Let the applesauce cool, then enjoy together!

Family Tip: Let little ones help wash the apples, measure ingredients, stir with supervision, and mash the cooked apples.



FAMILY ENGAGEMENT

SEPTEMBER 2026

Apple Picking & Family Apple Art



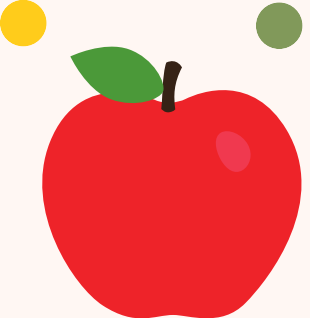
Celebrate the start of fall with a fun Apple Family Day! 🍏❤️ Visit a local apple orchard together, pick some apples, and then use your apples for a creative family project at home.

Try this: Cut an apple in half and use it as a stamp! Dip it in washable paint and create a family apple tree on a large piece of paper. Each family member can add apple prints, leaves, and their names to the tree.

Talk About It: While creating your masterpiece, ask your child:

- **What is your favorite kind of apple?**
- **What was your favorite part of apple picking?**
- **What are some things our family likes to do together?**

Display your finished Family Apple Tree somewhere special to celebrate your family and the beginning of fall! 🍏🍂



OTR BLOG

SEPTEMBER 2026

Helping Your Child Handle September Stress

September brings a lot of change for young children and with that change can come big emotions. Even if your child is excited about day care, school, a new classroom, or getting back into a routine, transitions can be overwhelming. You might notice more clinginess, tantrums, or changes in sleep or behavior. That's not unusual and it's not a sign that something is wrong. It's simply how young children express stress.

Understanding how to support your child through this adjustment period can make a big difference, not just for them, but for you, too.

What Stress Looks Like in Young Children

Stress doesn't always look the way adults expect. In young children, it often shows up as changes in behavior: more tantrums, clinginess, separation anxiety, or even regression in potty training or language. A child who has been confidently walking into their classroom all summer might suddenly hesitate at the door. Another might start waking up at night after months of sleeping well.

These behaviors may feel frustrating, especially when they seem to come out of nowhere, but they're often a child's way of asking for comfort and reassurance. When children can't explain how they feel, they show it. And those signals are usually a reflection of stress or uncertainty, not misbehavior.

Parent Tip: Try to respond to behavior with curiosity rather than frustration. Ask yourself, "What might my child be trying to communicate through this behavior?" Often, the answer is that they're overwhelmed and need support.

Why September Feels So Big

The shift from summer to school-year routines can be jarring. Long, flexible days are replaced with earlier wake-ups, more structure, and time apart from parents. Even for children who attended care during the summer, September can bring changes in teachers, classmates, or expectations and all of that feels new.

Transitions, even positive ones, require a lot of mental and emotional energy. Children are learning new routines, figuring out social dynamics, adjusting to different environments, and trying to make sense of it all. It's no wonder they're exhausted by the end of the day. What you see at home: meltdowns, resistance, or clinginess, is often a release. After using so much effort to stay "on" during the day, your child finally feels safe enough to let those big feelings out with you.

Calming Techniques That Actually Work

When a child is upset, logic and language are often out of reach. What is available to them is their body so calming strategies that involve breath, movement, or sensory input are most effective. Simple things like taking slow "bubble breaths" together, swaying in a chair, or watching a glitter jar settle can help regulate your child's nervous system.

These tools are more effective when they're practiced outside of high-stress moments. Introducing calming strategies when your child is already calm builds familiarity so they're easier to use when emotions are running high.

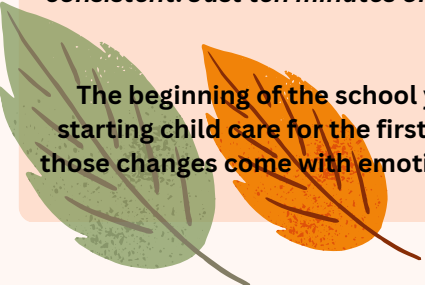
Connection First, Then Correction

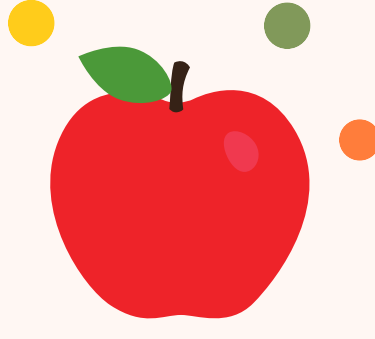
When behavior is challenging, connection is often the missing piece. Children are more likely to cooperate and regulate their emotions when they feel connected, seen, and safe. Short bursts of one-on-one attention like reading a book, building with blocks, or simply sitting together, can have a powerful impact on behavior. Correction is still important, but it's more effective when it follows a connection. When children feel emotionally secure, they're better able to hear your guidance and learn from it.

Parent Tip: *Think of connection like a daily vitamin. It doesn't need to be big or elaborate. What matters is that it's consistent. Just ten minutes of undivided attention can fill your child's emotional tank and make a big difference in how the rest of the day goes.*

Let's Navigate This Season Together

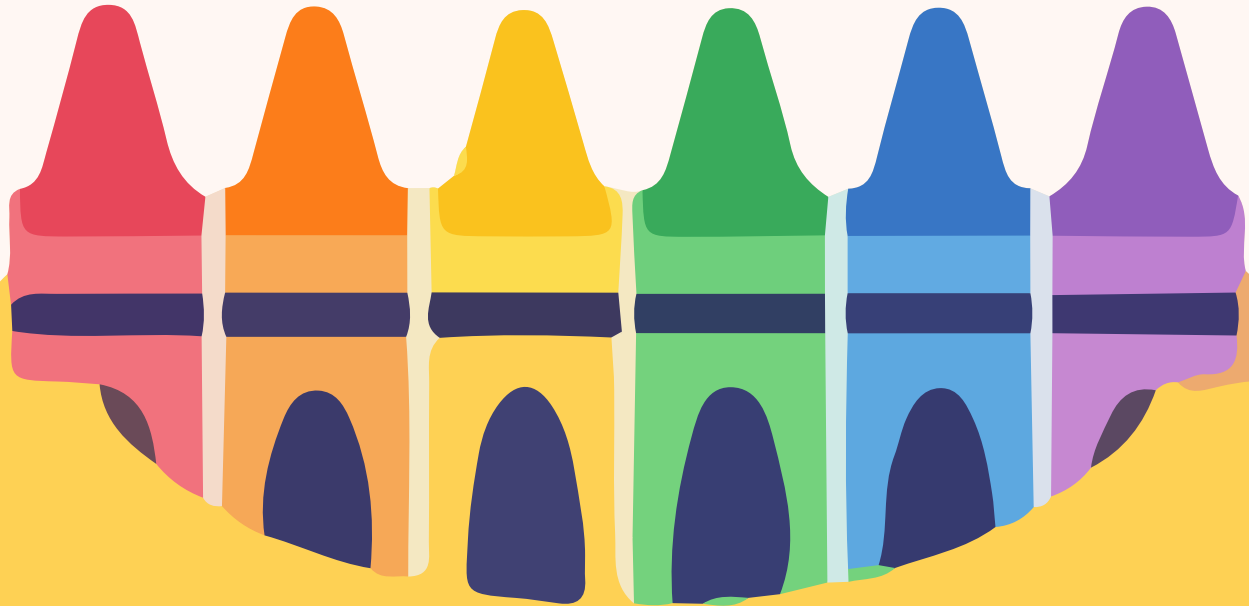
The beginning of the school year can be a season of big feelings, for children and parents alike. If your child is starting child care for the first time, transitioning to a new classroom, or heading into preschool or kindergarten, those changes come with emotional weight. These transitions take time. What feels hard now often leads to growth later.





OTR REFERRAL

SEPTEMBER 2026



At Over the Rainbow Learning Center we love and appreciate each and every one of our families. We are honored you choose to recommend our Center to your family and friends day after day. As a way to say “thank you” we are offering a referral program to reward our existing students and families. For every full-time new family referral, who registers in our Learning Center and is enrolled for 90 days, you will receive a free week’s tuition applied to your account. Referred families must tell us that they were referred and by whom during their tour.