



# @ THE CRECHE

April 24 to June 24'

Sl. No	Activity	Remarks	Slides
1	Sessions for Staff	Gratitude - Dept of Nursing	2 - 5
2	Birthday Celebrations	Birthday Boy – Satvik Pandey	6-7
3	Health Checkup Camp	Gratitude – Dept of Nursing	8-9

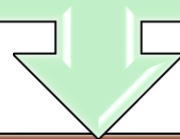
# SESSIONS FOR THE CRECHE' STAFF

*“The only thing worse than training your employees and having them leave is not training them and having them stay.” – Henry Ford*

When it comes to taking care of toddlers, we need to make sure that those responsible to be with these cutiepies are trained for their roles. Hence, Office of Administration requested the Department of Nursing , CSHS, to organize a four-day workshop for the staff of Creche', which they obliged, and the sessions were held.



These sessions make our lady staff who handle the Creche' better equipped with knowledge and improve their proficiency, to help them take care of the toddlers well.



A huge thankyou to Dr. Harmeet Kaur , Director & principal, Dept of Nursing, CSHS!!!

**CHITKARA UNIVERSITY** | **SCHOOL OF HEALTH SCIENCES**  
**DEPARTMENT OF NURSING**

## Programme Schedule of Session for Creche Staff

Sr.No.	Topic	Date	Faculty Name
1.	Hygiene	16 <sup>th</sup> April 2024	Priya Gill
2.	Sanitation		Kanika Sharma
3.	Prevention of infection		Priya Gill
4.	Feeding	17 <sup>th</sup> April 2024	Kanika Sharma
5.	Minor ailments		Priya Gill
6.	Major Milestones		Kanika Sharma
7.	Play activities	18 <sup>th</sup> April 2024	Priya Gill
8.	Prevention of accidents		Kanika Sharma
9.	Behavioural disorders	19 <sup>th</sup> April 2024	Priya Gill
10.	Toilet training		Kanika Sharma

# SESSIONS FOR THE CRECHE' STAFF





# **SESSIONS FOR THE CRECHE' STAFF**



# BIRTHDAY CELEBRATIONS

At our Creche', as a practice we celebrate the birthdays of the toddlers, on their special day by presenting them with a "Birthday Gift".

Adding a surprise element to the day and making the toddlers feel at home is what we aim at!!

In this quarter we had one Birthday celebration!!

Birthday Boy – Master Satvik Pandey (09 April 2024)

Parents – Dr. Rahul Pandey & Dr. Jaya Pandey

# **BIRTHDAY CELEBRATIONS OF SATVIK PANDEY**



**Weight-for-age GIRLS**  
Birth to 5 years (percentile)

**Length/height-for-age GIRLS**  
Birth to 5 years (percentile)

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> Fruit smoothies, dried or chopped fruit, 100% fruit juice, All types of berries	2 cups	1 - 2½ cups	1 - 2½ cups	<b>% cup of fruit?</b> 1 cup includes: dried or chopped fruit, 100% fruit juice, 100% fruit smoothie, All types of berries
<b>Vegetables</b>	3 cups	2½ cups	2½ - 3 cups	<b>% cup of veggies?</b> 1 cup includes: dried or chopped vegetables, 1 cup raw leafy greens, ½ cup vegetable juice, 1/4 cup of beans
<b>Grains</b> Whole food grain products	3 ounces	4 - 5 ounces	4 - 5 ounces	<b>% ounce of grains?</b> 1 ounce includes: 1 cup ready-to-eat cereal, 1/2 cup cooked rice or pasta, 1/4 cup of beans
<b>Protein Foods</b>	2 ounces	1 - 4 ounces	1 - 5 ounces	<b>% ounce of protein foods?</b> 1 ounce includes: 1/4 cup cooked beans, lentils, chickpeas, peas, 1 egg, 1 tablespoon peanut butter, 1/2 cup cooked turkey or chicken, 1/4 cup of nuts
<b>Dairy</b> Unsweetened milk, low-fat cheese	2 cups	2 cups	2½ cups	<b>% cup of dairy?</b> 1 cup includes: 1 cup milk, 1/2 cup yogurt, 1/4 cup of cheese, 1/4 cup of cottage cheese

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## I am a strong Girl

**HEALTH ASSESSMENT CARD**

Name \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Card No. \_\_\_\_\_

Contact No \_\_\_\_\_

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## I am a strong Boy

**HEALTH ASSESSMENT CARD**

Name \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Card No. \_\_\_\_\_

Contact No \_\_\_\_\_

**Weight-for-age BOYS**  
Birth to 5 years (percentile)

Food group	2 year olds	3 year olds	4 and 5 year olds	What counts as:
<b>Fruits</b> Fruit smoothies, dried or chopped fruit, 100% fruit juice, All types of berries	2 cup	1 - 2½ cups	1 - 2½ cups	<b>% cup of fruit?</b> 1 cup includes: dried or chopped fruit, 100% fruit juice, 100% fruit smoothie, All types of berries
<b>Vegetables</b>	2 cup	2½ cups	2½ - 3 cups	<b>% cup of veggies?</b> 1 cup includes: dried or chopped vegetables, 1 cup raw leafy greens, ½ cup vegetable juice, 1/4 cup of beans
<b>Grains</b> Whole food grain products	3 ounces	4 - 5 ounces	4 - 5 ounces	<b>% ounce of grains?</b> 1 ounce includes: 1 cup ready-to-eat cereal, 1/2 cup cooked rice or pasta, 1/4 cup of beans
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## I am a strong Boy

**HEALTH ASSESSMENT CARD**

Name \_\_\_\_\_

Parent / Guardian \_\_\_\_\_

Card No. \_\_\_\_\_

Contact No \_\_\_\_\_

We truly believe “health is wealth” and hence we organize health checkup camps for our toddlers with support from the Dept. of Nursing , CSHS! In this quarter it was organized on 09 May 2024. The parents are invited to be present during the check-up of their toddler for a desired chat with the health officers!!

# HEALTH CHECKUP CAMP



# HEALTH CHECKUP CAMP

