www.lamorindaweekly.com

PRESCHOOLS

Street	City	Hours (extended)	Minimum Age	Phone	Website
N/A	Lafayette	8:00 am - 5:30 pm	18 months	(925) 962-9335	www.appleseedlittleschool.com
1049 Stuart Street	Lafayette	6:45 am - 6:15 pm	2 years	(925) 284-7092	www.tcdschools.com
3390 Deer Hill Road	Lafayette	7:30 am - 6:00 pm	3 months	(925) 283-6036	www.dvms.org
3205 Stanley Blvd	Lafayette	7:00 am - 6:00 pm	2 years	(925) 932-8088	www.eastbaypreschools.com
955 Moraga Road	Lafayette	8:45 am - 2:45 pm	2 yrs., 7 months	(925) 284-1143	www.eastbaypreschools.com
979 First Street	Lafayette	N/A	N/A	(925) 284-2448	www.lafayettenurseryschool.com
561 Merriewood Drive	Lafayette	8:30 am - 2:15 pm	1 year, 6 months	(925) 284-2121	www.merriewood.org
682 Michael Lane	Lafayette	9:00 am - 1:00 pm	2 yrs., 9 months*	(925) 284-7244	www.stanselms.ws/preschool
984 Moraga Road	Lafayette	8:00 am - 5:30 pm	1 year	(925) 284-4321	www.oldfirehouse.com
49 Knox Drive	Lafayette	9:15 am - 4:15 pm	6 months*	(925) 284-3870	www.lopc.org
500 St. Mary's Road	Lafayette	9:00 am - 1:00 pm	1 year-good walker	888-totdrop ext.1	www.totdrop.com
1689 School Street	Moraga	9:00 am - 3:00 pm	2 yrs., 6 months	(925) 376-2600	www.eastbaypreschools.com
372 Park Street	Moraga	6:45 am - 6:15 pm	1 year	(925) 376-5110	www.tcdschools.com
1350 Moraga Way	Moraga	7:00 am - 6:00 pm	2 years	(925) 377-8314	need to confirm-LM
1450 Moraga Road	Moraga	7:30 am - 6:00 pm	18 months	(925) 377-0407	www.growinglight.net
1695 Canyon Road	Moraga	8:00 am - 4:30 pm	18 months	(925) 376-8280	www.growingtreepreschool.net
1455 St. Marys Road	Moraga	8:45 am - 4:00 pm	2 years	(925) 376-1751	www.eastbaypreschools.com
10 Moraga Valley Lane	Moraga	9:00 am - 12:00 pm	2 years	(925) 376-4800 ext.248	www.mvpctoday.org/nurtury
1678 School Street	Moraga	8:30 am - 2 pm+ext. hrs	2 yrs., 9 months	(925) 376-7900 ext.16	www.saklan.org
30 Santa Maria Way	Orinda	7:00 am - 6:00 pm	2-6 years	(925) 254-7110	www.fountainheadmontessori.org
433 Moraga Way	Orinda	9:00 am - 2:00 pm	2 years	(925) 254-3429	www.holyshepherd.org
501 Moraga Way	Orinda	7:00 am - 5:30 pm	2 yrears	(925) 254-4470	www.eastbaypreschool.com
451 Moraga Way	Orinda	9:00 am - 2:00 pm	2 yrs., 9 months*	(925) 254-1364	www.stmarksnurseryschool.org
10 Irwin Way	Orinda	9:00 am - Noon	2 years	(925) 254-2551	www.topsonline.org
S					
50 Lafayette Circle	Lafayette	classes	4 years	(925) 299-1515	www.theart-room.com
3468 Mt. Diablo Blvd., #B100	Lafayette	classes	6 months	(925) 283-9822	www.frenchforfun.com
3451 Golden Gate Way	Lafayette	classes	1 year	(925) 962-9177	www.vivaelespanol.org
28 Orinda Way	Orinda	classes	Toddlers	(925) 254-2445	www.cityoforinda.org
500 St. Mary's Road	Lafayette	classes	Toddlers	(925) 284-2232	www.LafayetteRec.org
2100 Donald Drive	Moraga	classes	Toddlers	(925) 888-7035	www.moraga.ca.us
			* beginning of schoo	l year = year ro	und

e a Toddler's Nutrition

consisted of two choices: take it or leave it. ~Buddy Hackett

lergies, such as to peanuts, strawberries or shellfish, may grow over time - therefore monitoring any reactions (rash, itching, stomach pain, vomiting, wheezing) can be crucial. The most common allergies are to soy, wheat, eggs, dairy, peanuts, tree nuts, corn, shellfish, bananas, citrus, coffee, and chocolate. It's important for a woman to screen herself before the onset of pregnancy if digestive issues, asthma, eczema, or allergies exist in the family history. There are different aspects to allergenicity, and an experienced nutritionist or allergist can help. Another useful strategy with infants is the avoidance of common allergens during the first 1 to 2 years of life. With toddlers, trial food eliminations can be instrumental in recovery from delayed reaction allergies. Many recover quickly compared to adults, and may resume a varied diet. 3). Colic and other Digestive Problems - Food allergies, poor levels of beneficial intestinal bacteria, pathogenic bacterial overgrowth or parasites (which can be passed on early in life via the mother's digestive tract), lactose or gluten intolerance, leaky gut syndrome, stress, inability to digest certain carbohydrates, proteins, or fats, are possible causes of digestive irregularities. Breastfeeding for the first year of life offers a protective influence. Lab tests can reveal the

underlying mechanisms, but often

trial food eliminations and other techniques can remove the offending cause. The digestive system is currently being referred to as "the 2nd brain," so it is worth paying attention to!

4). Eczema, Asthma, or Ear Infections - There is often a familial component, but environment may either exacerbate or reduce the severity or incidence of episodes. If your toddler was given antibiotics for ear infections, they can cause digestive issues later on. The right type of probiotics can be beneficial after antibiotics they repopulate the gut with friendly bacteria, which influence immune system health, intestinal repair, hormones, and food allergies; please discuss this with your nutritionist. Atopic disorders such as asthma and eczema often have underlying nutritional components.

5). Toddler Carbohydrate Cravings – Carbohydrates are not required for the maintenance of life, which comes as a surprise to many. The best approach is monitoring the amounts given and eaten, and offering variety. Unrefined carbohydrates found in vegetables, fruits, beans, peas, legumes, whole grain berries (brown rice, wheat, rye), seeds and nuts offer plenty of vitamins, minerals, fiber, and water. Vitamins and minerals act as co-enzymes necessary for most metabolic functions. It's best to receive those from whole foods; supplements should not be the sole source. Try leaving small bowls of cut-up carrots, celery, apples, oranges, grapes and seasonally available fruits and veggies in front of your toddler. Studies of adults reveal that visually available foods are eaten more often. Put that knowledge to use with your

little person, and you may be pleasantly surprised to see them filling up on healthier foods. Another simple solution (for the whole family) is to not have junk food in the house. Being a parent is an amazing and time-consuming endeavor. Following the counsel of an experienced nutritionist can help give a preschooler the edge and make the Terrible Two's the "Terrific Two's. At Lamorinda Nutrition we have over 20

there are affordable ways to keep children optimally nourished during their developmental years. Dr. Theresa Tsingis, D.C., M.S. is in private practice at 89 Davis Rd., #180, Orinda, CA. Telephone (925)

years of experience working with families to promote health. With a va-

riety of insurances currently accepted,

254-1080. Email: drtsingis@comcast.net

The Lamorinda Weekly (LW) Preschool Guide is not paid advertising; our intent is to provide a useful reference guide. We hope that we have included all Lamorinda Preschools in our listing. LW is not liable for errors or omissions. In the event that we have inadvertently printed misinformation or excluded a Preschool please let us knov (info@lamorindaweekly.com) so that we may correct our list in the future.

MVPC Nurtury Preschool

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The Nurtury provides students with a fun-filled and enriching program that addresses a child's social, emotional, physical, cognitive and spiritual development.

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Please visit our website for more information www.mvpctoday.org/nurtury or Call for a tour (925) 376-4800 ext. 248





Open House Nights:

Lafayette: February 23rd7:00 p.m. Adults Only Please

Now accepting applications for Fall 2009

What parents have to say about OFS: "At the core of the school is clearly a sophisticated and well established program. It is sophisticated in the many details - the daily reports, the organization of staff support and even a continuity plan for staff to stay with the same kids all 5 years at the school. But fundamentally, the heart of the school is the nurturing staff, who teach the kids how to deal with their emotions, to work together, to have fun together and most of all be happy kids." - William Greif, MD & Lisa Greif Parents

Winner of the 2007 "Parents Choice" award as the Best Preschool in the East Bay from the readers of The Bay Area Parent

> Executive Director, Dorothy Stewart, EdD Call for more information 925-284-4321 Lafayette, 925-934-1507 Walnut Creek 984 Moraga Rd, Lafayette www.oldfirehouseschool.com

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30 Santa Maria Way, Orinda 925.254.7110

www.fountainheadmontessori.org