

Child Development Center Newsletter

February 2020

A Note from Mrs. Woods

This is the time of the year when I start to wish for warm weather, more sunshine, and a brighter outlook. How can I make it through with a smile on my face and a song in my heart? Valentine's Day!!! It is the month of kindness, love, compassion and chocolate! Who can be grumpy????

It is important that we actually teach children about kindness? We have explored some ideas over the past few months, but I read an article recently, by Lisa Walker that provides some more ideas about ways to help your preschooler develop compassion and kindness. The following is an excerpt from her article, "Ideas for Teaching Kindness to Preschool Kids".

Role Play

Show your preschooler how to be kind through pretend play. Use mini figures to act out scenarios involving kindness.

Talk About Feelings

Help your preschooler understand how he can affect the feelings of others by talking about emotions.

Reward Kindness

Notice and praise acts of kindness from your preschooler, no matter how small.

Demonstrate Kindness

Your preschooler learns by watching you, so be sure to demonstrate kindness -- even with small acts.

I hope that you all have a wonderful month! Thank you for the gift of your children.

Preschool Quotes!

I asked some preschoolers what they would be when they grew up. Some of the responses I got were:

"I will be Spiderman". I said, "Spiderman is Peter Parker during the day and so his job is a photographer. At night he is Spiderman. What job could you do during the day?" After some thought he replied, "Oh, well I guess I will be a doctor during the day and Spiderman at night...Oh and also a firefighter". "Wow!" I said, "You will be busy."

Another student said she would grow up to be a princess. I told her I don't think princess make very much money and wondered if she could do another job that would earn her money. She said, "I know, I will be a teacher." (I didn't want to burst her bubble and tell her teachers make about as much as princesses.) "That sounds great!" I said.

Karla Woods-CDC Director

Parenting your Preschooler:

THE IMPORTANCE OF SLEEP: The ideal amount of sleep for preschool-aged children is **10-13 hours per night**. When children don't get enough sleep, they can't concentrate on their schoolwork, they have trouble

re-membering things, they become irritable and fidgety, and they become vulnerable to colds and flu.

Here are some important things you can do to ensure that your child gets enough sleep every night of the week, including weekends:

- **Make time.** Don't allow their lives to get so full of activities that they can't get everything done without shorting themselves on sleep.
- **Set a regular time for bed each night and stick to it.** Saying "good night" at the same time each night will ensure a good night's sleep. The human body functions best on a regular timetable.
- **Be firm about your chosen bedtime.** Make sure that they understand that complaining about bedtime isn't going to get them anywhere. Alert your child a half hour before bedtime and then remind them again 10 minutes beforehand.
- **Empower your child.** Let him pick out his own pajamas to wear, stuffed animal to take to bed, etc.
- **Establish a relaxing bedtime routine,** such as a warm bath, playing soothing music, or reading a book. Reading is a great way to help children drift into sleep.
- **Create a cozy sleep environment.** Keep your child's room cool, quiet, and dark (a nightlight is OK).

It's hard enough for children to get by with too little sleep for one or two nights, but it's even harder when sleep deprivation becomes a nightly habit - that's because the effect accumulates. Look at it this way, the more sleep your child gets, the more sleep you get!

(Sources: www.kidshealth.org, www.nhlbi.nih.gov, www.sleepforkids.org, & www.kidzzzsleep.org)

Upcoming Events:

2/13 Preschool "Make and Take"

Parents pop in from 10:00am to 11:00am to make a special heart with your little ones!!

2/28 I Have a Dream Family Night

3A, Pre-K3 and Pre-k4

6:30pm-8:00pm



