

# EHS NEWSLETTER

## AUGUST 2018

August 2018

### Summer is Coming To An End

With summer coming to an end families are scrambling to get the last bit of summer fun in. It is the time to go swimming again, get some camping in, have summer barbecues and all the fun activities that your family enjoys. A new transition will soon begin with school starting, but now is the time to be sure that summer ends with family fun. If you begin preparing your family for the upcoming school season it may be a little less painful. By talking and preparing all involved slowly, the transition may become easier. You may begin by making bedtime at a regular time. So...have some family fun and be sure that summer is enjoyed by all!

Just a quick reminder of socializations and all the fun the families and staff are having. Please come and enjoy the activities that are planned for you and your child. The next socialization focus is language development and promises to be enjoyable for all.

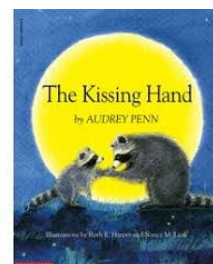
Transitions are bit hard for all but preparing mindfully and intentionally beginning the process will help. Having conversations with your child why the schedule is more regular now is important.

Well, my usual 2 questions.

Have you hugged your child today?

What have you done for yourself?

Have a great day...Brenda



*READ!*

*Kissing Hand*

*Book of the Month*

*Kid Approved!*

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HELLO  
AUGUST

### **Back to School Affects Siblings Too!**

It's back to school time. While parents may be saying Yahoo! Remember that infant and toddler siblings of kids going back to school may be experience a big change.

Toddlers may be losing their playmate! When big kids go to school toddlers may be sad. If your toddler is not yet verbal they may not be able to tell you what is wrong. Even though we may assume that young children don't understand what we are saying, we still can talk them through situations. Begin to prepare your toddler a few days before by talking about big brother or sister going to school. If you see a school bus or drive by the school talk about it; point it out and say "that's where brother is going to be going to school next week".

Once the big kids do go school, spend several days talking about the change in routine. "I know you had to get up early today because we had to take sister to school". When you put a toddler down for a nap you can talk about "when sister gets home from school you can play together in the back yard". Remember, toddlers just may be a little out of sorts and you may not know why. Understand that a new routine and siblings being gone may really be affecting your little one.

Infants will be experiencing a change in schedule. When big kids have to go to bed earlier and get woken up for school schedules it may take them awhile to adjust to their new schedule. It can take up to two weeks for an infant to adjust. It helps to ease them into the schedule change. Instead of adjusting their wake up time on the first day of school, slowing begin to wake them up earlier just 10-15 minutes at a time. A change in sleep may also be affecting a change in eating schedule. Take that into consideration when changing bedtimes too.

And Parents, remember that as your schedule changes, give yourself time to adjust! Earlier mornings mean your schedule may be off too! While it may still feel like summer outside, the first two weeks of school are time to keep schedules light and help the whole family adjust to the change.

**Happy Back to School!**

**Jody Berg**

## Bedtime Routines

Getting enough sleep is vital for all ages. Little ones require more hours of sleep for their developing brain. According to the National Sleep Foundation an infants sleep range should be from 12-14 hours, toddlers 11-14 hours, preschoolers 10-13 hours (including naps) and 9-11 hours of sleep for school agers. When children receive the correct amount of rest and proper nutrition they are able to focus and retain information better. Little ones who get adequate sleep also have less melt downs and are generally happier little people. It is important to start getting your child/ children into proper sleep routines in order for them to become well adjusted for the school year! For more information or tools call me 275-0550!

~Sadie

## Policy Council News

On July 16, 2016 the Policy Council meeting was called to order by our Chair, Kanita Pirraglia, at the Family Center, where minutes were approved from the meeting in June and new business presented. Financial were not available at this time. The Board Report for June was given by Sherrie Walker, she went over credit card purchases and said that we are fully enrolled. The Board Report was approved by all.

**We Need Your Help** once again it is time for Policy Council re-election. Your home visitor will be bringing more information. If you are interested in Policy Council please give me a call and I will get you on the ballot for next year.

We also are inviting parents to the 14<sup>th</sup> Early Childhood Symposium hosted by the ECHO & Family Center Early Childhood Council, there will be light hors d'oeuvre and lots of good conversation. Come join the fun Thursday August 16, 2018 6:00 p.m. – 8:30 p.m. at the Abbey, 2951US Hwy. 50 Canon City. If you are interested please contact me and I will get you on the list.

Our next Policy Council Meeting will be held during the week of August 20th. Hope you all have a great summer and be safe.

*Sherrie*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Go to the park!	3 Dip your toes in water!	4 Eat a Donut
5 Lay out and look at the stars!	6 Read!!!	7 <a href="#">Socialization</a> Canon City Library 11:00am  Lunch-TBD	8 Make pictures with the clouds	9 Watercolor	10 Go to a Garage Sale	11 Run through the sprinklers
12  DANCE	13  READ!	14  Read!	15 Read a story outside have children close their eyes while you read	16  Make scrambled eggs!	17  Blow bubbles	18  Catch friendly bugs!
19 Eat ice cream Outside	20 Make dinner together	21 <a href="#">Socialization</a> Farmers Market Veteran's Park 11:00am Turkey Roll ups Lettuce, tomato, pears and Milk	22 Make flashlight animal  *you can use your phone!	23  Draw with sidewalk chalk	24 Kid car wash- Wash bikes and trikes out side with soapy water	25 Play the quiet game! Name everything you heard!!!
26  Go on a picnic	27  Pop Popcorn!	28  READ!!!	29  Have a tea Party outside	30  Have a race	31  Lay outside and make cloud pictures!	