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Child Development Center Newsletter

JANUARY 2012



HOME-SCHOOL-CONNECTION

CONTACT INFO:

FAMILY SERVICES

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Child Development Center

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Room 5: ext. 2113

Room 6: ext. 2114

Room 7: ext. 2177

Room 8: ext. 2115

Room 10: ext. 2176

Room 11: ext. 2168

Room 12: ext. 2167

UPCOMING EVENTS

Holidays—No School

January 2 & 16

Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at www.murrieta.k12.ca.us under Family Services Department

Getting Your Little One To Bed

Make Bedtime A Habit: Your child needs a lot of sleep every day. Use this guide for how much sleep (Total: night and naps) your child needs:

3-6 months old.....14-15 hours
6-12 months old.....12-14 hours
12-24 months old.....13 hours
2-4 years old.....11-12 hours

* Set a bedtime that ensures your child will get enough sleep. Avoid letting him/her get overtired. It will make it more difficult to settle him/her into bed.

* It's best to set a bedtime then create a routine for your child. Some parents also set a timer, and when it rings, it signals lights out. Do the same routine at the same time every night. For Example, your child can have his/her bath, put on p.j's, have a snack, brush his teeth, hear a story, then turn the lights out. Your child needs a routine, and will sleep better if you set a pattern and stick to it. Routines help children feel secure and in control. Explain the routine to your child.

* If your child gets excited, he/she will be too wound up to sleep. Make the last hour or so a time for quiet games, reading, lullabies, soft blankets, and toys; no exciting TV shows, no rough-housing, pillow fights or tickling. During this hour, keep your voice low and gentle.

* If your child falls asleep in your arms, he/she may not be able to fall asleep without you. Tuck your child in bed when he/she is drowsy, then leave the room.

* No one feels good about letting a toddler cry, but you don't want to "give in" to a child who gets attention by crying at bedtime. One solution is to wait out five minutes of crying, then return to the bedroom. Soothe your child briefly to let him/her know you are still there. Then leave the room. Repeat this pattern until your child falls asleep. Be prepared to follow this plan for at least two weeks.

* Set a bedtime, set a pattern, and stick to it! Your child often does not want to go to sleep. He/she would rather stay up with you or watch TV—anything but sleep! But, if you let your child stay up because he cries, fusses or whines, you child learns that he can gain control over the bedtime process. Be calm, but firm, and stick to the routine whenever possible. Say, "Goodnight. I love you, and will see you in the morning."

* Make sure your child has a comfort object like a blanket or stuffed animal, to help him in bed. This will also help your child when he is going through separation anxieties and cries if you leave the room.

* If your child refuses to stay in bed, calmly and quickly return him/her to bed. Do this as often as necessary, and eventually your child will understand you expect him/her to stay in his/her bed. Try not to pick him/her up. He/She must go to sleep on his/her own. For babies who cry, go to them and make sure everything is okay. Babies should be placed on their backs to sleep. Reassures them and leave.

Your child's bedroom is a special space. It is a place for your child to relax, play, and to sleep. Make that space cheerful and attractive. Avoid sending your child to his/her room for punishment. You want your child to think of the bedroom as a happy place, not somewhere he/she goes when he/she is making unacceptable choices.

Resources: Noodlesoup.com



Ms. Jackie

Hi my name is Jackie. I have been working with school age children for the past eight years. This is my first year with the toddlers and I enjoy it very much. I will be furthering my education at Azusa Pacific University to acquire my Liberal Studies degree to pursue my dream of working with foster children. I am truly blessed to work with such great co-workers, the children, and their families.