



Suite 100  
 Teachers:  
 Ms. Erika & Ms. Fairouz

### Themes of The Month

Sweet Treats	1
Winter Wonderland	8
Snowflakes Falling	15
Winter Dreams	22
Bundle Up	29

### Sign Language

Book  
 Cold  
 Diaper  
 Mom  
 Dad

### Reminders

. School will be  
 CLOSED

### Consistency Counts at Bedtime

We all know that a consistent bedtime routine helps children transition from being awake to falling asleep. But current research suggests that a consistent bedtime routine may do more than make bedtime easier – it may actually help children sleep better all night long.

Researchers surveyed over 10,000 mothers worldwide with children age 0 to 6 years and asked a series of questions about their children’s day and night time sleep patterns, bedtime routines and behavior. The findings were significant. Children that had a regular bedtime routine *had measurably better sleep outcomes*. **Think of bedtime as a two-step process.** Parents often get confused about how long their child’s bedtime routine should be and what activities should or shouldn’t be included. If you’re unclear, it may help to view bedtime as a two-step process. Step one includes time for winding down and step two is the actual bedtime routine.

**Start with winding down.** Relaxing, calming activities that occur during the last hour or

two before bedtime should be considered part of the winding down process. **Then start the bedtime routine.** Your child’s actual bedtime routine should consist of a predictable series of steps that happen immediately preceding bedtime every night. These steps, when repeated in the same order every night, will help to cue their body and their mind that its time to sleep. The steps in the routine should be tailored to your child’s age and temperament. For example, an infant’s bedtime routine may be as simple as putting on a sleep sack, turning on the white noise machine and singing a lullaby. Ultimately, the key to an effective bedtime routine isn’t as much about what you do, but how you do it. Create a plan, stick to it, and start early. Even newborns can benefit from a simple nightly routine. If you have more than one child and are struggling with how to manage two or maybe even three or four bedtime routines at



**We are the Soil...They are the seed...Lets grow together**

once, there will probably need to be some compromising. Maybe your older child can entertain themselves in their room while you put your younger child to bed first, or you can develop a joint bedtime routine that includes everyone reading together in one sibling’s room before heading off to their own beds for a tuck in. Try not to rush your children through their routines – saying goodnight means separating from you, which can be challenging for some children. Focused attention for those last 15 to 30 minutes before bedtime will help you to reconnect after a busy day and go a long way to ease the transition both mentally and physically for your child. **Sweet Dreams!**



Welcome  
 Cullen Blank



We will Miss  
 James McCarty

