

Childrens Lighthouse Parent Newsletter

MAY 2017



May Events!

May is jam packed with events and reasons to celebrate.

May 4th & 5th: Photo Day

May 7th: Spring Fling

May 8th-12th: Teacher Appreciation Week

May 14th: Mother's Day

May 24th: Colgate Truck Visit

May 29th: Center Closed for Memorial Day

May 31st: Hearing and Vision Screening

Routines and Schedules

Infants and Toddlers

During the first couple months infants are beginning to set themselves on a regular schedule of eating and sleeping. We support this by following their cues and working with families to create an individualized schedule for each child.

By the toddler age routines are set and children have formed a picture of what their day looks like. This helps them feel confident that they know what is expected of them and what comes next.



Preschool

Children really enjoy feeling that they are an active part of the world around them. As they develop and gain more abilities they are excited to put them to use. Center activities are a great example of setting a routine but also allowing for autonomy. By having a set schedule with opportunities for choice we are giving children the power and responsibility to discover their interests. This makes them an active participant in their learning.



Morning Routines

Morning routines set the mood for the day, not just for your child but also for you. We want to help support you and your child in starting the day on a happy note. Some of the difficulty comes from children not knowing what to expect.

Imagine arriving at work and walking into a meeting or presentation that you didn't know was happening. Having a regular routine when you enter the classroom gives children the power to know what to expect. It also gives them the opportunity to learn how to mentally and emotionally prepare themselves. Every child is different so your morning routine will be based around what works best for you and your child.

Here are a couple ways to help with the morning transition:

- Visit the Book Area- Read one story together before you go
- Breakfast time- Help them wash hands and sit down for breakfast
- Find an activity- Talk about which activity they are going to do first
- Special handshake or high five- have them give you a special send off with a super high five/handshake
- Have them give you a push out the door (they are helping you leave too)
- Note from Home- leave a special note in their cubby for them to read after you go

We are here to help your mornings go smoothly so ask the teachers if you need ideas!