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# Merit F

Ms. Norma

Ms. Pam

## Education

# December

### Importance of Bedtime Routine

**Dear Parents,**

**This month please join your child for a December Celebration.**

**It will be from 9:00 –10:30. A save the date letter was placed in your child's cubbie earlier in the week.**

**Ms. Norma and Ms. Pam will be having a winter fun week. It will be the week of December 18th. We**

**will get together on December 8th and talk about what you would like to do that week with your child. Everyday can be something different.**

Bedtime routines, so important in early childhood, continue to be important throughout a child's life. Whether three or 13, bedtime or nighttime parenting is teaching your child about appropriate behavior, self-care and generally helping them grow to adulthood. Sounds a lot like all the rest of the parenting you do, doesn't it? Establishing a bedtime routine helps you create an environment and situation conducive to sleep for your child. Before your child is able to express him or herself verbally, it's creating signals for the conscious and subconscious that now is the time to settle down. Granted, it's not foolproof, but used consistently, routines help children (and you) set expectations and get into rest mode more quickly.

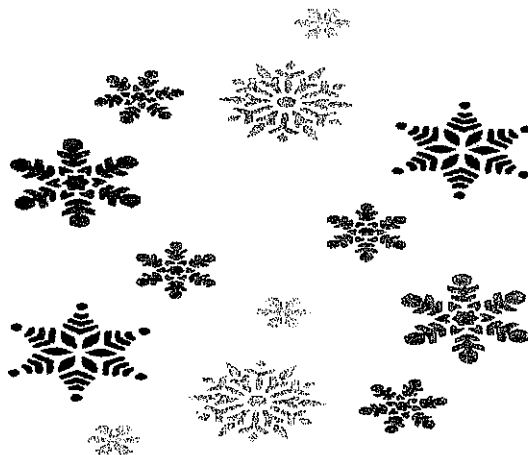
## Weather

**Moms,**

**Winter is coming...BRRRR**

**The weather is getting colder.**

**Please remember to dress your child accordingly. We take the children out to play everyday. Make sure your child has pants, coats, mittens, hats, and especially gym shoes .**



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### Dates to Remember

**Dec 1- School Closed**

**Dec 15- Family Winter Fest**

**Dec 17- Happy Birthday Ms.Pam**

**Dec 22-1 Christmas Break**

**Jan 1- New Year's Day**

**This organization is an equal opportunity provider and employer.**

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# Merit F

Ms. Norma

Ms. Pam

## October

### Education

Here are some ways to connect your child's school to their home.

Dear Parents,  
Happy Fall !!!

We have a new friend joining our classroom. Annabri will start on Monday.

This month Ms, Norma and Ms. Pam will be continuing to work with a variety of sensory and textured items during our group times. On Tuesday, October 31st we will have our Halloween parade. It will take place inside the school and gym. We will also have some fun activities set up in the classroom to take part in. Children may wear costumes.

### SAFETY

When going out trick or treating with your children and friends this Halloween be careful. Please remember to wear light colored costumes and clothing so cars and other people in costumes can see you. Go in groups when you trick or treat .

## Weather

Moms,

The weather is changing.

Please remember to dress your child accordingly. We take the children out to play everyday. Make sure your child has pants, shorts, etc and especially gym shoes.

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Ask your child daily?

What did he/she do at school?

What friends did he/she play with?

What stories do he/she read?

What was his/her favorite part of their school day?

What was his/her favorite thing to do at home?

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### Dates to Remember

October 6- Half Day

October 31- Halloween

