

The Child Development Center at MiraCosta College

January 2014 Newsletter

Rooms 4 and 5
Extended Day

This month's topic:
Sleeping

As the Extended Care team, Giana, Kizzy, Leslie and Tomoko, will be supervising lunch, nap, and project activities throughout the afternoon. **Parents are encouraged to communicate closely with the Center Staff to establish a consistent schedule for the transition home.**

"Travel-size toothbrushes will be provided for this spring semester."

Lunch time reminders

Children's lunchboxes are stored in the lunch baskets as you walk into the classroom upon arrival. Lunches should be picked-up outside the patio next to the sign out book. Please limit the amount of food to help your child eat the entire meal, eliminate waste, and keep to a **timely schedule**. Also, please help your child by cutting their food into bite-sized portions.

What not to pack

- Nut products (any)
- Sugared foods/drinks
- Shellfish

Teeth brushing!

We would like to continue the process of teaching good hygiene habits, and maintaining good health. Please note that children will be "dry-brushing" to eliminate the need for toothpaste while still practicing positive routines.



Creating a Rest Time Routine

family sponge

HOW MUCH SLEEP DO CHILDREN NEED?

AGE	AVG SLEEP NEEDS
Newborns (0 to 2 months)	12 to 18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1 to 3 years)	12 to 14 hours
Preschoolers (3 to 5 years)	11 to 13 hours
School age (5 to 10 years)	10 to 11 hours
Teens (10 to 17 years)	8.5 to 9.25 hours
Adults	7 to 9 hours

Resting time is crucial to the development of young children and it is required for your child to at least lie on their mat for a certain period of time (**20 minutes**). If your child does not want to nap they can rest on their designated mat until the other children are put to sleep. A teacher will then take all of the awake children to the tables for a quiet activity or reading time.



What to bring?

- ⇒ One comfort item (optional)
- ⇒ 4x4 foot thin blanket
- ⇒ One travel-sized pillow

Also extended care team highly suggest that your child's **socks and shoes** be discretely labeled in some way. During pick-up/ clean-up time some children may have the same shoes or socks and they can easily be mixed-up. This is to ensure that your child's clothing returns home in the same condition as it came. In an effort to keep our classroom clean, we are requesting that each child pick up at least three things before we leave. This will help keep our outdoor environment clean. To ensure consistency and predictability, parents are asked to establish a schedule with the exact same time for pick-up each day of the week, and should depart promptly upon pick-up. Keep in mind that pick-up is no later than 4:45. If you have any questions, please speak to the instructional specialist or the Extended Care team.

We hope you had a great break and look forward to seeing you again this semester!