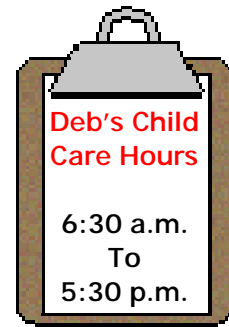


Debs Child Care News



The Great "Shut Eye" Game

Have you tried getting your toddler or pre-schooler to bed at night and still working on getting them to bed two hours later? Many families find this a challenge when transitioning their child from a crib to a toddler bed or regular size bed.

Children typically need 10 to 12 hours of sleep each night and many children today are not getting the sleep they need.

What are some solutions to help our children fall asleep sooner and to sleep through the night. Unfortunately there is no easy answer nor an easy solution.

We need to first look at what is our child doing at night? Is your child going to bed easily then awakens during the night? Do they want mom or dad to lay with them until they fall asleep? Is your child like a little rabbit who hops out of bed, the minute you leave the room or shortly thereafter? Is your child asking for one more hug, one more trip to the bathroom, or one more drink of water?

As parents we need to set a reasonable bedtime for our children to ensure they are getting the required amount of sleep they need and begin to work towards that goal.

Then we can look for a solution to getting our child to bed. These solutions may include the following:

1. Establish a routine such as bath, brushing teeth, drink of water, trip to bathroom, and cuddle up for a story or two.
2. Put your child to bed in their own room.
3. Reassure your child that they are safe in their room and nothing can hurt them.
4. Reinforce calmly and consistently that your child needs to sleep in their room and in their own bed. If they get out of bed 10 times, take them back to bed 10 times.
5. Sticker charts and little rewards are also a good solution. Each time your child sleeps through the night, they receive a sticker or an in-



pensive toy.

6. Check the local library for the following books

Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep by Jodi A Mindell

Healthy Sleep Habits, Happy child: A Step by Step Program for a Good Night's Sleep by Marc Weissbluth

Establishing a good bedtime and following through can challenge the best parents. Staying consistent with whatever method your family has chosen will ensure success for both you and your child.

Volume 1, Issue 2

August 2006

Substitute

I will have a substitute on the following days in August:

- 2nd at 9:30 a.m.
- 14th at 1:00 p.m.
- 17th at 9:45 a.m.
- 28th at 7:30 a.m.

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Schedule of Events

Children's Eye Health Safety Month

Family Fun Month

National Watermelon Month

- August 1 - Respect for Parent's Day
- August 3 - Watermelon Day
- August 6 - National Kids Day
- August 12 - Kool-Aid Day

Birthdays

- August 26 - Jensen 1 year old



August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Policy Review

Sign In and Sign Out

I am required to keep a sign in/out sheet log of the children who are in my care on a daily basis. All children must be signed in/out by their parents/guardians. The weekly sign in/out log is located near my front door.



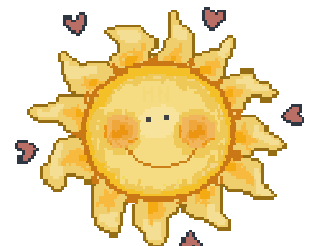
August Themes



Ice Cream Days-We will make homemade ice cream, enjoy banana splits, and create paper ice creams



The Beach-We will create our own beach pictures, play "Find the Shells", create sea creature mobiles and enjoy sea blue milkshakes.



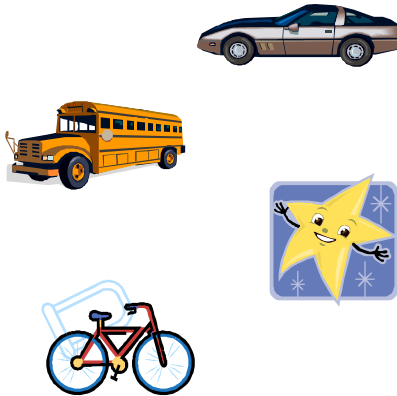
Our Golden Sun-We will create a gold glittery collage, have a "gold rush" treasure hunt and make sun visors

Kids Trivia Fun

Kids, answer the question under your age appropriate trivia, and have your mom or dad e-mail the correct answer to me. The first person to answer the trivia question will win a prize.

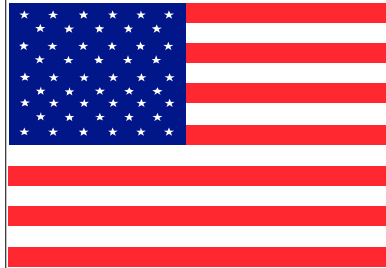
Toddler and Preschool ages 2 to 4

Name the pictures. What two objects rhyme



Kindergarten ages 5 to 6

How many stripes do you see on the American flag?



School ages 7 to 12

Arizona: What mighty river carved the Grand Canyon?



August Songs

Ten Little Ice Cream Scoops

Tune: Ten Little Indians

One little, two little, three little scoops,
Four little, five little, six little scoops.
Seven little, eight little, nine little scoops
In three ice cream sundaes.

Waves at the Beach

Tune: Wheels on the bus

The waves at the beach go up and down, up and down,
up and down,
the waves at the beach go up and down, all day long.
The children at the beach will dig in the sand, dig in the
sand, dig in the sand
The children at the beach will dig in the sand, all day long
The crabs at the beach, crawl back and forth, back and
forth, back and forth,
The crabs at the beaches, crawl back and forth, all day
long.
The lobsters at the beach go, snap, snap, snap; snap,
snap, snap, snap, snap, snap
The lobsters at the beach go snap snap snap, all day long
The clams at the beach will open and shut, open and
shut, open and shut,
The clams at the beach will open and shut, all day long.

Let's Go Out And Have Some Fun In The Sun

Tune: If You're Happy and You Know It

Let's go out and have some fun in the sun,
Let's go out and have some fun in the sun.
Let's go out and have some fun.
We can hop and jump and run.
Let's go out and have some fun in the sun.

August Recipe

French Toast Sticks

6 eggs
1 can sweetened condensed milk
½ cup sugar
1 tsp cinnamon
2 tsp vanilla
Bread slices

Beat together eggs, milk, sugar, cinnamon and vanilla. Dip slices of bread in mixture and fry in oiled pan over medium heat until brown. Turn and slice the bread into 3 to 4 sticks with the spatula
NOTE: You can double this recipe and freeze into meal size portions. When ready to serve, take from freezer, heat in the microwave and serve.



Debs Child Care



School Calendar

August

First day of school

August 15 Early release

September

September 1 - No School

September 4 - Labor Day-No School

October

October 5 & 6 - No School

October 12 & 13 - P/T Conferences - No School

October 27 - No School

November

November 6th to 28th Track Break

December

December 20th to January 2nd - Winter Break



Parent Trivia

Parents, be the first one to e-mail the correct answers to the two trivia questions and win a prize.

Which is not the name of a Musketeer

1. Pathos
2. Aramis
3. D'Artagnan
4. Porthos
5. Athos

Who said this famous quote?

A man cannot be comfortable without his own approval?

September Themes

Beginning September 5th, preschool will begin right at 9:00 a.m. and will last until 11:30 a.m.. If you wish for your child to participate, they need to be here no later than 9:00 a.m. I will not accept any children dropped off after 9:00 a.m. as it disrupts the children already here, causes delays and many times a child dropped off later wants to participate in something we have already finished or almost finished. Thank you for your corporation! It is greatly appreciated!!!



Letters - O, C, I
Number - 1
Color - Purple
Shape - Circle
Holiday Theme - Grandparent's Day
Themes - Off to School, Discover Me, Families, Where I Live

Idaho Fun in August

Idaho Botanical Great Garden Escape Concerts - 343-8649

Aug. 3, 10, 17, 24, 31

29th Annual Northern Rockies Folk Festival - 800-634-3347

Aug. 5 & 6

Music Theatre of Idaho - 468-2385

Aug. 11-13, 17-18

Sun Valley Arts & Crafts Festival - 800-634-9337

Aug. 11-13

Caldwell Night Rodeo - 459-2060

Aug. 15-19

Western Idaho Fair - 287-5650

Aug. 18-27

Sun Valley Shakespeare Festival's Renaissance Faire

Aug. 26-27

Sun Valley Shakespeare Festival - 800-634-3347

Aug. 27 to Sept. 3

Stage Coach Theatre - 342-2000

Aug. 25-26, 31, Sept. 3, 7-9

Events in Boise

<http://www.boise.org/>

Idaho Vacations

<http://www.visitidaho.org/>

<http://www.visitsunvalley.com/>

<http://www.coeurdalene.org/>

Bike Trails in Idaho

http://friendsofcdatrails.org/CdA_Trail/index.html

<http://friendsofcdatrails.org/Hiawatha/index.html>

Graphics credits

Graphic Garden

Thistle Girl Designs

Microsoft Office Clipart