

# First Methodist Daycare

Thomson, Georgia

Dear FUMC Daycare families,

*I hope you enjoyed precious time with loved ones over the Christmas Holiday. We miss having all of your kiddos here and can't wait to hear their Christmas stories. They seem to grow so much over Christmas!*

*You asked for two book fairs, and you meant it :) Scholastic will continue to send two fairs per year (April and December). Congratulations to our Scholastic Book Fair Sales winners. Thank you to all for generously supporting our fair. The book fair helps us to purchase new books, rugs, and resources for our classrooms.*

*\*1st Place Pre School Before/After Care-Ashley & Amber*

*\*2nd Place After School-Hailey*

*\*3rd Place Three Year Olds-Beth*

*Also, thank you for supporting our enrichment classes. We are purchasing new rest mats for two of our classrooms!*

*Have you noticed bedtime becoming more difficult after Christmas travel and schedule changes? I have included seven tips to help your pumpkins resume their bedtime routine (on the back).*

*Happy New Year!*

*Anne Marie & Team*

January News

1.2.2017

We are open on MLK Day!

**January enrichment class schedule coming soon!**

**Want a new budget for the New Year?**

Crown financial ministries is hosting Money Problems/Marriage Solutions (They are asking for a totally optional donation of \$5.)

The Vineyard Church  
(In Augusta)  
Tuesday, January 16th  
7-9pm

Register on wafj.com-  
spaces are limited.



### **1. Establish a routine**

Children do better when they know what to expect. When any transition is chaotic or different each time, children can get stressed – and this can come out in the form of a tantrum or resistance.

The routine can include a bath, putting on PJ's, brushing teeth, listening to two stories, a trip to the bathroom, a final kiss, and lights off. You can even post a timeline of the routine next to your child's bed, and she can move a clothespin to show where you are in the routine.

### **2. Be consistent**

Set a bedtime and stick to it as consistently as possible. Children get into a routine and their bodies send them cues when it's time to go to sleep and time to wake up. If that time is missed, they often become overtired and find it difficult to settle down.

Consistency also means not giving in if a child insists on something like sleeping in your bed (if that isn't the routine) or another drink of water. If you give in after 25 minutes of a tantrum, your child will learn that after that amount of time they will get what they want.

### **3. Give choices**

Sometimes children resist bedtime as a way to exert power. Give your child small choices that don't impact on the process. For example, "Do you want your red or blue pajamas tonight?" Or, "Which story do you want to read before bed?" Or, "Do you want to brush your teeth or put on your PJ's first?" No matter what choice your child makes, you are moving toward the ultimate goal of sleep.

Be careful not to give choices you aren't ready to hear the answer to. For example, "Are you ready to go to bed?"

### **4. Invest time**

The 10 minutes it takes to read a few stories and sit with your child in bed can help him calm down and go to sleep. This is a small investment when you look at the hour-long battle that might ensue if children are rushed or simply put into bed with no routine.

### **5. Remove distractions**

TVs, radios, and all sorts of electronics' screens (tablets, phones, laptops) can send wake messages to your child, and lead them to resist sleep. Make your child's bedroom a peaceful haven, free of these distractions. A small nightlight (if needed) and soft, gentle music can help your child sleep without stimulating them.

### **6. Provide buffers**

It can be difficult for children to transition from one activity to another without warning or lead-up. If you're going to start the bedtime routine at 7:30, at 7:15 begin to support your child in calming down. Tell your child there are about 15 minutes to bed and give the choice between quiet toys, an episode of their favorite show, stories, or coloring (for example). All of these will help your child begin the calming process.

### **7. Use timers**

If your child is resistant to sleep, you can set up a timer system. Set a timer for five minutes and tell your child if he stays in bed until the timer rings, you will come in for one more hug. Continue to set the timer for longer and longer so your child learns to stay in bed.