

Infant Newsletter: November 2015

It's November! Gobble, Gobble, Gobble! J Happy Thanksgiving and Happy Veteran's Day! We would like to welcome **Vivian G.** and **Jacob H.** to our Infant classroom this month. We are excited for them to join our group of babies!

There are a few special dates this month: Pizza Days are 5, 13, and 19th, **the center is closed 11/26 (Thanksgiving)& 11/27(Day after Thanksgiving)**, and the Genuine European Portraits have a free session at 9:00am on the 17th here.

Just a few reminders for the month:

- Please label all of your child's things that are brought to school. We have two new babies starting which means we are going to have to start sharing cubbies again. Please make sure everything has either your child's initials or name on it.

- Please update your child's extra clothes here. It is getting colder outside so your child should have extra socks, long sleeves, pants, coats, hats, gloves (if needed), etc.

- Make sure your child has enough bibs for the day. Please use our drawers in our classroom to stock up on extra food, bibs, formula, and binkies. We would love it if every child who uses a binky on a daily basis has at least two extra binkies and draw for back up.

- Always use a car seat tag. It is a safety issue if someone has the same car seat as another child and we are not able to know who's car seat belongs to which family.

- Bring in a family photo so we can have all our families on our family tree! Your babies love looking at the pictures around the room and we would love to show them their family photos while they are at school. J

Here are some GREAT tips for the new "Fall Back" Daylight Savings Time change:

"Plan a few days ahead:

You can prepare a few days ahead of time by moving your child's entire daytime schedule later in 15 minute increments. On Thursday morning, start by offering breakfast 15 minutes later than normal, then naptime 15 minutes later and so on until the entire daytime schedule has been shifted. If you child normally goes to bed at 7pm, they should be going to bed at 7:15pm. Do the same thing the next day but move their schedule later another 15 minutes. The gradual shift should help their internal clocks adjust, making it less likely that they will wake an hour early on Sunday morning!

Block the morning light:

Make sure your child's bedroom is really dark and consider using some blackout window covers so that the new early morning light doesn't wake your child. Keeping the room dark encourages the production of melatonin, which helps them stay sleeping.

Avoid rushing in:

If your child does wake earlier than you would like, try to leave them to amuse themselves until the normal wake up time to give their internal clocks a chance to reset. By leaving them a little longer than normal, you also give them the opportunity to go back to sleep.

Expose them to plenty of daylight:

Try to expose your child to plenty of bright light, especially in the early evening. This helps reset their internal clock making it easier to adjust to the new time. If you expose them to light in the evening, it will shift their clock later, making it easier to fall asleep later and wake up later.

Try not to worry if your children aren't adjusting as well. Children who are easy going when it comes to schedules and have good sleep hygiene, may adjust fairly easily in just a day or two. Children who are more sleep sensitive to change in schedules may have more trouble adjusting. Just try to be patient and consistent and before you know it your children will be back on track."

As always, thank you for your cooperation! If you have any questions, please come to us! We are thankful for your babies and want to keep them happy and safe throughout their day!

-Gabby, Sandy, and Nina ♥