



How to Develop Bedtime Routines

Pleasant bedtime routines ease the transition from being awake to being asleep by helping children feel more secure and comfortable about what they can expect at the end of every day. To create a bedtime routine that works for your toddler and that will serve him and you for years to come, put together a predictable sequence of events that you can consistently follow in the same order every night. The actual routine will evolve and change as your child grows, but the basics remain the same. At this age, the bedtime routine might involve the process of putting on PJs, brushing your child's teeth, and reading him a good-night story. Or, your routine may involve a bath and a song, and a story, and another song, and a glass of water, and another story. It's up to you to decide if you want to make it quick and easy or if you want to allow 20 to 30 minutes for special and exclusive time with your child for reading, snuggling, and being together.

Bedtime routines work best if you reserve the hour before bedtime for quiet play. This will lower your child's activity level and prepare his nervous system for relaxation. Roughhousing, running, playing tickling games, and even watching action-packed TV shows or videos make peaceful transition to sleep especially difficult. The following illustrates beneficial routines. Yours can be anything that works for you and your child:

Set a specific time and stick to it. Your child's body clock will adjust much more quickly to the routine if the routine follows a natural and consistent pattern.

Give a warning. Just before bedtime, give your child advance notice that the day is winding down. Your child may be too young to judge time yet, so saying something like "five more minutes" is not likely to be understood. Instead teach your child by association. Begin the first part of your routine - running the bath water, putting the toys away, or however your particular routine begins to signal the start of the wind down. Some parents signal impending bedtime with the ringing of a kitchen timer for five minutes; the child learns that the sound means bedtime. This allows an impersonal third party to announce bedtime and reduces the desire to complain, since even a toddler knows that you can't argue with a machine.



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HAPPY MOTHER'S DAY

I love you for that certain smile
That cheers me up when I am blue
I love you for your tenderness
That warms me through and through

I love you for your kindness
And your understanding heart
The one that, somehow, always says
"I love you very much"

I love you for your faith in me
Your sweet and patient ways
For the many things you do
So often without praise

I love you for all these things
And for a million others too
But, most of all, for what I am
Whenever I'm with you



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Offer a snack. A light snack that includes both protein and carbohydrates -- for example, a small piece of cheese and one half slice of whole-wheat bread -- will induce sleep and help her stay asleep through the night. The carbohydrates make her sleepy, and the protein will help keep her blood sugar level on an even keel until breakfast. Be sure to brush her teeth after she eats.

Give your child a warm bath. By raising your baby's body temperature slightly, you'll make him more prone to sleepiness. Also, playing with his bath toys allows him to relax.

Get dressed for bed. Choose comfortable, non-binding pajamas, that are neither too warm nor too light.

Read a favorite story to your child. This is a particularly comforting routine for your toddler, particularly if it's a favorite story that's associated with bedtime, such as Goodnight Moon. (As your child grows, he'll want more stories and more variety.)

Play soft music while you read. It's okay to let the music play as the child drifts off.

Make sure your child has a friend to sleep with. A favorite doll or teddy bear provides comfort.

Limit or eliminate bottles. If your child needs a bottle to fall asleep, make sure it contains only water. Milk, formula, or juice can pool around her teeth causing cavities, even in infants.

Keep last goodnights "brief." Say "goodnight" when it's time for you to leave the room and try not to come back if your child calls for you. This sounds harsh, but if you keep coming into the room you will have taught your child that "If I call to Mommy, she'll come back." Kids learn how to "condition" parents very quickly! Any hesitations on our part may be picked up by your child as an indication that maybe you really aren't serious about this bedtime business and if she yells loudly enough you'll come back and play some more..

Why Celebrate Teachers?

All across the world, Teacher's Day celebrations are undertaken to commemorate the teachers for their efforts. By having celebrations on Teacher's Day we convey the message that we care for our teachers. Celebrating Teachers Day is recognition of the devotion with which teachers undertake the responsibility of educating a child.

Teacher's Day is one of the occasions on which teachers are praised for being: a counselor/psychologist, police officer, travel agent, confidante, banker, librarian, custodian, psychic, photographer, doctor politician, party planner, decorator, news reporter, detective, clown & comedian, dietician, preacher, and even mom and dad at times.

Take a moment this year to let your child's teacher know how much you appreciate them by sending them an edible arrangement, giving a gift card for lunch or gas or to have a spa day.

They deserve it!!!

Teacher Appreciation Week...May 5th-9th



Empowering Parents®

CHILD BEHAVIOR HELP

<http://www.empoweringparents.com>

Blogs, encouraging quotes, articles, polls, and recommendations on numerous

The Importance of Music for Children

Throughout history, in all cultures, music has been an integral part of human life. Archaeological evidence of musical instruments such as bone flutes and drums pre-dates even agricultural tools.

Music researchers have found correlations between music making and some of the deepest workings of the human brain. Research has linked active music making with increased language discrimination and development, math ability, improved school grades, better-adjusted social behavior, and improvements in spatial-temporal reasoning, a cornerstone for problem solving.

Harvard psychologist Howard Gardner has theorized that humans have several different types of intelligences—logical-mathematical, linguistic, and interpersonal. He believes that music intelligence is equal in importance to all of them.



HAPPY FATHER'S DAY

happy FATHERS DAY

A Father Means...
A Father means so many things...
An understanding heart,
A source of strength and support right from the very start.

A constant readiness to help
In a kind and thoughtful way.
With encouragement and forgiveness,

No matter what comes your way.
A special generosity and always affection, too.
A father means so many things
when he's a man like you...



Jazz Festival May 23 - 25

Atlanta Jazz Festival features local and national jazz greats on two stages, a youth jazz-band competition, arts and crafts, food vendors, and a kids' zone



Memorial Day at the mountain

May 24 - 26, 2014

Salute The Troops includes live music, a patriotic laser show, and fireworks at Stone Mountain Park. Discount



Real Men Cook June 15

Sample 150 dishes, hear live music, mix with celebrity chefs, enjoy kids' activities, and celebrate Father's Day at Real Men Cook at Georgia World

Pinnacle



May: "Marvelous May"

Shades of Spring

Magical Moms

Lions Tigers & Bears

Lovely Ladybugs/Wacky Week

June: "From Sea to Shining Sea"

Oceans & Water Fun

Ocean Life

Boats & Ships

Fabulous Fathers

What's Happening...



Teacher Appreciation—5th-9th

Spirit Week—19th-23rd

Memorial Day—26th **CENTER CLOSED**

Summer Camp Begins—27th



Father's Day Activity—June 13th

International Mud Day—June 29th

****Ask the front desk for a summer camp activity and field trip calendar****

Atlanta Dog Jog

May 3, 2014

MAY 3, 2014

PIEDMONT PARK

ATLANTA DOG JOG
1 mile 5K

facebook



Piedmont Park, Atlanta

9am one mile run/walk & 9:30 am - 5k run/walk

Presented by VetHeart of Georgia, Atlanta Dog Jog is a highly anticipated annual event for dogs and their people in Atlanta's Piedmont Park. The fun- run and walk features a 1-mile and 5k course. Both are optimal for participants of all athletic levels, from competitive runners to casual walkers. Strollers and wagons are permitted.

Proceeds of the 2014 event benefit both the VetHeart of Georgia (formerly the Georgia Veterinary Medical Association Foundation) and Canine Assistants, an Alpharetta, GA based non-profit organization that breeds, raises and trains working dogs for children and adults with physical disabilities and seizure disorders.