

Monthly Family Newsletter

August 2021



Back to School Routines!

At Educare, we are year round and routines are maintained, but here are some things to think about as your older children get back into the school routine!

Bed Time:

1. Pick out clothes for tomorrow.
2. Gather everything that you'll need to walk out of the door in the morning.
3. Get plenty of sleep.



Morning:

1. Announce the time the car is leaving.
2. Get up early enough to eat breakfast.
3. Wash face, hands, and brush teeth before leaving.

Meet The Educare Family!

Jessie Sullivan is a Lead Teacher for early head start ages 0-3. Her specialty is having fun! She's been working at Educare for almost 4 years. She loves the color green, both cats and dogs, woodturning and crafting and the book *Brave New World* by Aldous Huxley. If she had a superpower, it would be to shoot spaghetti out of her fingertips. She loves sitting around the "campfire", singing songs, "roasting" marshmallows, and exploring with flashlights!

Her favorite thing about working at Educare is serving the amazing children and families!

From Our Executive Director

JA'NEL JAMERSON

If your child is starting kindergarten or returning back to the classroom this year, we know it can be tough! Here are a few ways that may help stepping back into the classroom:

- Take a peek at Educare Flint's Virtual Tour.
- Read books about starting school.
- Talk to your child about their feelings about school.
- Practice getting ready for school.
- Develop a good bedtime routine.
- Make a family picture book to take.
- Go school shopping.
- Stock up on some healthy snacks.



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EDUCARE FLINT

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We can't wait to see you all!



Mark Your Calendars:



Important Dates

- **August 19th:** Last Day of Summer Session
- **Week of August 16th:** New or current teachers will reach out to you to schedule their first home visit for your child(ren) for this upcoming school year. Please contact our Enrollment Specialist Katelyn Broughton for Fall Enrollment at 600-5459
- **August 23 - September 6:** NO SCHOOL, due to professional development and home visits.
- **September 7:** First day back to school

From Our Family Engagement Coordinator

MIKE KILDEE

Bedtime Routines are Important for Children

Getting a good night sleep is essential for young children as it helps them grow, strengthens their immune system to fight off sickness and helps them keep a healthy weight. Good sleep also helps their brain absorb what they have learned, store memories and helps them control their emotions.

To ensure that your child is getting the sleep that they need to have a healthy mind and body, it is important to establish a bedtime routine that helps them relax as they prepare for sleep.

The American Academy of Sleep Medicine recommends that children ages 3-5 years need 10-13 hours of sleep. Children 1-2 years of age need 11-14 hours and infants 4-12 months need 12-16 hours. This includes nap time.

A bedtime routine for young children usually consists of three or four activities, for example, having a healthy snack, brushing their teeth, putting on pajamas, and reading a book. These should always be done in the same order. To make the routine even more effective, create a calming down effect in your home by dimming the lights and turning off the television and other screen devices as you lead-up to bedtime.

During the summer months, we often times slip away from bedtime routines as the longer days may make it more of a challenge. With summer winding down, this is a good time to put bedtime routines back in place. **Enjoy the rest of your summer!**

From Our School Director

JODI RAMOS

A home visit is an opportunity for your child's teacher to come to visit in their own home prior to the start of school to get to know each other in a more comfortable environment. This is great for a number of reasons. For students, the ultimate support system is not only teachers but an informed and supportive family. To get everyone on the right track, it's important for families to ask their children's teachers questions, to ultimately succeed in overall growth and development in and out of the classroom.

- Check out these "Questions to Ask My Child's Teacher" to help families prepare for Home Visits
- Ask what you can do to support your child's learning at home.
- Ask about how your child gets along with other children and adults at school
- Ask what can I do to support literacy in my home?
- Ask how you measure academic progress?
- Ask how exactly is learning personalized in your classroom?
- Ask if there's technology you'd recommend that can help support my child in self-directed learning?



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THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!