



December Newsletter

December 2024

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Science Daily published a research article in which families who used screen time at bedtime were asked to use non-screen activities the hour prior to bedtime for 7 weeks. They were instructed to create a Bedtime Box with sensory items, reading materials, puzzles, etc. to use as bedtime activities. They recorded the sleep for each toddler using a wearable motion monitor during sleep prior to removing screentime and then again for the 7 weeks during the study.

According to the study, “parents in the intervention group were able to successfully remove toddlers' screen time before bed, and toddlers' sleep quality improved, with more efficient nighttime sleep and fewer night awakenings.”

There have been studies that show the more screen time toddlers experience, the worse they sleep, however there have not been studies that can prove that idea. With the Bedtime Boost study, the correlations with removing screen time to increased quality of sleep is proven in this study. There are plans to continue this research with a larger control.

University of Bath. (2024, October 22). Screen-free bedtimes boost toddler sleep, new research shows. ScienceDaily. Retrieved December 4, 2024 from www.sciencedaily.com/releases/2024/10/241022104659.htm



Just a reminder that United Day Care Center will be closed Saturday, December 22 and will reopen Thursday, January 2. We hope you enjoy this holiday season!

Room Updates

Room 5 – Infants

This month we will be talking about Holidays and the season of Winter. We will be exploring more with our fine motor skills and gross motor skills. If the weather allows it and there is snow before we go on Christmas break, we will bring some snow in for us to play with and touch it. This will allow the children to feel a different textured object that they may have not felt before. We are looking forward to see what this month brings us. As a little reminder, we will still be popping outside for a few moments, even in the cold. If you have a hat, gloves, and a coat or thick jacket, please bring those in. Thank you! As always, if you have any questions or concerns please do not hesitate to ask a room 5 teacher or someone up front.

Room 4 – Continuity of Care

December is here and we're ready to explore fun holiday activities, along with some holiday traditions! We hope everyone is ready for this fun month and we can't wait to celebrate with you! Keep a look for fun activities going on throughout the month and for when Santa will be here! Happy Holidays! We'll see you in 2025! Room 4 Educators!

Room 2 – One Year Olds

In December we will be talking about candy canes, gingerbread, and holidays. We do have a couple science experiments for the children to try. We will be counting to 5 with candy cane cutouts and trying to match colors. When we talk about gingerbread, we will have different art activities for the children to try. During holiday week we will be looking at how different places around the world celebrate. Remember to bring warm clothing for your child! We are required to go outside by licensing if it is 26 degrees or above.

Room 1 – Continuity of Care

Happy December! This month we are talking about winter and celebrating 2 weeks of Christmas around the world (exploring ways other countries celebrate the holidays)! Please send hats and gloves each day in case we go outside. During our Christmas around the world, we will be talking about Santa, giant lanterns in the Philippines, brooms and mops in Norway, and many other ways people celebrate the holidays. We look forward to a happy December and would like to invite each family in to read their favorite Christmas book to the class during the week of 12/16-12/22.



Room Updates



Room 3 – 2.5 – 3 Year Olds

November was so much fun! We LOVED sharing what we are thankful for, the meaning of being thankful, and voted on our favorite fruits- which of course we had to taste! December has many things planned including Santa visiting the 19th, an Alaskan themed learning activity, and another special friend will be joining our classroom- it's going to be ELFTastic!

Room 6 – 3 & 4 Year Olds

November went by so fast! We learned about the election, different types of rocks, healthy habits, and germs. Coming up we will have a whole week to celebrate our pets, learn about the gingerbread man, and explore December festivities from around the world. As always we are excited to share these explorations with you. We wish our friends Cambryella, Mi'Elle, McKenley, and Remedy happy birthdays!



Room 7 – 4 & 5 Year Olds

November had lots to be thankful for! We talked about having healthy habits, had a class election, and talked about what it means to be thankful. We hope everyone had a great Thanksgiving! As we go through December we will be talking about how to care for different animals, build gingerbread houses, and discover how different parts of the world celebrate the winter holidays. And of course we hope to explore lots of snow! Room seven wishes a happy birthday to Raigan and Ms. Lisa!