



September Newsletter

September 2025

Setting a bedtime routine is important for children. There are some things to remember as you introduce, change, or adjust a bedtime routine. The goal of a bedtime routine is to have a consistent set of activities that a child relies on to get ready for bed.

Bedtime Dos

- Be consistent. Your bedtime routine may change over time, but it should be fairly consistent from day to day starting at the same time and going in the same order.
- Include dental hygiene. Proper dental hygiene is a good habit to include in your child's bedtime routine each night, whether you are cleaning your baby's gums or reminding your older child to brush and floss.
- Keep it simple and fairly short. A good bedtime routine will probably last about 15 minutes to an hour or a little longer if you include a bath, depending on your child's age and how established they are in their routine.
- Make it age-appropriate. Your child's bedtime routine will change over time.
- Offer limited choices. Your child can't decide when to go to bed or how long the routine is, but you can let them have some control over their bedtime routine. Let them choose between two pairs of pajamas and select which books to read.
- Have them use the bathroom. Remind kids to use the bathroom. This is especially important for younger kids who still have issues with bedwetting.
- Establish a bedtime routine early. It is much easier to begin a good bedtime routine when your baby is young than to try and change poor sleep routines when you have a toddler or preschooler who still isn't sleeping well.
- Some kids will cry for a few minutes as they settle down for sleep or when they wake up in the middle of the night.
- Make the room dark. Blackout shades can be helpful for getting your child's bedroom dark enough to promote sleep (especially in the summer when it is still daylight at bedtime). They may also help your child sleep a little longer in the morning.
- A security object, like a stuffed animal or blanket, can be an important part of a good bedtime routine, but only for children one-year-old and older. These types of items aren't safe for babies to sleep with, as nothing should be in the crib in order to reduce the risks of suffocation and sudden infant death syndrome (SIDS).

September Newsletter Cont.

Bedtime Don'ts

- Don't allow stimulating activities before bed. Implement a "power-down hour" and avoid active play or electronics before bed.
- Don't think poor sleep habits will just go away. Don't assume that your child will outgrow poor sleep habits. The sooner you fix your child's poor sleep habits, including starting a good bedtime routine, the better.
- Don't create poor sleep associations. Rubbing your child's back until they fall asleep, having music playing, or keeping the TV on can mean your child will need help getting back to sleep if they later wake up.
- Don't drag it out. Set boundaries and be consistent. If you are not careful, your child will drag out your bedtime routine with repeated calls for drinks, snacks, or to use the bathroom. They may plead for extra stories or songs. Older kids may also suddenly remember homework they need to do.
- Don't give them caffeine before bed. Avoid giving kids caffeinated drinks, like soda, especially right before bed (some families might want to avoid them altogether). Remember that caffeine can be a hidden ingredient in other foods, such as coffee-flavored ice cream and chocolate, in addition to soda and tea.



<https://www.parents.com/bedtime-routine-children-8661139>

Room Updates



Room 3 – Preschool 2 ½–3 Year Olds

August was such a fun month! We welcomed new friends into our classroom and got to learn more about each other through our Friendship Series. We then got to use our 5 Senses to explore the world around us. We are finishing the month of August by stepping into the Four Seasons. We are so excited to discover more things like Apples, to go "shopping" at the Farmers Market, and to review our shapes and colors in the month of September!

Room 6 – 3/4 Year Olds

Can you believe summer is coming to an end Room 6 families!? We've had such an amazing summer with you all. Splash Day was a huge success (thanks to you)! During August we began our understanding of colors, letters, and shapes. We are so proud of each student and all they have learned. This September we will continue to encourage this excitement learning nursery rhymes, meeting community helpers, and jumping into fall. Our Room 6 team will be sharing all this with you as we go. A big happy birthday to Isla!

Room 7 – 4/5 Year Olds

Room 7 has had a great time getting to know each other as we focused on the basics such as colors, shapes, and letters. We also enjoyed some community visitors to help us learn about their jobs. September will bring more community fun as we learn about fire safety and visit the fire station! We will also be learning about rhyming words as we look at fairytale stories. September will also bring some science as we learn about our bodies and how they work.



Room Updates

Room 1/5 – Continuity of Care

Happy September families! We are excited to be learning about and discussing grandparents day, community helpers, fall, leaves and fruits. We are looking forward to having a picnic of fruits one day this month, with trying different fruits. We are excited to be going on stroller rides and scavenger hunts. We are excited for the month of September.

Room 2 – Continuity of Care

In August we have enjoyed learning about our colors, numbers and about ourselves! We looked at the different colors on the popsicle sticks which also had numbers on it. We tried to find colors around the room that we could match to a picture. We have enjoyed our time outside running and bouncing the balls. In September we will be looking into different topics such as community helpers, our 5 senses, feeling/ emotions, friendship and leaves. We will be focusing on fine motor skills in the classroom to help each other accomplish our goals. We will be lacing bead, stacking blocks and putting puzzles together. We are excited to introduce new science activities that we have not done in the classroom such as making our own playdoh and being able to experience more sensory based play.



Room 4 – Two Year Olds

In September we will be working on our fine motor skills! We will be looking at celebrating our grandparents, community helpers, and looking at the season fall. Please keep an eye out for messages about diapers, wipes, and clothes. We will also be having a fall fest in Room 4 on September 26th from 3:00-4:00!