



# February 2012 Newsletter

## Parent Teacher Conferences

## PTC Schedule Feb. 23-24

## Classrooms

## Child Development Center Region II

Monday—Friday 8 a.m.-4 p.m.

Parent teacher conferences (PTC) are an opportunity for you to **meet with your child's** teacher. Schedules for conferences will be determined by your **child's teacher. Please** try to arrange a time when you can visit with the teachers and therapists **about your child's** progress. This is an important event for your child as well as yourself. Parent input is a valuable **tool in your child's** educational experience.

FEBUARY 23: 9:20 am—8:00 pm		
FEBUARY 24: 8:00 am—12:00 pm		
Thursday, Feb. 23rd:		
9:20	1:00	4:20
9:40	1:20	4:40
10:00	1:40	5:00
10:20	2:00	5:20
10:40	2:20	5:40
11:00	Break	Dinner
11:20	3:00	6:40
11:40	3:20	7:00
Lunch	3:40	7:20
12:40	4:00	7:40
Friday, Feb. 24th:		
8:00	9:20	10:40
8:20	9:40	11:00
8:40	10:00	11:20
9:00	10:20	11:40

Please contact your **child's teacher to set-up** an appointment!!

### What's your teachers

favorite gift to receive on Valentines Day?

#### Red Room:

Miss Marcia: A hug!

Miss Janine: A hug!

#### Yellow Room:

Miss Eva: Chocolate, Flowers, & Boots!:) )

Miss Kelsey: Chocolate & Flowers.

#### Green Room:

Miss Courtney: Anything - **it's the thought** that counts!:) )

Miss Luanne: Chocolate & Jewelry!!

#### Transition Room:

Miss Shari: Chocolate!!!

Miss Tammy: Homemade Valentine Cards & Flowers.



CDC—South

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**Link to Contact Staff:**  
preschool@cdcregion2.org

**CDC Website:**

www.cdcregion2.org

### Upcoming Dates:

February 10—1:45 p.m. Early Release

February 20—No Preschool—Presidents Day

February 23-24—No Preschool—Parent Teacher Conferences

March 2—1:45 p.m. Early Release

April 2-6—No Preschool—Spring Break

### Learning Links & Ideas for Activities:

1. [www.zerotothree.org/](http://www.zerotothree.org/)
2. [www.challengingbehavior.org/](http://www.challengingbehavior.org/)
4. <http://prekinders.com/>

## Making Life Easier—Bedtime and Naptime

### The Issue:

Many families find bedtime and naptime to be a challenge for them and their children

### The Solution:

1. Make sure your child get plenty of exercise during the day.
2. Develop regular times for bed and naps and stick with them.
3. Develop a bedtime and nap-time routine.

- Do & say the same things before naps & bedtime.
- Establish a predictable place for sleeping.
- Put child down for sleep while she is still awake. Say **“Good night.” and leave the room.**
4. Give your child your undivided and unrushed attention.
5. Avoid certain foods and drinks six hours before sleep (i.e. soda, chocolate, fatty foods)
6. Provide choices whenever possible.
7. Reduce noise, light, and distractions in and near your **child's room.**
8. Keep a sleep diary so you **know what's working (or not).**
9. Celebrate the little successes along the way.

*See the following website for more information:*

*http://www.challengingbehavior.org/communities/families.htm*