

New Horizons CDC

August/September 2011

Back to School...

Tips for starting Kindergarten and starting the year off right

Getting ready for school, especially kindergarten, is an exciting time. However, it can also prove to be a difficult transition for parents and children alike. Proper nutrition, sleep, regular exercise, and check ups can help ease everyone into the routine. Here are a few tips to make sure your children have what they need.

Nutrition

- Offer similar choices. Instead of ice cream or pretzels, offer your child frozen yogurt or soda crackers.
- Provide variety. Be sure to select snacks from a variety of food groups so your kids won't be bored with their snack choice.
- Be creative. Dress up fruits and vegetables – offer celery with

peanut butter, or carrots with a low-fat dip.

Sleeping

Young children need between 10-12 hours of sleep a night.

- Set a regular time for bed each night and stick to it
- Avoid feeding children big meals close to bedtime
- Avoid giving anything with caffeine less than six hours before bedtime
- Make after-dinner playtime a relaxing time
- Establish a calming bedtime routine

Exercise

Physical activity has many benefits on children's development. It releases serotonin, a chemical in the brain, which helps regulate mood and makes children feel good. It

also helps children feel less stressed and anxious. It is recommended children get at least an hour of moderate to intense physical activity a day.

Check ups and immunizations

These help prevent communicable disease that are easily spread in the classroom, as well as identifying and treating illnesses when they do occur.

Discuss the schedule of routine check ups and immunizations with your physician. He or she will be able to recommend what is best for your child and required for your school district.



Did You Know?

- ◇ There will be a free parent training on 10 August at Bldg 6933 from 1130-1230 concerning transitioning preschoolers into school-agers. Parents will be able to meet the School Age Coordinators, take a tour of the program and discover what being a school-ager is all about. For more information, contact Necoleia Friend at Necoleia.friend@wpafbl.af.mil
- ◇ The center will be closed on Monday, September 5 in observance of Labor Day.
- ◇ The Parent Advisory Board is updating their email directory. If you wish to change your contact information or opt in/out of the recall list, please fill out one of the information slips at the front desk.
- ◇ We would like to extend a BIG *thank you* to our parents for helping make our Preschool and Toddler End of Summer Bash, and the Red, White and Blue Parade such a success!

