Hello CDL families! As we move into October, it is hard to believe we will soon be coming upon midterm. Our weeks seem to fly so quickly - sometimes I wish I had the superhero power of stopping time! So much to always do and accomplish! I can imagine you are all very busy as well in your classes, teaching, and jobs!

Thanks for all who were able to attend the Parent Advisory Board Meeting on September 29th. I appreciate parents taking the time out of their very busy days to come. I reviewed many pragmatic highlights and accomplishments since our last meeting. One agenda item that we spent a significant amount of time on was the CDL Annual Priorities for FY17. One of the priorities was developed based on the Parent Surveys sent out in spring. There was an indication that parents would appreciate more efforts to connect with other CDL parents. So, the CDL staff drafted a priority to strengthen the relationships between families at the CDL. The Parent Advisory Board had productive discussion on how this could look: an end-of-the-day social between 4:30-5:00; play date sign-ups in the classrooms; and a shared directory provided to CDL families (for those who indicated on their enrollment form it was OK to share their contact information with others). Parents expressed that they enjoy events hosted at the CDL such as Open Houses, Family Nights, and WOYC Parade; rather than the idea of arranging an event outside the CDL on weekends. We will take all information parents expressed and work through how this might look and be facilitated during the year. Thank you!

This is the time of year we remind parents to dress their children appropriately for the weather—coats, boots, hats, mittens if needed, etc. Right now our temps are fluctuating - the mornings start out cooler but the sun is still somewhat strong and we can have warmer weather during the day. It is hard to start thinking about the colder weather coming, but before you know it the northern Illinois blustery wind will soon be here. And as a reminder, children do not get sick from being outside. They get sick from being inside with all the germs surrounding us. We work closely with our nurse from 4-C on all health and wellness related issues and also utilize the Academy of Pediatrics as a resource when creating center policy. Speaking of our nurse, we have a new nurse at 4-C, Lindsay Marvick. Lindsay just started about a month ago and has had 1 visit already to the CDL.

At the end of the newsletter is a NAEYC article on sleep habits / bedtime routines. The evenings can be very challenging for busy families; get home, have dinner, sometime a parent teaches or takes a class, juggle multiple children and their commitments, etc. Hopefully this article may help give you a few golden nuggets of information.

Sometime around mid-October, I will email out to all parents an evaluation for you to fill out on your child’s primary caregiver for the practicum students. It is extremely beneficial when parents are able to provide their perspective and thoughts on their experiences with their child’s primary. We find these very helpful in getting an overall assessment of the practicum students and their performance; and, we use these results in our annual priority planning for the program. Please enjoy the rest of October!

Lisa Schmidt
Co-Director for Operations
Hello Families,
We are excited to start observing the seasons change as we continue to explore our playground. We have enjoyed the weather and have tried to get outside as much as possible. We have had snack outside a few times too. Our garden has done very well as the children have continued to pick the tomatoes. We have served them at snack and as an extra treat as children have been interested. Our outdoor exploration has moved from the seed pods and berries to the insects. Grasshoppers, spiders, ants, and beetles are a few of the most sought out insects.

We are happy to have our fish tank in a new area. We added guppy’s, a shark, a shrimp, and moved our betta fish, Cubbie, into the tank. The shrimp will keep the tank clean. A big shout out goes to Jamie for cleaning our tank and picking out all of the new fish. The children frequently observe and inquire about our new fish family.

We are happy to announce we have a total of 4 children in our classroom who are expecting siblings. These 4 proud big siblings include Maddy, Sam, Caden, and Archie. We congratulate their families and will be having continued conversations and experiences to help prepare them for this exciting change in their lives. We also would like to announce we have 4 children transitioning to preschool in November. You will begin to see Logan, Felicity, Avery, and Isaac visit our classroom.

The Nursing students have started visiting our classroom again. So far we have had lessons on brushing our teeth and germs. The children were also able to explore some of the medical equipment that nurses use when they are in the field.

Sincerely,
Kristi, Jamie, Sam, & Kat

Reminder:
Please bring in warm clothes since the weather is starting to get cold.
Happy October ITT East Families!! We can’t believe we are already over a month into the semester! We hope you are having a fabulous start to this fall season!

The children have been settling into the classroom and have gotten to know each other very well. Our older children have been very helpful with all the young babies we have this semester. They have been bringing them blankets and books and even giving them gentle pats. The children have adjusted to their primary caregivers as well and have created special bonds with them.

Ashley and Brittany had fun filled activities for the children during their three weeks as lead teachers. They built on the children’s interest in animals and planned several activities related to what animals the children may see. The children had the opportunity to pretend to be different animals through group times such as “Old McDonald”, “Animal Actions”, and “Sleeping Children.” They even added a pet shop to the dramatic play area. The children had a great time brushing and creating cages for the animals. Cash registers and money were even added to purchase items at the pet store. The children practiced pushing the numbers and using their problem solving skills when figuring out how to open and shut the cash drawer.

Transportation was also a reoccurring interest in our room. The children got to draw with buses, cars, and trucks and as well as make their very own vehicle out of boxes for Brittany and Ashly’s Community Involvement. Thanks to those who helped out by donating boxes and other recyclables! Michelle and Taylor lead teach next, and we are very excited for what they have planned for us as well!!

Just a few reminders... Please make sure your child has indoor shoes that can be used when they are in the classroom as well as outside shoes. Please also be sure to have an extra set of clothes in your child’s cubby as well. Also, as the weather is starting to cool down, please be sure to bring a sweatshirt in for your child.

Thanks,
Christy, Clarissa, Natalalee, and Elena
Hello Families,

In the month of October, we will be welcoming Eva and Marihannah as our new lead teachers. We look forward to the creative activities and materials they will bring into the classroom. After having a conversation about the dentist with Bilsi, Marihannah created a tooth brushing fine motor activity. The children were so engaged in this activity that they took it outside on the playground too!

Looking for a fun, educational, child friendly and FREE activity to do on campus? NIU will be hosting its annual STEMfest on October 8th inside of NIU’s Convocation Center from 10 a.m. to 5 p.m. STEMfest celebrates science, technology, engineering and mathematics. Some activities include a hands-on laser lab, book fair, exploring a submarine, scavenger hunt, inspecting reptiles, and many more activities. To insure that the youngest of minds are included in STEMfest, the CDL staff and interns will have two tables of activities. We hope to see you all there! For more questions on STEMfest please visit: http://www.niu.edu/stemfest/.

Temper tantrums are a natural part of toddler and two-year old’s life. It is important to keep in mind that a temper tantrum is a form of nonverbal communication. As the parent, it is important to calm yourself first. Then begin to offer empathy, “Your body is telling me...” Various things can trigger a tantrum. For example, not wanting to do a required activity such as cleaning up his/her toys can trigger a tantrum. Once the tantrum is over, your child must do what they were supposed to do. When we do not follow through after a tantrum, we are teaching the child that temper tantrums are an acceptable method to get what they want or to get out of completing a task. For more information on temper tantrum please visit: http://consciousdiscipline.com/resources/discipline-tips.asp.

Since autumn has officially begun, please take home sunscreen and all summer water play items such as towels, swim diapers, water shoes, and swim suits. Please keep in mind, that although we still have 70 degree weather, a light jacket or hoodie may be needed for the brisk mornings.

Sincerely,

Casey, Christina, Ecila and Krysten
Encouraging Healthy Sleep Habits

By: Hattie Harvey, PhD, NCSP

Sleep is critical to children’s everyday functioning. A good night’s sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits.

Why are sleep habits important?
Establishing healthy sleep habits early on helps to prevent children’s long-term sleep problems and other associated risk factors. Researchers have linked poor sleep habits to a greater risk for obesity, impaired memory and attention, and poor academic performance in school-age children (Aronen, Paavonen, Fjallberg, Soininen, & Torronen, 2000; Buckhalt, El-Sheikh, & Keller, 2007; El-Sheikh, Buckhalt, Cummings, & Keller, 2007; Meltzer, & Mindell, 2009). Further, insufficient sleep also has been associated with higher rates of aggression and can negatively affect interpersonal relationships with family and peers (El-Sheikh et al., 2007). Outlined below are some key concepts and strategies for establishing healthy sleep habits.

Key Sleep Strategies to Consider
Think of these strategies as a collection of related elements, all of which must be present to ensure healthy sleep habits.

1. **Sleep Duration.** Consider the total amount of sleep during both night and day: is your child getting enough sleep? The following table outlines basic recommended sleep durations by age.

   **Recommended Sleep Duration**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>YEARS</th>
<th>RECOMMENDED TOTAL SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants</td>
<td>3 to 12 months</td>
<td>14 to 15 hours</td>
</tr>
<tr>
<td>Toddlers</td>
<td>1 to 3 years</td>
<td>12 to 14 hours</td>
</tr>
<tr>
<td>Preschoolers</td>
<td>3 to 5 years</td>
<td>11 to 13 hours</td>
</tr>
<tr>
<td>School-age</td>
<td>6 to 12 years</td>
<td>10 to 11 hours</td>
</tr>
</tbody>
</table>
2. **Naps.** Is your child taking naps or do you sometimes skip nap? Naps lead to optimal daytime functioning. If you miss one, try to keep your child up until the next sleep period (or close to it) to maintain the child’s sleep pattern. Consider the following:

- By 4 months most children take three to four naps per day
- By 8 months most children take two naps
- By 21 months most children take one nap
- By age 6 most children no longer nap

3. **Sleep Quality.** When sleep is continuous, your child can naturally learn to fall back asleep following a brief awakening. Too many awakenings fragment sleep, disrupting brain growth and the natural sleep cycle. After 4 months of age, naps of less than one hour do not provide enough time for the brain to benefit from the nap.

4. **Recognize signs of drowsiness.** Nap and bedtime should begin during your child’s drowsy stage, not when she is overtired. Identify your child’s signs of drowsiness; they may include decreased activity, slower motions, drooping eyelids, yawning, and eyes that are less focused. Drowsy children also may be less vocal, quieter, or calmer. Your child may have more difficulty falling asleep if she is overtired; signs of overtiredness may include fussiness, eye rubbing, irritability, or crankiness.

4. **Establish consistent bedtime and wake-up routines.** Your routines may be adjusted based on age or your family’s preference. Avoid stimulating activities such as watching television or playing video games prior to bed, instead choose calming activities like reading or storytelling. Whatever you choose, keep the sequence consistent! Doing so helps to maintain your child’s internal clock on a 24-hour cycle. Note that infants younger than 4 months have immature internal clocks, so this does not apply to them.

5. **Be a team player and communicate!** Communicate with those who are involved in your child’s life, such as another parent, child care providers, a nanny, or relatives. Share your strategies and your child’s signs of drowsiness, so that they can also support establishing healthy sleep habits for your child.

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**About the Author:** Dr. Hattie Harvey teaches at the University of Alaska Anchorage in the Early Childhood Education program. She is a nationally licensed school psychologist and enjoys collaborating with local early childhood programs on assessment and instructional practices.

You can see this article and more family resources at: http://families.naeyc.org/child-development/encouraging-healthy-sleep-habits