



Is There a Best Bedtime for Kids?

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Main Article	1
Caterpillars/ Buttercup Butterflies	2
Pixie Butterflies	2
Elf Butterflies	2
Julia Butterflies	2
Upcoming Important Dates	3
Handprint & Footprint Turkeys	4

We're living in a nation of night owls—but do late bedtimes negatively affect your kids' health? We spoke with sleep experts to find out.

You know that young children are supposed to get plenty of sleep each night. But what happens if hectic family routines push your kids' bedtimes back? Does this affect your children's health in the long run? Most sleep specialists, not surprisingly, are unenthusiastic about late bedtimes—and many point out that this schedule is toughest on Mom and Dad. "In most families, parents just aren't going to have the energy to deal with a 3-year-old at 10:00 p.m.," says Judith Owens, M.D., director of the Pediatric Sleep Disorders Clinic at Hasbro Children's Hospital, in Providence. "Parents need time to themselves." However, Dr. Owens says there's probably nothing intrinsically harmful about letting kids stay up late, provided—and this is the crucial part—that they go to bed about the same time every night and get enough sleep overall. As Dr. Owens explains in a more clinical way: "The duration and the regularity of the sleep-wake cycle are the most important factors in a child's having a quality, restful sleep."

Once kids begin to wake up early for daycare, school, or other activities, late bedtimes can lead to insufficient sleep. Kids, like adults, can't function properly when they're tired; they become cranky and inattentive. "Lack of sleep can have really devastating consequences on the child's mood and performance," Dr. Owens says. It can also tax the body, causing stress that stunts proper physical growth. But as it turns out, it's quite common for children to burn the midnight oil. "I can't tell you how many families I hear about with little ones up until 10:00 or 11:00 at night," says Jodi Mindell, Ph.D., director of behavioral pediatrics of the Sleep Disorders Center at the Children's Hospital of Philadelphia and author of *Sleeping Through the Night: How Infants, Toddlers and Their Parents Can Get a Good Night's Sleep* (HarperCollins, 1997). In many homes, hectic family schedules and the reluctance of late-working parents to pack their kids off to bed early are driving the longer days.

Continued on page 3...

Please check Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

Caterpillars/Buttercup Butterflies



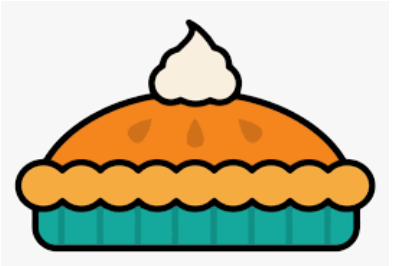
Wow! We are getting ready for the Holidays. The Caterpillars will be having a picnic in their class and learning about building friendships with their peers. Colors, colors everywhere in our Buttercups class and we're learning their signs and names. Next we'll be focusing on what is Thankful and how we show that we are.

-Ms. Natalie, Ms. Stacey, & Ms. Jessica

Pixie Butterflies

This month of November our Pixies are finishing up their Brown Bear book which they will be taking home for you to enjoy and read along with your child. We are also starting lessons about shapes and creating artwork with their shape of the week. We hope our families enjoy the upcoming holiday, stay safe!

- Ms. Maria & Ms. Vanessa



Elf Butterflies



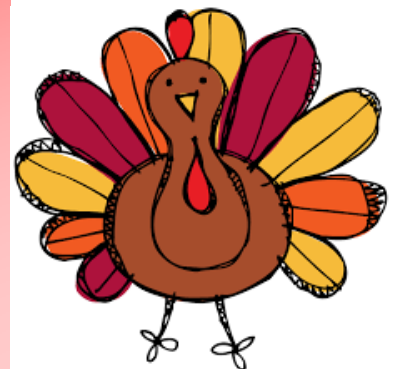
While we have been discussing all that goes into exercise with moving our bodies and eating healthy foods, we have also learned that exercise can both be done inside and outside. Also, we have learned that it is good to try new foods otherwise you would never know if you like them. Our next study will focus on gardening: what can grow in the garden and how to keep the garden safe.

-Mr. Steven & Ms. Shay

Julia Butterflies

We want to thank you for joining us for Parent/Teacher conferences. This month we will start our new study about pets. As we look forward to this, we will answer questions like; What types of animals are pets? What are some characteristics of pets? Where pets live? And what pets eat? We will also continue working on our writing skills. We are looking forward to a great month!

-Ms. Paige & Ms. Vicky



November Events

Ms. Natalie's Birthday– November 8th

Mr. Steven's Birthday– November 10th

Ms. Bailey's 2nd Work Anniversary– November 14th

Ms. Crystal's 6th Work Anniversary– November 19th

School Closed: Thanksgiving– November 26th & 27th

Ms. Stephanie's Birthday– November 27th

Is There a Best Bedtime for Kids? continued... Please visit the website for full article.

In other households, sheer parental exhaustion is allowing kids to win the sleep time skirmishes. And most households don't have the luxury of leisurely mornings. In a study by the National Sleep Foundation, 60 percent of children under 18 complained of feeling tired during the day, and 15 percent reported falling asleep in school.

Is my child getting enough sleep? It's not always easy to tell whether your child is getting enough sleep, experts say. Tired kids don't necessarily act tired, according to Dr. Mindell. On the contrary, as they struggle against their urge to snooze, they may become overactive. One clue that a child isn't sleeping enough, Dr. Mindell says, is that he constantly conks out in the car even on short trips. Eye rubbing, irritability, and aggressive behavior are other tip-offs. But the fact that a child gets up on her own isn't necessarily a sign that she's fully rested. "Some children will wake up at a certain hour no matter what time they go to bed." Research suggests that our individual preference for early or late sleep patterns may be partly rooted in our genes, but our environment and age also influence them.

How to Shift to an Earlier Bedtime Children ages 2 to 3 should get 9 to 13 hours of sleep each night, kids ages 3 to 5 should sleep 10 to 12 hours, and those ages 5 to 12 should sleep at least 8. If your child has to get up early in the morning or you want to give him an earlier bedtime for your own peace of mind, here are tips for making the shift: push your child's bedtime by no more than 15 minutes a day, manipulate child's exposure to light, and avoid stimulating activities.

Handprint & Footprint Turkey

This craft is adorable to hang up in your house or for the kids to give them to people in their life they are thankful for (like mom and dad and grandma and grandpa). Here's what you'll need:

- ♦ Red, yellow, orange, and brown craft paint & paint brushes
- ♦ Wipes, googly eyes, red and orange craft paper, scissors, & glue



1. Coat child's hand with yellow paint and firmly press their hand on the paper. You can place your hand on top of their hand so they don't wiggle their little fingers. Repeat with orange and red paint having them place their palm around the same spot to make the turkeys feathers. We laid our handprints on top of each other, but you could always make 3 individual prints if that is easier. Set handprints aside to dry. Cut the yarn and tie it into a knot through one of the holes.

2. Coat child's foot with brown paint and toes with orange paint and press their foot firmly on the paper. Again, I like to put my hand on top of their feet so they don't wiggle. Set footprint aside to dry.

3. Cut around the handprints & footprints. Cut a red waddle (tear drop shape) & a yellow beak and have child glue them & a googly eye to the heel side of their footprint to make the turkey face. Have child glue handprints to the back of their footprint.

November

Super Supper

Spaghetti with Ground Beef and Side of Peaches
Pick-up is **Thursday, November 12th. \$5.00 each.**

Ms. Shirley's Delicious Pumpkin Pie
Pick-up dates are **November 23rd—November 25th. \$3.00 each.**

Payment is due before pick-up.

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Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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