



Discovery Isle
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Murrieta Maritime

What's Happening Under the Sea?

July 2017

OUR FIRST MONTH OF SUMMER EVENTS HAS ARRIVED!
We WILL HAVE CRITTER ENCOUNTER PUPPET SHOW, KONA ICE SNOW CONES,
SPASH DAYS, AND OTHER FUN ACTIVITIES!
We have INCLUDED COPIES OF THE SUMMER CALENDAR IN THIS NEWSLETTER.

PLEASE REMEMBER THAT OUR ACTIVITIES START AT 9:00 a.m.
IT IS IMPORTANT THAT YOUR CHILD IS HERE IN THE MORNING TO
GUARANTEE PARTICIPATION IN THE SUMMER EVENTS

Thank you for helping us make the electronic sign in/out procedure a smooth transition. Everyone has been so patient, and SO much more efficient with the new system. Please remember to only use the iPad when your child is in your presence. It helps us keep our records straight until you have your child in your care.

Although it is summer time, our academics still begin at 9:00 a.m. We know you understand the importance of having your child here for circle time. Thank you for having them here before 9 a.m.

Internet Reviews

With the new school year beginning and prospective parents looking for schools to enroll their child, we look to our current families to spread the word.

Most busy parents rely on the internet to aid in cutting down on time spent searching for a quality preschool program.

There's nothing like hearing first hand experiences from our current families and their opinions about our program.

We would love if you were able to take a few minutes to write an online review about our school to give prospective parents feedback on what we have to offer.

Here are a few sites that allow you to post a review:

www.yahoo.local.com

www.greatschools.org

www.yelp.com



We want to hear from you and have you share your experience with new families. Thank you for your help in helping new families "discover" our programs!

Sunscreen Permission Slips

Permission slips are valid for up to six months. If your child does not have an updated permission slip, your child's teacher will not be able to reapply their sunscreen in the afternoon. If you have not already, please bring in a fresh bottle of sunscreen for the summer. We are only allowed to keep sunscreen until their expiration date, or for a year after receiving it. We apologize for the inconvenience this may cause, but appreciate your understanding!

Does your child not attend on a day that we have a super fun summer activity?

See the front office if you would like to add an extra day so your child can participate in that activity!



Schedule Changes

Please remember when changing your child's schedule you are required to give the following notice to the front office:

- 30 day notice to decrease schedule
 - 2 week notice to increase schedule
- We appreciate your understanding!

Vacation Request

Please remember all vacation requests require a 2 week notice (available after 6 months of enrollment) to qualify for one week of tuition at no cost. Requests can be made at the front desk.

Summer Moves:

We have a lot of exciting things planned for the new school year.

We have teachers who are taking new age groups in July & August!

Classroom assignments were made according to teacher recommendations. We want to be sure your child is placed in a classroom where they will work best with their friends and their teacher. If you have a preference, please feel free to speak with Jen or Renee and we will do our best to make those accommodations.

We are SO excited for the new year! Classroom assignments will be going out soon in your child's mailbox.

Splash Day Attire

Splash days are scheduled weekly on the Summer Calendars.

If your child is here on a scheduled splash day, please bring your child already dressed in their bathing suit, a swim diaper (if needed), a towel, and water shoes, along with extra clothes to change into including underwear and dry shoes.*

Please check with your child's teacher for specifics on Splash Day protocol.

*If your child does not have the required items, they may not be able to fully participate in Splash Day festivities for **safety reasons**.

Bedtime Without Struggling

- by Kathryn Kvols and Helen Hall, RN, MSN, CFNP

1. Respect your needs. Take care of yourself during the day so you are not feeling hassled and frazzled at your child's bedtime. Set your child's bedtime at an hour that allows you some solitude and/or "couple time" with your partner after your child goes to bed.
2. Whenever possible, have both parents be a part of the bedtime ritual. Bedtime is more fun and less of a burden when both parents participate.
3. Start your bedtime ritual forty-five minutes to one hour before your child's actual bedtime hour to avoid unnecessary stress and struggle. This process should be a winding down time, in other words, eliminate activities that would excite the child such as rough-housing or tickling.
4. Respect his sense of time by telling him that bedtime is in 15 minutes, allowing him to complete a particular activity before his actual bedtime hour.
5. Offer choices instead of orders. Your child will have a feeling of control over what happens to him when given choices. For example, you might say, "Do you want your dad to help you with your bath or me?" Or "Do you want to wear your red pajamas or your blue ones?" Or "Do you want to sleep with your gorilla or your kitty?"
6. Create a bedtime ritual with your child's help and advice. For example, read a story, snuggle, give three stuffed animals to kiss, give a hug and two kisses and leave the room singing a song. Routine is particularly important from at least 12 months of age through age two. The routine needs to have a quality of sameness or routine — the same order or the same song — to provide a sense of security.
7. Create closeness. For example:
 - Talk about "Remember when," such as "Remember when we went camping and that raccoon got into our food?" Or "I remember when you were a baby and loved to have your tummy rubbed!"
 - Listen to your child's feeling about the day.
 - Say three things that you love about each other. Start each statement with, "What I love about you is..." and complete it with a specific thing that you love. For instance, "What I love about you is the way you helped put your books away today," or "What I love about you is the way your singing can lift my spirits."
 - Ask the following questions that allow your child to share more about himself:
 - "What was the best thing that happened to you today?"
 - "What was the worst thing that happened to you today?"
 - "What was the silliest thing that happened to you today?"
 - Some children may talk more freely with the lights out. Try to discover what is most encouraging to your child in enhancing your communication together.

After you have completed your bedtime routine, leave your child's room. Explain to your child ONCE when you start this new routine, "If you come out of the room for any reason other than emergency, I will lovingly guide or carry you back to your room." "I will not talk to you after saying goodnight and closing the bedroom door."

It is essential that you do not talk to your child after the bedtime routine is complete. Your child will pay more attention to your actions than your words. Further, if you continue to talk to your child, you are more likely to get into a verbal power struggle about going to bed. If you discover yourself saying, "Didn't you hear what I said? I told you to go to bed and I wasn't going to talk anymore!" stop talking and take loving action by guiding your child back to bed. You may have to guide your child back to his room several times, particularly at the beginning because children will test their parents. However, as the week progresses, bedtime will become more pleasant for both you and your child.

You can make bedtime a time of nurturing, closeness, shared communication and fun. By involving your children in the decision-making process and spending this special time with them, they will feel valued and respected. By setting limits, you will gain the respect of your children and build their self-esteem.

Helen Hall is a pediatric Nurse Practitioner for the FM 1960 Pediatric Center and Learning/Development Center, both in Houston, Texas. Helen also teaches parenting educators through the International Network for Children and Families.