



# Chestnut Grove Child Development Center

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# DECEMBER 2022

## Give the Gift of *Sleep* for Happier Holidays!

Looking forward to fun holidays with friends and family? One way to keep the ‘happy’ in your holidays is to make sure the entire family gets enough sleep! Keeping a routine and getting sufficient sleep is especially important for young children.

### Why Is Sleep So Important For Children?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on a child’s (and parent’s) happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, vocabulary acquisition, learning and memory. Poor sleep has been linked to problems with the immune system as well as anxiety and depression. In toddlers, napping appears to be necessary for memory acquisition and motor skill development.

*Sweet Dreams!*



Children who are short on sleep often swing between being grumpy and hyperactive, with effects that can mimic ADHD.

### How Much Sleep is Enough?

Here are sleep amount recommendations from the Mayo Clinic website. (MayoClinic.org)

Age group	Recommended amount of sleep
Infants 4 months to 12 months	12 to 16 hours per 24 hours, including naps
1 to 2 years	11 to 14 hours per 24 hours, including naps
3 to 5 years	10 to 13 hours per 24 hours, including naps
6 to 12 years	9 to 12 hours per 24 hours
13 to 18 years	8 to 10 hours per 24 hours
Adults	7 or more hours a night

### Tips on How To Make Sure Your Child Gets a Full Night’s Sleep

Whether you’re dealing with a 2-year-old toddler or a stubborn teenager, research shows that a consistent bedtime routine is helpful for making sure your child gets enough sleep.

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## Upcoming Events

**Dec 8 & 9 (Thurs & Fri):** Elf Shop — Volunteers Needed! Check Sunday email for details.

**Dec 22 (Wed):** Christmas Pageant in the church for all 3’s and 4’s classes. Starts just after drop-off, followed by classroom receptions. School closes when the receptions end at 10:30am.

**Dec 23 - Jan 2:** School closed for holidays. Classes resume on Tuesday, January 3.



*Above & below: Friends stay busy in our 2’s classes.*



## The Gift of Sleep *continued from front page*

Whichever bedtime activities you choose, try to do the same ones every day in the same order so your child knows what to expect. For example:

- ◆ Turn off computers, TV screens, video games, and other bright lights
- ◆ Put on pajamas and brush teeth.
- ◆ Read a light book, sing a lullaby, or take a bath
- ◆ Pick a stuffed animal or security blanket for the night for toddlers
- ◆ Avoid power struggles with preschoolers at bedtime by giving them some control in the routine – for instance choosing which pajamas to wear or which book to read.

The best time to put your child to bed is when they're sleepy, not when they're already asleep. This helps them learn how to fall asleep on their own. If preschool children wake up in the middle of the night, walk them back to their bed.

It's important to give your child regular exercise, but don't fall into the trap of exhausting your child to have them sleep better at night. More often than not, overtiring children actually makes it harder for them to fall asleep. Learn to recognize the special level of hyper that means your toddler is too tired, so you can put them to bed before things turn sour.

The morning is important, too. Though it's tempting to let your kids sleep in on the weekends, this can disrupt their sleep schedule and make it harder to wake up during the week. Try not to overschedule extracurricular activities if you notice these having a detrimental effect on their sleep time.

Keep your holidays happy this year with the gift of sleep. It's a treat the entire family can enjoy!

Pacheco, Danielle and Vyas, Nilong, "Children and Sleep: An introduction to the importance of sleep in children and how to help them sleep better" <https://www.sleepfoundation.org/children-and-sleep>, Sleep Foundation, 9/19/2022.

## It's That Runny Nose, Sore Throat, Cough Time of Year!

Here's a quick review of our sick policy:

**Keep a child home for:**

- ◆ elevated temperature
- ◆ vomiting
- ◆ diarrhea
- ◆ any signs of infection

Children are to remain fever-free for 24 hours (without medication) before returning to school. If a child is sent to school with vomiting, diarrhea, nasal discharge or a heavy cough, they may be sent home at the discretion of the office.

Please call or email the office if your child will be absent, and if calling before 9:00am, leave a message. As soon as you know, inform the office if your child has a contagious illness. Thank you!



*On a recent rainy day, our 3's & 4's friends experienced all sorts of fun activities in the Big Room — playing with holiday decorations, yoga, construction projects, and even a conga line!*

*Thank you to our Parent Board members for decking Chestnut Grove's halls with festive seasonal décor. The children are enjoying the decked-out tree, snowflakes and other holiday surprises that greeted them this week.*