



Kremmling Preschool Newsletter



October 19, 2022



HALLOWEEN PARTIES - On Monday, October 31st we will go trick-or-treating to Cliffview Assisted Living Center & Middle Park Health as well as have Halloween parties in each class. **The morning class children may come dressed in their costumes** and that group will be leaving on the bus at 9am for trick-or-treating. **Both the afternoon and full day classrooms may BRING their costume to school and the staff will help them get dressed.** Those two classes will be leaving on the bus at 1:45pm for trick-or-treating. If anyone is interested in being an adult chaparone we would love your help! We will have the parties immediately upon returning from trick-or-treating. Please see the ParentSquare for a sign-up sheet for treats for the parties! Please note: If your child doesn't normally attend on Monday's, you may bring them, stay for trick-or-treating, and the party. Please keep your child's costume accessories to a minimum and no weapons of any kind, thank you! *****PLEASE SIGN THE PERMISSION FORM IN YOUR CHILD'S CLASSROOM*****



Preschool Vision/Hearing Screenings - On Monday, November 7th the preschool will be doing FREE vision & hearing screenings for our preschoolers. You will see information and permission forms in your child's folder coming home today! If you would like your child's vision & hearing to be screened, please fill out the forms and return to the preschool ASAP. If your child does not normally attend on Monday's and you would like to have them screen, please see Michele for times you may bring them in to participate. If you have any questions, please reach out. Thank you!



PARENT/TEACHER CONFERENCES - It's hard to believe that it is almost time to have parent/teacher conferences! They are scheduled for Tuesday, November 8 and Wednesday, November 9 in your child's classroom. This weekend you will see signup sheets come through on ParentSquare. Please look through and pick a time that will work for you. We are excited to share all the fun and wonderful things your children are doing in class!



CHANGING WEATHER - With our weather changing, please continue to send your children with layered clothes and their jackets. We will go outside everyday and want them to be comfortable doing so.



REMINDERS - Don't forget to send us your family pictures! Thank you!



CALENDAR of EVENTS:

Oct. 31	Trick-or-Treat/Halloween Parties, signup sheet on ParentSquare
Nov. 7	Vision & Hearing Screenings
Nov. 8/9	Parent/Teacher Conferences, signup on ParentSquare
Nov. 18-27	Thanksgiving Break, Preschool closed
Dec. 3	Preschool Craft Fair
Dec. 15	Christmas Program, 630p
Dec. 23-Jan 8	Winter Break, Preschool closed

Concerns, comments, suggestions ... please call Michele at (970) 724-9483

OVER====>

Why Are Routines So Important? Written By [Cara Goodwin](#)

Research finds that the use of routines has been associated with:

- Increased resilience and self-regulation abilities in preschoolers (Source: [Ferretti & Bub, 2014](#))
- More advanced social-emotional development (Source: [Muñiz et al., 2014](#)), fewer behavioral problems, and improved school readiness & academic performance (Source: [Ferretti & Bub, 2017](#))
- Increased cooperation (Source: [Keltner, 1990](#))
- Enhanced cognitive abilities (IQ) (Source: [Ferretti & Bub, 2014](#))

These effects may be long-lasting as children with predictable family routines are less likely to have difficulty with attention and time management as adults (Source: [Malatras, Israel, Sokolowski, & Ryan, 2016](#)).

Routines help children to feel safe and secure and prevent them from worrying about what will come next, which frees up their minds to learn about the world around them. Unpredictability in a home increases children's stress levels (Source: [Koulouglioti, Cole, & Kitzman, 2009](#)), which makes it more difficult for them to learn or engage in social interaction.

Routines also help children to understand what is expected from them, connect with parents and caregivers and work on social skills (Source: [Spagnola & Fiese, 2007](#)). This means *fewer* power struggles! If your child brushes their teeth every single night, it is no longer a fight about whether they will be brushing their teeth or not.

Here are some tips on how to create more routines for your family:

1. Start with something you do regularly that has been difficult for you and/or your child (getting ready for school, the “witching hours” between getting home from school/work and bedtime, naptime or “quiet time”, clean up time, etc.)
2. Write out all of the steps, including some activities that are “fun” or motivating for your child. For example, include *special play time* into bedtime routine list.
3. Order the tasks in a way that makes sense and tends to involve a “less fun” activity followed by a “more fun” activity. For example, putting on shoes followed by racing the car.
4. Think of choices your child can make during the routine (which color socks to wear, which bedtime song to sing first, etc.) Including choices within routines is likely to increase cooperation (Source: [Dibley & Lim, 1999](#)).
5. Create a fun chart of routine with your child. You could write out the words and they draw the pictures. Refer to the chart frequently during the routine. Decide when and how often the routine will occur.
6. Implement the routine and revise it as needed! Give positive attention and praise as your child goes through the routine. (“Wow you remembered that we brush our teeth after breakfast!”)