

# ABC Mom Learning Center & Childcare

Early Education with a Teacher's Mind and a Mother's Heart



## All About Me September!

I am excited to get to know our students more this month! I will also be taking this month to assess where our children are at developmentally in preparation for our end-of-month goal setting conferences. Additionally, we will be hosting a “Parents’ Night Out,” where children will stay at school for a dinner and movie night, while parents enjoy an evening by themselves. It is so important for the grown-ups in a child’s life to have time to rest and relax and we hope you enjoy this well-deserved break! Happy Fall!

1

### TUITION DUE

Tuition is due via EFT on Tuesday, 9/20/2022 by 5:15PM. Late payments will result in a \$25 fee.

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### GOAL SETTING CONFERENCES

Please sign up for conferences, Tues. 9/27, Wed. 9/28, and Thurs. 9/29

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### PARENTS' NIGHT OUT

Friday, September 30th from 5:15PM to 8:30PM. Please RSVP by Wednesday, 9/28 via email.

### Painting



Creating beauty through art

### Learning to Share



We are learning to share and take turns

### Gardening Together



It's been exciting to see our pumpkin plants begin to blossom

## September Overview

### Learning Themes: All About Me | Community Helpers | Goal Setting

The beginning of the year is always an exciting time as we get to know one another. I am so thankful for the support and engagement of our families as students create their own "All About Me" posters at home this month and excited to see them share their posters in class. It is so important for parents to create consistent time to engage their children in home learning activities to support their classroom learning. As part of this, we have the home learning folders that go home every week with two to three developmentally appropriate activities that should take no longer than 10 to 15 minutes each night (not including a daily storytime). Children need and deserve a time of connection and learning with their parents that goes beyond just the caretaking aspects of life. If you have trouble with finding and making the time, please reach out for support to "[hello@abc-mom.com](mailto:hello@abc-mom.com)."



I am thrilled to host a police officer from the Irvine Police Department this month. We are so thankful for our community helpers and it's so wonderful when children have the opportunity to learn about all the amazing people that work together to help us as we live in community together. It is also fascinating for children to learn about the different possible occupations that they may step into in the future. We will close out the month with fall conferences. I am excited to meet with you and set goals for this year!

### RESOURCES FOR SLEEP

This is a throwback photo of my now teenagers fast asleep together when they were toddlers. They look so peaceful in this picture, but boy, I remember the struggles that it sometimes took to get them to go to bed. I wanted to share some resources to help our families navigate this sometimes challenging issue. As always, please reach out if you need support in this area- we are here for you!

CHOC: [https://www.choc.org/health-topics/screen-time-insomnia/](https://www.choc.org/health-topics/screen-time-<u>insomnia</u>/)

NAEYC: [https://www.naeyc.org/our-work/families/encouraging-healthy-sleep-habits](https://www.naeyc.org/our-work/families/<u>encouraging-healthy-sleep-habits</u>)

