



Kremmling Preschool Newsletter



October 18, 2023



MISS SARA'S SECTION - "Happy Fall! We enjoyed the Firemen coming to the classroom last week. We were able to go out to their truck and walk through it and we also got to try on some of their equipment. In the classroom we have been talking about the changing of the seasons and Community workers for fire safety week. I am looking forward to visiting with you all at parent teacher conferences. I can't wait to show your little one's progress and the hard work they have been doing!"



FAMILY TREE - We are working on creating a family tree as well as celebrate our different families and their heritage and we need your help! Please send us a family picture that we can hang on our tree. You may send in a copy or email them to us at michele@kremmlingpreschool.org. Thank you and we are looking forward to learning all about our families!



PARENT/TEACHER CONFERENCES - Parent/Conferences are scheduled for October 24 & 25. Signups are on ParentSquare. If you do not see a time that will work for you or are not able to access the ParentSquare form, please see Michele and we will find something that will work for everyone. Thank you and we are looking forward to visitng with you all!



HALLOWEEN PARTIES - On Tuesday, 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 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 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 Tuesday's, you may bring them and 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 FOR US TO TRANSPORT YOUR CHILD. IT IS IN YOUR CHILD'S CLASSROOM. THANK YOU.*****



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.



CALENDAR of EVENTS:

- Oct. 24/25 Parent/Teacher Conferences, more information to come
- Oct. 31 Trick-Or-Treating, Halloween Parties
- Nov. 20-23 Thanksgiving Break, Preschool closed
- Dec. 2 Preschool Craft Fair
- Dec. 14 Christmas Program, 630p, TENTATIVE
- Dec. 21 Cookies, Movie, & PJ Day!
- Dec. 22-Jan 7 Winter Break, Preschool closed

Please do not hesitate to call or stop by with any questions or concerns! (970) 724-9483 Michele DeSanti, Director.

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!")