

Kremmling Preschool Newsletter

October 25, 2023



MISS BRITTANY'S MESSAGE - "We had lots of fun learning about hibernation! We are enjoying learning about storms from our parachute hail storm to our thunder shakers to participating in a book about thumber. We have been excited about receiving the light table. The kids have also enjoyed hammering nails into a pumpkin at the science table. We are looking forward to a fun and exciting Halloween field trip and party!"



FAMILY TREE - We are working on creating a family tree as well as celebrating our different families and their heritage and we need your help! If you haven't already done so, 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 - Thank you all, for coming out to parent/teacher conferences and visiting with us. We love sharing all the great things your children are doing in class! If you missed the conference, please reach out and we will find a another time to get together!



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. 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====>**

The Most Powerful Family Ritual? The Bedtime Story

There is simply nothing more powerful than the bedtime story—especially in this age of continuous screen time. As we go deeper into the discussion, we start to see how the bedtime story is the perfect ending to the day. So, let's rethink and reclaim this special decompression time for both parent and child.

It is not just something we are doing for our kids—the benefits accrue to us as well. We don't just read to our kids, we read *with* our kids. Here are five reasons why the bedtime story is the most powerful family ritual:

End-of-day closure - The bedtime story can symbolically represent a closure point in our continuous, always-on, and endless days. Even our kids, as they enter grade school, are starting to feel pressures of a 24/7 world. Together we can start to wind down, letting go of the anxieties that can fill a day.

For our kids, bathing, teeth brushing, and pajamas starts the slow-down process. For us parents, it is also important that we fully shift our attention and presence to this special time—treating it as uninterrupted, sacred space (leaving our device outside the room!).

Feeling safe & secure - There is probably no safer or secure feeling than to be snuggled with a parent—listening to their comforting voice. Bonding is magnified as a special story transports us to a world of possibility. Also, stress levels start to lower for both parent and child as a softer energy starts to surround us. To have this loving ritual repeated night after night promotes an unconditional love that protects our little ones from the inevitable feelings of vulnerability that define the human experience.

Healthy sleeping & better dreaming - Sleep specialists reveal [how bedtime stories can help both child and parent](#) get a good night sleep. It makes total sense. The loving voice tones of the parent can also create strong associations with sleep—slowing the brain down—and helping the child to let go of the day. As our young ones enter deeper sleep after storytelling, the brain continues to “play with” this new information—imprinting the feelings, images and story patterns that have been heard.

In other words, the powerful subconscious continues to do its magic as the child sleeps, setting the foundation to positively enter the next day.

Engaging the imagination - Bedtime stories are one of the best ways to stimulate a child's imagination. Research reveals that [reading a story is completely different than watching a TV show](#) or movie. Listening to a story requires a more active participation as they use their mind to visualize what is happening and to think about what choices they would make if they were the character. These new ideas inspire our kids to imagine new realities and identities for themselves. Their favorite stories start to positively shape their own life story.

Connecting & empathizing - Just as stories help our kids create their sense of self, they also help them to empathize with others. Our young ones can find comfort in relating to a character in a story who is going through a similar challenge—whether it is a best friend moving away or the loss of a pet. Not surprisingly, stories can help our kids find the courage (and scripting) to deal with things that seemed too far out of their experience.

For children in uncertain circumstances (like divorce or loss of a family member), a bedtime story can help them to start shaping a new reality. Still, the most precious forms of connection that bedtime stories facilitate is that between parent and child—one of the most powerful predictors of success and happiness in life for our kids.

Sweet dreams to your little one!