



Kremmling Preschool Newsletter



October 16, 2024



MISS SARA'S SECTION - "Hello. We had a great time learning about Dinosaurs. We have added a new table for the letter of the week, we have four different letter activities at the table including a sound button they can push to hear the letter and the sound it makes. Everyone has enjoyed this table so far. I am looking forward to seeing you all next week and visiting about your child. Thank you all. Have a great week."



Parent/Teacher Conferences - Parent/Conferences are scheduled for next week, October 22 & 23. Signups went out on ParentSquare. If you do not see a time that will work for you or 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 Thursday, 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 Thursday'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.*****



GUEST READER PROGRAM - There are still some times available for guest readers, especially in the morning & afternoon classrooms! If you haven't already done so, please consider coming to read to our preschoolers. It is such a fun way to get to know everyone and the children LOVE to hear stories! If you need another form with dates and times let us know and we will get you one asap.



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!



REMINDERS - Please be sure you have a full change of clothes in your child's backpack or cubby as well as a water bottle. Thank you!



CALENDAR of EVENTS

Oct. 22/23	Parent/Teacher Conferences, see ParentSquare to signup
Oct. 31	Halloween Trick-or-Treating & Parties, see ParentSquare to signup to help
Nov. 25-28	Thanksgiving Break, Preschool closed
Dec. 7	Preschool Craft Fair
Dec. 12	Christmas Program, 630p
Dec. 20-Jan 5	Winter Break, Preschool closed

ANY questions/concerns, please contact Michele 970-724-9483.

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!”)