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Downtown Ithaca Children's Center  
February 2015 - Newsletter

## CLASSROOM NEWS

**Firefly Room** – We are tired of not being able to play outside, so we are having pajama parties and beach parties!

**Green Room** – We have lots of new friends and we are teaching them how the classroom works. We are also learning about all of the different types of bears and their habitats.

**Purple Room** – We have been doing a lot of sensory activities. We are looking forward to the full days in February.

**Rainbow Room** – We have almost finished learning about the entire alphabet. We are so excited.

**Dragonfly Room** – This coming month we will be working with many mediums exploring the color pink. We will also be making many hearts and valentines to decorate the room.

**Butterfly Room** – We would like to welcome Cait to our room and our new friends. We have finished our winter theme and are moving on to colors.

**Blue Room** – We would like to welcome our new friends Gabby and Jordan. We really enjoyed finger painting this month.

**Yellow Room (School Age Program)** – We are making baby blankets for new siblings in our classroom.

## IMPORTANT INFORMATION

- **Cold Weather Is Here** – Please make sure your child has the appropriate outside clothing as we will be going outside unless it is raining or extremely cold. They will need a jacket, hat, mittens, snow pants and boots. They will also need sneakers every day.

-**Attendance** – Please call the center before 9:00 am if your child will be later than 9:00 am or will be absent.

-**Training Days** – March 12-13, 2015 we will be closed due to training days.

-**Welcome New Staff** – We would like to welcome Cait Vaughn to our center. She is working with the woddlers in the Butterfly Room. We would also like to welcome Shana Tubbs to the Blue Room. We would like to welcome Krista Tripp as the new administrative assistant. Please stop in the front office to say hello and welcome her.

-**Closing Time** – The center closes at 5:30 pm. If you are picking up your child past 5:30 pm, there is a late fee of \$1.00 per minute after 5:30 pm. It is important that you leave the building promptly by 5:30, as we need the building vacant for the cleaning crew. Please come to the center at least 10 minutes before if you would like to talk with the classroom teachers.

### Upcoming Events – February

16

Closed – for President's Day

Simple, straightforward parenting advice and helpful tips from Dr. Phelan's award-winning, best-selling parenting programs.

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### **Going to Bed — And Staying There!**

Bedtime. The calmest, most peaceful time of day. You tell your drowsy little munchkins that it's time for bed and they all yell, "Yay!" They run off to get into their pajamas, brush their teeth, and crawl into bed. You tuck all your kiddos in, kiss them goodnight, and head for the door. Their little eyelids are slowly closing. Now, it's time for you to relax!

It's not like this in your house? Actually, it's not like this in ANY house without some preparation, a plan, and some good old consistency.

### **The Basic Bedtime Method**

It all starts with what we call The Basic Bedtime Method. There are two steps:

- 1. Pick a bedtime and stick to it.**
- 2. Create a Bedtime Routine.**

#### **1. Time for Bed!**

Step one is to pick a bedtime and stick to it. Period. You absolutely must be consistent with the bedtime. Why? Because every time you alter the bedtime "just this once," you're letting your child discover an opening for negotiating bedtime with you each and every night.

#### **2. Bedtime Routine**

The next component of the Basic Bedtime Method is setting up a Bedtime Routine. This is what you do:

Set timer for 20-30 minutes. Let your child know that he needs to use the bathroom, put on pajamas, brush his teeth, get a drink, and anything else you can think of before the timer goes off.

Older children (about 6 and up) are on their own. The little guys will need more supervision.

Now, let each child know that any time that remains after he has completed his routine is time that the two of you can spend together! Your special time together can be spent either reading or quietly chatting. These activities take place once your child is already in bed. If he doesn't finish his routine in time, he goes straight to bed and the lights go out. No arguing.

### **What If They Get Out of Bed?**

Kids get up after lights out for one of two reasons, or some combination of both:

- 1) Boredom: Life is fun, bed is boring and
- 2) Fear: It's too dark in here, there's a monster in my closet, etc.

For getting out of bed we use the "cut them off at the pass" routine. Here's how it works.

Say you know—if you leave the area—your child will get up right away after your bedtime routine. Immediately after lights out, therefore, sit in the bedroom doorway with your back facing the room. If fear is the issue, having you right there will make him feel more secure. Don't talk to him, don't look at him. Read a magazine or a book until the youngster goes to sleep. No noisy video games on your tablet! If he gets up, you pick him up and put him back without saying anything. If you get tired of doing this, just let him fall asleep on the floor and cover him up.

But commit yourself to two goals:

- a) He's not leaving that room and
- b) You're not talking to him. No matter what.