



Early Learning Center News

May 2021

May 2-8 is Teacher Appreciation Week!

HISTORY OF NATIONAL TEACHER DAY

In 1953, Eleanor Roosevelt stood up to Congress in hopes of convincing them that teachers needed a day to be recognized for all that they do. Until that point, the celebration of the day wasn't clear. It's believed that some schools in certain states were already observing the day, but there wasn't a clear consensus and she wanted to make it official.

The National Education Association (NEA) in partnership with the Kansas State and Indiana State Boards of Education, lobbied Congress in order for the day to be recognized. Despite her best efforts, the first National Teacher Day didn't become an official national day until 1980.

At its inception, National Teacher Day was celebrated on March 7 until 1984 when it was moved to May. Thanks to the assistance of the National PTA, it evolved into Teacher Appreciation Week, giving teachers more time to bask in appreciation. A year later, the NEA established that the first Tuesday of the week would be National Teacher Appreciation Day.

Today, the official national day celebrates teachers by gift-giving and the showering of accolades from students and parents alike. The hashtags #TeacherAppreciationDay and #NationalTeachersDay are used on social media to show teachers making a difference to the world at large.



**Important Dates
for
Parents to Remember!**

**May 9 is
Mother's Day**

**The ELC will be closed
Monday, May 31st
For Memorial Day.**

Are you looking for an OPPORTUNITY to participate? Any parent who wishes to be part of a parent committee ("ELC Parents") should email Ms. Williams (cwilliams@cotsehc.org) to let her know by April 15th. This committee will assist with various efforts, i.e. fundraising, educational activities, staff appreciation, etc. Thank you!

Early Pick-up & Drop-off Reminder:

We have a few things that we want to make sure all parents are aware of:

Drop-off is 7:00 AM - 9:10 AM Daily. Doors are promptly locked at **9:10.** Please adhere to these drop-off times. If you are going to be late dropping off or picking up, **please call 216-321-1685.** To make a **permanent time change**, please email cwilliams@cotsehc.org and you will receive confirmation of the change generally within 48 business hours. During the hours of **12 noon and 2:15pm** staff are scheduled to take lunch. It is difficult to cover staff lunch and have staff available for early pick-up and late drop-off (after a doctors appointment). **If you need to pick-up early or drop-off late it needs to be before noon and after 2:15pm.** I apologize in advance for any inconvenience this may cause.

Happy Birthday to:

© Jaden Smith 5/20

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This month we are providing some great information concerning bedtimes for babies, toddlers and preschoolers. The following article is from www.HappiestBaby.com:

Toddler Bedtime Routine

If you don't already have a bedtime routine in place for your toddler, now's the time to create one. Here's a perfect bedtime routine for toddlers (ages 12-36 months).

When is a Good Bedtime for Toddlers?

For many toddlers, expecting them to sleep from 7pm to 7am is too much to ask, but a 9:30pm bedtime is probably too late. Instead, the sweet spot tends to be between 8 and 8:30pm for toddlers, with lights-out by 8:30. But you'll want to take cues from your child to figure out the best bedtime for them.

When kids fight bedtime, it's a clue that bedtime is too early or too late. If bedtime is too early, you may notice that your child shows no signs of fatigue at bedtime and fights sleep for 30 to 60 minutes. On the flip side, fighting sleep can also be a sign that bedtime is too late. If you notice she also has trouble waking in the morning and she shows clear signs of tiredness at bedtime, bedtime is too late. To get the just-right bedtime for your tot, try moving your routine by 15 minutes every two to three nights until you land on your new bedtime.

How Can I Make My Toddler's Bedtime Easier?

Overexcitement, discomfort, stubbornness, poor sleep cues, and the wrong bedtime can all lead to troubles at tuck-in time. One of the best ways to get past these sleep speed bumps is to work on bedtime skills—all day long. Set your toddler up for bedtime success during the day by making sure she gets lots of sunlight, fresh air, and outdoor play. Ensure that she's eating healthy and is napping well. In addition, you'll want to build a good relationship during the day so your child naturally wants to cooperate at night. Then, you'll want to follow a bedtime routine like the one outlined below.

The Pre-Bed Routine for Toddlers (30-60 Minutes)

As the evening is drawing near, give your child a few signals that bedtime is approaching:

Dim the lights in the house.

Do quiet play (not roughhousing).

Turn off the TV.

Put on [white noise](#) in the background.

If you think your child has teething pain, ask your doctor if some medicine might help.

The "Get in Bed" Bedtime Routine (20-30 Minutes)

Each family picks a slightly different bedtime routine. The key is to make your routine pleasant, loving, calming, and consistent. [Philadelphia researchers found](#) that parents who started a 3-step bedtime routine (bath, massage, and quiet cuddling or singing a [baby lullaby](#)) saw success within 2 weeks. Their children (7-36 months old) fell asleep faster...and slept longer!

And, as an extra bonus, the toddlers were less likely to call out to their parents or get out of their crib or bed.

Besides baths and massage, here are other bedtime ideas and routines many parents opt for.

Some advice: When it's time to start your routine, don't invite resistance by asking, "Are you ready for bed?" Rather, start with an enthusiastic "Okay, kids! Time for bed!" Make a hand sign for "bedtime" and begin a countdown before you start to sing a sleepy-time song. (Just make up a little ditty with words like, "It's sleepy-time!" or "Time to go to bed!"—perhaps to a familiar tune like "Happy Birthday.")

As you sing, make a simple "let's sleep" gesture—perhaps putting your hands together like a pillow and resting your head on them.

Right before you start your bedtime routine, make your child's room perfect by:

Dimming the lights.

Keeping it cool (66°F-72°F is best).

Warming the sheets (use a hot water bottle or little microwaveable wheat bag that's removed when you tuck your munchkin in).

Using a pleasant smell (a drop of lavender oil on the mattress or headboard is nice).

Plugging in a small night-light.

Putting up a dream catcher or a picture of Mommy and Daddy to "protect" your sweetie all night.

Loveys & Other Tips for Your Toddler's Bedtime Routine

All kids enjoy saying "Good night!" to their toys. Prayers, lullabies, and [bedtime stories](#) are wonderful sleep steps, too, and a [pacifier](#) or a last sip of water can also help bring a sandman. (Offer water or caffeine-free mint or [chamomile tea](#), but avoid cavity-promoting juices or sugary drinks at bedtime. Also, limit pre-sleep breastfeeding or sucking on a bottle to about 30 minutes, because milk and formula also create cavity-producing bacteria.)

[Loveys](#) like a blankie or a teddy bear are great allies in your bedtime routine. Think of them as stepping stones to maturity and independence. These faithful friends are called transitional objects because they give kids the courage to take steps away from their mama and daddy and transition into the great big world.

If your toddler doesn't have a favorite lovey, you can pick a soft, cuddly one to carry around with you all day. Within a few weeks, your tot may start to get interested—associating the toy with your sweet cuddling—and a friendship with the lovey may begin.

(For the complete article, go to www.happiestbaby.com.)

Average Baby and Toddler Bedtimes By Age

(taken from www.babysleepsite.com)

Newborn	15-18 hours	Varies	N/A	<u>Newborns</u> need to eat frequently and will wake round the clock to feed, so a fixed bedtime is obsolete at this age. Watch your baby's sleep cues closely and put down for sleep at the first signs of tiredness.
1-4 Months	14-15 hours	Varies for 1-2 month olds; 3-4 month olds average 1-2 hours between naps	8-11 p.m.	Use the later bedtime for younger babies. By 3 or 4 months, you can gradually shift to using the earlier bedtime, as your baby (hopefully!) starts to sleep for one longer
4-8 Months	14-15 hours	Average wake time is 2-3 hours	6-7:30 p.m.	Most babies are ready for a predictable schedule by about 6 months. <u>Regular naps</u> emerge at this time (4 naps at first, and then gradually moves to 3 naps). Use the earlier bedtime during the <u>transition from 4 naps to 3</u> , to ward off over tiredness.
8-10 Months	12-15 hours	Average awake time is about 3 hours	6-7 p.m.	Most babies are taking 2 naps at this age. This is also prime time for the <u>8/9/10 month sleep regression!</u> Use the earlier bedtimes if the regression has <u>your baby napping less or waking more at night</u> , and becoming overtired.

10-15 Months	12-14 hours	Average awake time is 3-4 hours	6-8 p.m.	Stick with 2 naps, if possible; most babies aren't ready to transition to one nap until 15-18 months. If your baby goes through the <u>12 month nap regression</u> , use the earlier bedtime to make up for lost nap sleep.
15 Months-3 Years	12-14 hours	Average awake time is about 5 hours	6-8 p.m.	Your toddler will transition to needing just one afternoon nap by about 18 months. That nap should be about 2-2.5 hours in length. Use the earlier bedtime during the transition from 2 naps to 1, and during the <u>18 month and 2 year sleep regressions</u> , to make up for any lost sleep. By 2 years of age, you should start using 7:00 as your earliest bedtime; the 6:00 bedtime is more appropriate for younger toddlers.
3-5 Years	11-13 hours	Average awake time is about 12 hours, if toddler/preschooler is no longer napping	7-8:30 p.m.	Most children give up the afternoon nap at this stage. Substitute an afternoon rest time in for the nap time. Try to time bedtime so that you allow for roughly 12 hours of night sleep, for children who are no longer napping. Use the later bedtime for children who are still transitioning away from the afternoon nap.

Infant 1 News

Welcome to Infants 1!

Moms are the Best!

Infant 1 would like all of you to join us in celebrating all Moms around the world. Our book of the month is "I Love You, Mommy", our basic sign is "Mom", our color is brown, and our animal is a bear. The mother bear always protects her cubs and watches over them, always. We salute moms everywhere and every day. May 9, 2021 is Mother's Day. We will be honoring Mom by wearing the color brown on May 7, 2021. Please join us in our celebration of Mother's Day! Thank You, Infant 1 Team

Infant 2 News

Hello Infant II Family!

Welcome Spring! April showers brought May flowers. The flowers are blooming, the leaves are growing, and it's getting warmer. Infants learn the world through their senses. We will be experiencing spring as much as we can through taking Nature Walks, feeling flowers and grass, as well as having Circle Time outdoors (weather permitting).

Our Letter of the Month will be "M" for May and Mom, Color of the Month will be Pink, Shape of the Month will be a Diamond, and the Animal of the Month will be Birds.

Toddler News

Hello Toddler Family!

We are so happy that spring is in full effect! This month we are continuing our learning on nature and transitioning into our 5 senses! This will be an ongoing lesson for the next five weeks partially going into June. We are so excited to help your toddler discover what they can do with their five senses. We are requesting that you please bring in your child's summer clothing during this month. Once received, we will send back the winter clothes that we still have. The shape of the month is rectangle, the color of the month is yellow, and the letter of the month is M for May.

Preschool News

Hello Preschool Parents!

Spring continues! This May, we will be learning about food and nutrition, the five senses, and abilities and disabilities. We'll also celebrate our mothers, aunts, sisters, and grandmothers with several Mother's Day projects. We will continue to practice spelling and writing our names, counting and quantifying, number recognition, addition and subtraction, letters and sounds of the alphabet, days of the week, months of the year, and sight words.

Pre-K children who will be leaving us to attend Kindergarten in the fall should be learning how to tie their shoes. We will be working on that here at the ELC. Please also work on this with your children at home.

As a reminder, please do not send toys and candy to school from home. We will continue going outside twice a day, five days a week, weather permitting. Please remember to bring light jackets and hats. Also, please bring in extra clothing for your child (pants, underwear, long sleeve shirts, and socks). Thanks! Have a great May and Mother's Day!



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Striving for the STARS!



Church of the Saviour
Early Learning Center
was Awarded
a Step Up to Quality
Star!



Jan. 2019

Church of the Saviour Early Learning Center (COTSEL) opened its doors in December, 1975. As an outreach ministry of the Church of the Saviour United Methodist Church. The center has provided quality care for children aged 18 months to 5 years for over 35 years. In 1999, a Before and After School Program was established, and our Infant Room opened its doors in 2008. We now welcome all children aged 6 weeks to 11 years to our quality care and learning center.

License Number: 301337

Capacity: 123

Age Range: Infant, Toddler, Pre-Schooler

Days of Operation: Monday - Friday

Normal Open Hours: Mon-Fri, 7 AM-5:50 PM

Enrolled in Subsidized Child Care Program: Yes

Type of Care: Full Time Center

Transportation: Field Trips, To/From School



MAY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9 <i>Mother's Day</i>	10	11	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24/ 31 <i>Memorial Day</i>	25	26	27	28	29