Parents as Teachers

Daylight Saving and Your Baby’s Sleep: Why “Falling Back” Affects Your Child’s Sleep

You may be wondering why we make any fuss at all over the end of daylight saving time (November 4th this year). It happens every year, after all—what’s the big deal? The big deal is this: your baby’s internal clock won’t change along with your household clocks. And while we adults can process the time change and stay in bed until our normal wake-up time even after we “fall back”, your baby can’t do this. You can bet that if your baby usually wakes at a certain time (say, 6:30am), she’ll wake about an hour earlier than normal after the time change (closer to 5:30am, in this case). That’s due to the fact that 5:30am feels like 6:30am to your child—because it was 6:30am just a day ago! The end of daylight saving time causes most children to wake earlier than usual, and that in turn throws off naps and bedtime, and this turns into a relentless cycle of overtired crankiness from which it can feel very difficult to escape.

What can you do:

If your baby is sleeping well and is adaptable...
...then it may be just fine to do nothing at all. Your baby will probably have a few “off” days, sleep-wise, after the time change, but since he’s adaptable, he’ll likely adjust without issue.

If your baby is sleeping well and is not adaptable...
...then you’ll probably want to adjust the schedule ahead of time, to minimize damage. If you don’t, your baby will probably wake too early, and may have a hard time getting back to normal. What’s more, since your baby is less-than-perfectly-adaptable, the schedule disruptions may cause big nighttime and nap time waking problems. To prevent the time change from destroying your family’s sleep, you can work to gradually adjust your baby’s schedule forward by degrees, until she’s close to waking about an hour later than usual. Move the schedule (wake-up, naps, and bedtime) forward by 10-15 minutes every day or two.

If your baby is waking later in the morning than you’d like...
...congratulations! You don’t have to do anything. The time change will effectively bump your child’s schedule back by an entire hour, so this should solve any late-waking problems you may be having.

If your baby is waking too early in the morning...
...I’m sorry. The time change isn’t going to do you any favors. And let me emphasize that in this case, you definitely don’t want to simply do nothing, as your baby is going to wake close to an hour earlier than usual after the time change. So if your baby is normally up at 5am, you can expect a closer-to-4am wake-up call. Yikes! Not to worry through—you can take steps to minimize the damage. Begin by shifting your child’s schedule forward by degrees in the days leading up to the time change, using the same process outlined earlier. If your child is waking at 5am, for example, and you want him to wake at 6am, work towards a 6am start to the day, and shift everything else forward by an hour, too. After the time change, you’ll be back to a 5am(ish) wake-up time. From there, you simply work again towards a 6am start to the day, once the time change is done. This might sound like a ton of work, but its so much more palatable than not doing anything and having your baby wake way, too early instead of just early.
Baby Massage

Denise Campbell is an IAIM instructor for baby massage. She is also an occupational therapist and early childhood special education teacher who has worked in the Blue Valley School District for 31 years. Denise will be offering baby massage classes for 5 consecutive weeks beginning October 17th. Classes will meet on Wednesdays from 1-2pm in the Parents as Teachers playroom. Registration is required and space is very limited. These classes are most suitable for children 3 weeks old to 6 months old. Casual attire is suggested as we will be on the floor. Please bring a blanket for you and your baby to use. We follow baby’s schedule. If your baby needs to nurse or be fed during a session, we are flexible and follow the baby’s needs. Each week you will be given handouts so you may massage your sweet baby during the week. To register click HERE.

Guiding Behaviors Workshop

According to Dr. Becky Bailey, “Discipline isn’t something you do to children. It’s something you develop within them” Join us on Saturday, October 20th, from 9:00 a.m. to noon as we explore the challenges and rewards of parenting. We will look at brain development, temperament style, attachment and emotional regulation. Parent Educators will share information from Conscious Discipline, the Parents as Teachers curriculum and the Center for Early Childhood Mental Health Consultation. The presentation will include time for discussion with other parents attending the workshop. We are unable to provide childcare so please plan accordingly. Enrollment is required for this event. Click HERE to enroll.

Hilltop Storytimes

Join Bradley Debrick, the Early Literacy Coordinator for Johnson County Libraries for storytimes at Hilltop Learning Center. Mr. Debrick will share stories, songs, rhymes, fingerplays and movement activities. You and your child will have fun plus you will get great ideas for reading at home. Storytimes will be offered on the following Fridays: 10/19, 11/9 and 12/7. Storytimes from 9:00-9:30am and 10:30-11am are for children birth to 3 years of age. Storytime from 9:45-10:15am is for children 3 to 5 years of age.

Don’t Forget to Leave the Light On!

As we lose daylight in the evening, please be sure to leave a light on for your parent educator.
**Spot Vision Screener**

The Spot Vision Screener is a simplified vision screening tool using a handheld, portable, self-contained device. It does a fast screening with a one-second capture time in a non-invasive 3 foot distance and can be completed without a response from the child. It successfully captures a reading 97% of the time. It provides thorough objective results. Patients simply sit down and look into the front of the device, focusing their vision on its blinking red, amber and blue lights - a "chirping bird" auditory cue can also be used, to attract the attention of young children. It then takes a series of photos of the patients' eyes using infrared light, all within no more than one second. By analyzing those images, it is able to determine if their vision is "in range" or "out of range." Should a patient fall into the "out" category, a screen on the device will instantaneously display the name of the likely problem, and advise that a more complete eye exam be performed. Conditions that Spot can identify include near- and far-sightedness, unequal refractive power, eye structure problems, pupil size deviations, and eye misalignment. The SPOT supports the AAP vision screening guidelines for early detection of amblyopic risk factors. A result of “complete eye exam recommended” should be reviewed by a medical professional. A child’s vision can change at any time. The parent should be vigilant at observing for changes in their child's visual behaviors and bringing any changes to a medical professional's attention. SPOT vision screens are available at our weekly playgroups or upon request. If you have questions please ask your Parent Educator.

**BlockFest**

Building with blocks can be a great, fun learning experience for your child. Block play can help prepare your child for future success in math and science. When children play with blocks, they engage in play that builds understanding of math and science concepts and are developing numeracy—the understanding of numbers in everyday life, just like literacy is the understanding of letters and words. Register for this fun 45 minute long block experience with your child by clicking HERE. Blocks of different sizes and varieties can be explored. This class is most appropriate for children 24 months and older. We are offering two sessions on Saturday, November 10th, one from 9:30-10:15am and another from 10:45-11:30am Location: Hilltop Learning Center (7700 W 143rd St).

**Celebrate CALM**

Celebrate Calm Founder Kirk Martin, and his son, Casey, will provide parents and teachers with a dozen strategies that will eliminate defiance, disrespect, yelling, bullying, sibling fights and more that characterize our homes and classrooms. Kirk provides concrete, practical strategies that work with kids ages 2-22 in everyday situations. Their presentations are described as, "Practical, relevant, and laugh-out-loud funny." This program is geared for children through elementary years but these same principles will apply to toddlers and two year olds.

Wednesday, October 10th from 7-9pm OR Thursday, October 11th from 10am-noon at Hilltop Learning Center (7700 W 143rd St)

 Reserve your FREE tickets by clicking on the following link: https://bluevalleyeducationalfoundation.formstack.com/forms/bv_well_celebrate_calm

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**Spots Support Services**

- **Coding Events**
  - Ages: 2-14 years
  - Location: Hilltop Learning Center (7700 W 143rd St)

- **SPOT Vision Screens**
  - Available at our weekly playgroups or upon request

- **BlockFest**
  - Description: Fun, educational experience for children
  - Ages: 24 months and older
  - Location: Hilltop Learning Center (7700 W 143rd St)

- **Celebrate CALM**
  - Description: Strategies for parents and teachers
  - Location: Hilltop Learning Center (7700 W 143rd St)

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**Contact Information**

- **Parent Educators**
  - Office: 815-739-3000
  - Email: parenteducation@blueday.org

- **Community Relations**
  - Office: 815-739-3000
  - Email: communityrelations@blueday.org

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Finger plays

Finger plays can be used in many different circumstances. You can use them on walks with your toddler or driving in the car. They will amuse your child at changing time or while he waits for his meal in his highchair. Sing or say the finger plays as you rock in the rocking chair or as your child plays in his bath. Finger plays are appropriate just about anytime and anyplace!

My Apple

Look at my apple, it is nice and round. (cup hands)

It fell from a tree, down to the ground. (move fingers in a downward motion)

Come, let me share my apple, please do! (beckoning motion)

My mother can cut it half in two—(slicing motion)

One half for me and one half for you. (hold out two hands, sharing halves)

Hickory, Dickory, Dock

Hickory, dickory, dock, (stand, swing arm like pendulum)

The mouse ran up the clock. (bend over; run hand up body)

The clock struck one, (clap hands over head once)

The mouse ran down, (run hand down to feet)

Hickory, dickory, dock. (stand; swing arm like pendulum)

The Family

This is mama, kind and dear. (point to baby’s thumb)

This is papa, standing near. (point to pointer finger)

This is brother, see how tall! (point to middle finger)

This is sister, not so tall. (point to ring finger)

This is baby, sweet and small. (point to little finger)

This is the family one and all. (wiggle all fingers)