



Parents as Teachers

October 2021

Daylight Saving and Your Baby's Sleep: Why "Falling Back" Affects Your Child's Sleep

CALENDAR

SATURDAY PLAYGROUP

REGISTRATION REQUIRED
NOVEMBER 13TH
9:30-10:15AM

EVENING PLAYTIME

REGISTRATION REQUIRED
NOVEMBER 10TH
6-6:45PM

GUIDING BEHAVIOR WORKSHOP (PARENTS ONLY)

THIS CLASS IS FULL
SATURDAY, OCT. 16TH
9-10:30AM

BLOCKFEST

SATURDAY, NOV. 20TH
REGISTRATION REQUIRED
TWO SESSIONS:
9AM & 10AM



You may be wondering why we make any fuss at all over the end of daylight saving time (November 7th 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 it's so much more palatable than not doing anything and having your baby wake way, way too early instead of just early.

November Playgroups

We have loved having families back in our playroom this year. In-person playgroups offer many benefits including connecting with other families, new activities for children to explore and children learning to interact with one another.

In order to help keep our groups a safe size, we will be requiring families to sign up in advance. We are always looking at ways to help families make connections with one another during playgroups. In order to help facilitate ongoing interaction as well as less exposure, we will be running playgroups in 3-4 week sessions. For November, you have the opportunity to sign up for a group that will meet weekly at the same time for three weeks. You can choose to sign up for a group with children that are a similar age to your child, (baby play, 1-year old or 2-year-old groups) or, you can choose to opt for our birth to 3 years old group if you have more than one child or would like your child to be around children of all ages. We will continue to offer one Saturday and one evening playgroup a month for dual working families who cannot attend during the week.

- Each group will be limited to 15 families
- Everyone ages 2 and up will be required to wear a mask inside Hilltop Learning Center.
- Only one adult may attend per child. A nanny or grandparent is welcome to bring child in place of parent if necessary.
- No siblings are allowed in the baby play, one-year-old or two-year-old playgroups. Siblings may attend the birth to 3 years old playgroups, evening or Saturday groups. Please indicate name and age of sibling attending at time of enrollment. (non-walking/crawling babies are an exception)
- **All adults must show a valid state issued photo ID or passport to enter any BV Building. Please plan to bring ID with you to each playgroup session or you will not be able to attend.**
- Strollers and car seats are not allowed in the playroom, please plan to wear or carry your baby while in the playroom when not on the floor playing.
- If you miss two sessions in a row, your spot will be given to the next family on the waiting list.
- Please stay home if your family has been exposed to COVID within past 14 days or if someone in your home is experiencing symptoms.

Playgroup Dates and Times [Click HERE](#) to register

Baby Play-for non-walkers (3 week session)-Registration required

Tuesdays 12:15-1pm: 11/2, 11/9, 11/16

Playgroup for 1-Year-Olds (3 week session)-Registration required

Thursdays 9:15-10am: 11/4, 11/11, 11/18

Playgroup for 2-Year-Olds (3 week session)-Registration required

Tuesdays 10:15-11am: 11/2, 11/9, 11/16

Wednesdays 9:15-10am: 11/3, 11/10, 11/17

Playgroup for Birth to 3 years old (3 week session)-Registration required

Wednesdays 10:15-11am: 11/3, 11/10, 11/17

Thursdays 10:15-11am: 11/4, 11/11, 11/18

Wednesday, November 10th Evening Playgroup 6:00-6:45pm-Registration required

Saturday, November 13th Playgroup 9:30-10:15am-Registration required

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. One adult per child will be allowed to attend. Also attendees must wear socks. We are offering two sessions on Saturday, November 20th, one from 9:00-9:45am and another from 10:00-10:45am Location: Hilltop Learning Center (7700 W 143rd St).

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.

FALL!

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This publication available in alternate formats.

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*)

