



Discovery Isle Preschool  
23785 Washington Ave.  
Murrieta, CA 92562  
(951) 304-3033

# Murrieta

## What's Happening Under the Sea?

July  
2019

Our first month of Summer events has arrived!  
We will have many dress up days, tasty s'mores, splash day,  
Alex's Lemonade Stand fundraiser, and other Fun activities!  
There is a copy at the front desk to help you plan ahead.

**Please remember that our activities start at 9:00 a.m.,  
it is important that your child is here in the morning to  
Guarantee participation in the summer events.**

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Please remember to check your  
child IN before taking them to class and  
OUT each day after you have picked them up  
from their classroom.  
Thank you!

Although it is summer time,  
our academics still begin at 9:00 a.m.  
We know you understand the importance  
of having your child here for circle time.  
Thank you for having them here before 9 a.m.

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### Internet Reviews

With the new school year beginning and prospective parents looking for schools to enroll their child, we look to our current families to spread the word.

Most busy parents rely on the internet to aid in cutting down on time spent searching for a quality preschool program.

There's nothing like hearing first hand experiences from our current families and their opinions about our program.

We would love if you were able to take a few minutes to write an online review about our school to give prospective parents feedback on what we have to offer.

Here are a few sites that allow you to post a review:

[www.yahoolocal.com](http://www.yahoolocal.com)  
[www.greatschools.org](http://www.greatschools.org)  
[www.yelp.com](http://www.yelp.com)



We want to hear from you and have you share your experience with new families. Thank you for your help in helping new families "discover" our programs!

### Sunscreen Permission Slips

We have sunscreen permission slips available at the front desk. Permission slips are valid for up to six months. If your child does not have an updated permission slip, your child's teacher will not be able to reapply their sunscreen in the afternoon.

We are required by licensing to accept only sunscreen bottles  
with printed expiration dates on them.

We apologize for the inconvenience this may cause, but appreciate your understanding!

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Does your child not attend on a day that we have a super fun summer activity?



See the front office if you would like to add an extra day so your child can participate in that activity!



### Extracurricular is extra fun!

We offer:

*Busy Bee Sports, Tumbling, and Dance.*

*For further information, you can find brochures in the front office!*



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### Schedule Changes

Please remember when changing your child's schedule you are required to give the following notice to the front office:  
-30 day notice to decrease schedule  
-2 week notice to increase schedule  
We appreciate your understanding!

### Vacation Request

Please remember all vacation requests require a 2 week notice (available after 6 months of enrollment) to qualify for one week of tuition at no cost. Requests can be made at the front desk.

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### Summer Moves:

We have a lot of exciting things planned for the new school year.

We have done our moves from the Beginner to Intermediate Program and Intermediate Program to Pre-K Program.

**We are SO excited for  
the new year!**

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### Splash Days

We have a few splash days scheduled in July and August on the Summer Calendar.

If your child is here on a scheduled splash day, please bring your child along with their bathing suit, swim diaper (if needed), a towel, and water shoes.\*

Some classrooms prefer that your child comes to school with their suits on under their clothing.

Please check with your child's teacher for specifics on Splash Day protocol.

\*If your child does not have the required items, they may not be able to fully participate in Splash Day festivities for safety reasons.



# Bedtime Without Struggling

- by Kathryn Kvols and Helen Hall, RN, MSN, CFNP

1. Respect your needs. Take care of yourself during the day so you are not feeling hassled and frazzled at your child's bedtime. Set your child's bedtime at an hour that allows you some solitude and/or "couple time" with your partner after your child goes to bed.
2. Whenever possible, have both parents be a part of the bedtime ritual. Bedtime is more fun and less of a burden when both parents participate.
3. Start your bedtime ritual forty-five minutes to one hour before your child's actual bedtime hour to avoid unnecessary stress and struggle. This process should be a winding down time, in other words, eliminate activities that would excite the child such as rough-housing or tickling.
4. Respect his sense of time by telling him that bedtime is in 15 minutes, allowing him to complete a particular activity before his actual bedtime hour.
5. Offer choices instead of orders. Your child will have a feeling of control over what happens to him when given choices. For example, you might say, "Do you want your dad to help you with your bath or me?" Or "Do you want to wear your red pajamas or your blue ones?" Or "Do you want to sleep with your gorilla or your kitty?"
6. Create a bedtime ritual with your child's help and advice. For example, read a story, snuggle, give three stuffed animals to kiss, give a hug and two kisses and leave the room singing a song. Routine is particularly important from at least 12 months of age through age two. The routine needs to have a quality of sameness or routine -- the same order or the same song -- to provide a sense of security.
7. Create closeness. For example:
  - o Talk about "Remember When," such as "Remember when we went camping and that raccoon got into our food?"  
Or "I remember when you were a baby and loved to have your tummy rubbed."
  - o Listen to your child's feeling about the day.
  - o Say three things that you love about each other. Start each statement with, "What I love about you is..." and complete it  
\ with a specific thing that you love. For instance, "What I love about you is the way you helped put your books away today," n  
or "What I love about you is the way your singing can lift my spirits."
  - o Ask the following questions that allow your child to share more about himself:
    - o "What was the best thing that happened to you today?"
    - o "What was the worst thing that happened to you today?"
    - o "What was the silliest thing that happened to you today?"
  - o Some children may talk more freely with the lights out. Try to discover what is most encouraging to your child in enhancing  
your communication together.

After you have completed your bedtime routine, leave your child's room. Explain to your child ONCE when you start this new routine, "If you come out of the room for any reason other than emergency, I will lovingly guide or carry you back to your room." "I will not talk to you after saying goodnight and closing the bedroom door."

It is essential that you do not talk to your child after the bedtime routine is complete. Your child will pay more attention to your actions than your words. Further, if you continue to talk to your child, you are more likely to get into a verbal power struggle about going to bed. If you discover yourself saying, "Didn't you hear what I said? I told you to go to bed and I wasn't going to talk anymore!" Stop talking and take loving action by guiding your child back to bed. You may have to guide your child back to his room several times, particularly at the beginning because children will test their parents. However, as the week progresses, bedtime will become more pleasant for both you and your child.

You can make bedtime a time of nurturing, closeness, shared communication and fun. By involving your children in the decision-making process and spending this special time with them, they will feel valued and respected. By setting limits, you will gain the respect of your children and build their self-esteem.

Helen Hall is a pediatric Nurse Practitioner for the FM 1960 Pediatric Center and Learning/Development Center, both in Houston, Texas. Helen also teaches parenting educators through the International Network for Children and Families.