

Neighborhood House

September Children's Birthdays

Landon
Lily
Maylin
Serenity
Arayya
Aidyn
Jeremiah

Employee of the Month



MARKIE WILLIAMS, RN

Employee Birthdays

Candice 9/13

Employee Anniversaries

Gail 3 years



September 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1 KIDZ CLUB CLOSED
2	3 KIDZ CLUB CLOSED	4 Wildlife Day - ROAR!	5	6 Read a Book Day	7	8
9	10 Teddy Bear Picnic	11	12 Video Game Day - wear your favorite charac-	13	14	15
16	17	18	19 Dress like a Pirate	20	21	22
23 First Day of Autumn	24	25 Comic Book Day	26	27 Chocolate Milk Day	28	29
30						

Back-to-School Tips

Backpack Safety

- Use a backpack with wide, padded shoulder straps and a padded back. The bottom of the backpack should sit at the child's waist.
- The backpack should not weigh more than 10% to 20% of the child's body weight. Organize the backpack weekly and remove any unnecessary items.

School Bus Safety

- Remind the child to wait for the bus to stop before approaching it from the curb and to look both ways before crossing the street.

Car Safety

- The child should ride in a car seat with harness for as long as possible before switching to a belt-positioning booster seat.
- Any child younger than 13 years old should ride in the rear seat of vehicles. If the child must ride in the front, move the front-seat passenger's seat as far back as possible and have the child use a booster seat if the seat belt does not fit properly without one.

Eating During the School Day

- Children who eat a nutritious breakfast do better in school and have increased concentration and energy.

Bullying

- Acknowledge the child's feelings about being bullied. Alert school officials and work with them on finding solutions. Teach the child when and how to ask an adult for help.
- If the child is being the bully, set firm and consistent limits, teach empathy and be a positive role model for the child.

Developing a Sleep Routine

- Set a consistent bedtime for the child and stick to it every night. Use a calming routine like a bath/shower, reading with them and tucking them in and saying goodnight.
- Have the child turn off electronic devices well before bedtime.
- The optimal amount of sleep for most younger children is 10-12 hours per night. Older children, 13-18 years old, require 8-10 hours of sleep per night.