



# March

## Director's Corner

Daylight Savings returns March 9th, where we will "lose" an hour in return for longer days. For some of us, and our children, it can temporarily disrupt sleep taking a couple of days to get back on track. We all know sleep is important, but are we getting all we need? What about our kids? If your days are filled with fussy toddlers and meltdowns, they may not be getting enough. Here are some suggestions to creating great sleepers:

- **Establish a bedtime routine:** A consistent bedtime routine can help toddlers understand what to expect and how to behave. It can include activities like a bath, reading a story, or listening to quiet music about 30 minutes before bedtime.
- **Limit screen time:** Avoid electronic media and television before bedtime. You can also consider removing all devices from your child's bedroom.
- **Keep the bedroom dark, cool, and quiet:** A dark room with familiar objects around can help toddlers settle down.
- **Avoid caffeine:** Caffeine can make it harder to fall asleep and reduce the quality of sleep. Avoid caffeinated beverages or food several hours before bedtime.
- **Get enough sunlight:** Time spent in bright daylight promotes good sleep.
- **Exercise daily:** Daily exercise is an important part of healthy living and also promotes good sleep.
- **Praise your child:** Praise your child when you notice them trying to make changes to their sleep patterns.
- **Be consistent:** Try to have consistency on weekdays and weekends.
- **Avoid late naps:** Naps that are too late in the day can affect nighttime sleep.
- **Recommended Amount of Sleep & Bedtimes:**

o	1-2 years old	11-14 hours	6:00 pm-7:30 pm
o	3-5 years old	10-13 hours	7:15 pm-8:30 pm

## Upcoming Events & Activities



March 3rd - 7th No School Mardi Gras Break

March 28th Early Dismissal at 1pm  
Staff Training



# Happy Birthday!

## Students



Meredith Hufft 3/2  
Renee Jackson 3/2  
Lila Davenport 3/4  
Leon Nguyen 3/9

Nathan Mendes 3/14  
Eva Gotte 3/19  
William Mendolia 3/29



Most Blessed Sacrament Early Learning Center  
7853 Broker Avenue  
Baton Rouge, LA 70817  
(225) 752-8829