



Wings

A Weekly Newsletter for Families

August: Week 3
Family Fun

“The best preparation for tomorrow is doing your best today.” –
H. Jackson Brown, Jr.

Get Ready for the First Day of School

Here are a few things you can do to start easing your family back into the school groove.

- Set your kids' sleep schedules back to “school time” a few weeks before the first day of school.
- Get back into the rhythm by getting up early and getting dressed at the same time every morning. Have meals around the same times your child will eat when school starts.
- Create a dedicated spot where school things like backpacks and lunch boxes belong to avoid last-minute meltdowns on school mornings.
- To get ready for homework, set a regular alarm every day that signals the start of homework time. Have your child read books or do other quiet activities during this time.
- Refresh your rules about screen time.
- Arrange playdates to help your child renew social ties.
- Look for sales on school supplies. Some states have special shopping days when school supplies are tax-free.
- Get excited about the school year. Your child will pick up on your enthusiasm.



•• INFANT Inspiration

Baby Sleep Basics

Newborns sleep up to 17 hours a day – but they don't stay asleep for more than four hours in the first weeks of life.

At 6-8 weeks of age, most babies start sleeping for shorter periods during the day and longer periods at night. They'll still wake up to feed during the night.

Somewhere between 4 and 6 months, most babies can sleep for a stretch of 8-12 hours through the night. Some will continue to wake up at night through their toddler years.

Talk to the pediatrician if you have concerns about your baby's sleep habits.

•• TODDLER Tales

Discipline Tip: Give Your Toddler a Break

Time-outs are a foundation of child discipline, but being sent away can teach children that they're bad instead of promoting good behavior. If you do give your child a time-out, limit it to just a minute or two.

If your child is under 3 years old, call it something more positive, like a “cozy corner” – a safe place free of distractions and stimulation where your child can chill out until they get back in control (and help you regroup, too!). Correct bad behaviors, but also praise good behaviors.

•• PRESCHOOL Power

Finally – the First Day of Preschool!

The night before preschool starts, answer your child's last-minute questions, let your child choose their school clothes and make sure your child goes to bed on time.

On the first day of preschool:

- Wake up early to avoid being rushed.
- Make breakfast and, if possible, sit down and eat together.
- Review the day's routine.
- Make sure the backpack is packed. If your child is bringing lunch, point out their favorite foods that you've packed.
- If the school allows it, let your child choose a special toy or blanket to bring with them. You may want to send a family photo or favorite book in case your child feels lonely during the school day.

And remember – share your excitement! This is a big day for you and your child.

