



CAPMC HEAD START NEWSLETTER

March 2025

This month, we're sharing effective strategies to establish a nurturing bedtime routine for your child. Consistent routines—where activities happen at the same time each day—provide the comfort and security young children need to thrive. Knowing what to expect helps babies and toddlers feel safe and fosters trust in you as their caregiver.

Restful sleep is essential for their physical, mental, and emotional development, as this is when their brains grow and develop new cells. To ease bedtimes and naptimes, we've compiled proven tips that empower you to enhance your child's well-being. Create a supportive environment that promotes their growth!



TIPS: ESTABLISH GOOD SLEEP HABITS

- ★ **Develop a regular time for going to bed and taking naps, and a regular time to wake up.** Young children require about 10–12 hours of sleep a day. Sleep can be any combination of naps and nighttime sleep.
- ★ **Make sure your child has outside time and physical activity daily,** but not within the hour before naptime or bedtime.
- ★ **Give your child your undivided and unrushed attention** as you prepare her for bedtime or a nap. This will help to calm her and let her know how important this time is for you and her.
- ★ **Develop a bedtime and naptime routine.** Help your child be ready for sleep. Babies and young children thrive on predictability and learn from repetition. They like and need to know what is happening next. It is important to establish a routine that both you and your child understands and find calming and relaxing. Bedtime routines could usually involve undressing, bathing, dressing in pajamas or brushing teeth.
- ★ **Carry a favorite transition object to bed** (e.g., a teddy bear, a blankie, a book). A transition object becomes another signal to the child that it is time to go to sleep. Some children prefer an object that is soothing to touch or cuddle while resting.
- ★ **Provide your child with calming, rest-inducing activities, sounds or objects in the routine.** Avoid activities that might excite your child in the hour before bedtime or nap. It is not a time for roughhousing, tickle games, or active play. It is not a time for DVDs or computer games.
- ★ **Reduce light in the room.** While you want to darken the room, your child might find it reassuring to have a small light on in the room or her bedroom door open slightly and a light on in the hall.
- ★ **Make sure your child is comfortable.** Check the temperature; what is comfortable for you might be chilly or too warm for your child. Your child might need the security of pajamas that are snug fitting or an extra blanket.





PARENT RESOURCES

March 2025

PYRAMID MODEL STRATEGY OF THE MONTH

This month we will share some brief information about creating routines. Stable routines allow babies and toddlers to anticipate what will happen next, such as:

- Play-time and mealtime are two routines that are very social times for children and parents.
- Routines help children cope with transitions. Some parents use a timer to prepare their toddlers for a change in activity.



Scan the QR Code for more information.

NUTRITION FOR A HEALTHY WEIGHT

George Washington Elementary School
(Inside the Parent Resource Center)

Every Thursday until March 20th
From 8 AM to 9:30 AM

For more information or to register for the classes scan the QR Code or call
(559) 416-5879



MADERA COUNTY COMMUNITY NEEDS SURVEY

All surveys must be submitted no later than April 25, 2025

The purpose of this survey is to gather input from the low-income population and migrant seasonal farmworkers. The information obtained from this survey will be used to develop program activities and services for Central Valley Opportunity Center's (CVOC) 2026 / 2027 Community Services Block Grant (CSBG).

Contact Information:

info1@cvoc.org

(559) 662-0100

www.cvoc.org

ENGLISH



SPANISH



INCOME TAX ASSISTANCE

First come, first served until capacity!
Income must be below \$73,000.

Saturdays
Until April 13th
Closed March 30th

9 AM to 1 PM
CAPMC 1225 Gill Ave. Madera
Come prepared with your documents!

PARENT WORKSHOP ON VAPING

Presented By: Madera County Behavioral Health

Thursday, March 20th, 2025
6 PM at Madera South High School
Childcare will be provided

Scan QR Code on the right to register or call
MUSD Call Center
(559) 416-5879

