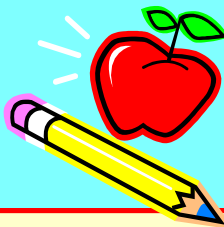




KID'S PLACE NEWSLETTER



Kid's Place
Glenwood, IA

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5 Ways to Get a Better Night's Sleep

1 - Spend Time Outside.....When you change your clocks for daylight saving time, don't forget your body's internal timepiece; the hypothalamus. To help reset it, try logging extra time in the sun, especially early in the day. Even eating breakfast near a sunny window can make a difference.

2 - Turn down the Heat.....Studies show that cool kids sleep better. In fact, the ideal temperature for sleep is between 61 and 66 degrees. But according to the authors of a Swiss sleep study, having warm feet can help you fall asleep more quickly. They found that tucking them in with a hot water bottle at night can do the trick.

3 - Shun the Screen.....The bright light emanating from computer and TV screens can disrupt normal sleep patterns by sending the wrong message ("It's still daytime") to the brain. The solution? Turn off all electronic media at least one hour - preferably two - before bedtime.

4 - Take a Bath.....some believe that a relaxing soak or a warm shower about 60-90 minutes before bedtime can make you fall asleep faster. The theory is that the rapid drop in temperature after getting out of the tub helps your body adjust its internal thermostat to a more sleep-friendly temperature.

5 - Try a Massage.....Make a sleep sandwich - with your child as the filling and his bed and pillow as the bread. First, have him lie on his bed, then massage his body as you add pretend condiments. Top with the "bread" pillow and press gently but firmly on his limbs and torso.



Dates to Remember

- April 1 NO SCHOOL day (Kid's Place open)
- April 2-5 Spring Vacation - NO SCHOOL (Kid's Place open)
- April 12 11 a.m. dismissal from school
- April 30 No school for Northeast Preschools and Head Start I and II students only



Mills County Public Health

Mills County Public Health will be holding immunization clinics on:

- 4/02 8:30 - 11:00am
- 4/09 8:30 - 11:00am
- 4/17 9:30 - 11:30am
- 4/23 8:30 - 11:00am

Call 527-9699 with any questions

New Faces at Kid's Place

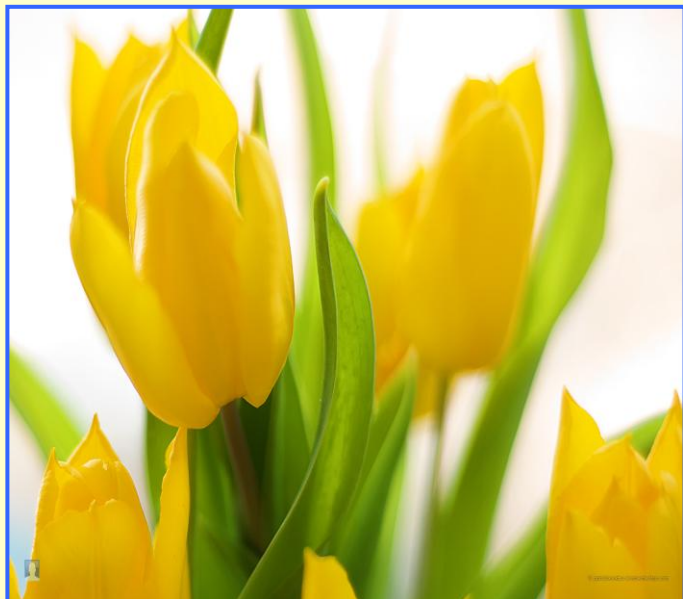


This past month we welcomed the following new children to Kid's Place:

Carson K, Derick K, Hayden O, Graham O, Gavin O, & Lilah S

April Birthdays

- 01 Nolan A
- 01 Jameson P
- 02 Corrin H
- 03 Leann C
- 04 Andrew A
- 04 Aaron A
- 05 Brett B
- 06 Grayson Pr
- 11 Joan M - staff
- 12 Alexa S - staff
- 14 Kodi N
- 16 Seth H
- 16 Kaden C
- 17 Rylan P
- 19 Pat T - staff
- 25 Claire K



Staff News

Employee of the Month -

Alice Maiers. Alice is our wonderful "library lady" who has seen many children come through her library for many years here at Kid's Place. Her Barney Doll that holds candy in it's belly is a popular destination for children at the end of their Kid's Place day. Alice is dealing with some health issues recently and hasn't been in her normal spot here at Kid's Place for several weeks. She is greatly missed by the children.

Staff Training

At the mandatory meeting on March 17, eight employees completed the Basic Employee Orientation training.

Summer Plans

Summer is fast approaching and we will need to know your summer daycare needs. We are already planning some fun activities and need to know if your child(ren) will be here to enjoy them.

Kid's Place Graduation

This year's graduation date has been set for April 26th. Children from our 4's/5's room who will be attending kindergarten this coming fall will participate in the graduation ceremony.

Time: 7:00pm

Place: Northeast Elementary Multi-purpose Room

