

ISSUE 21 FALL EDITION

Bringing Out the Best

SUPPORTING THE SOCIAL & EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN IN
GUILFORD COUNTY



Fall is a glorious time of change! Long hot summer days turn into crisp wind breezes with rustling vibrant leaves all around. It's a time to connect with your family and enjoy the beautiful scents and sites of Fall.

**Talk with your child
about the wonders of
Fall**



Fall Foliage



Temperature changes

Changes in Wild Life Activity



Days becoming shorter and nights longer

“Daylight Saving Time ends soon!

Ways to Prepare Your Kids for “Fall Back”

1. **Slowly Adjust to Daylight Saving Time** - Start 4 days ahead shifting your child’s bedtime 15 min later each night until Nov 3rd!
2. **Control the Lights** - “Make sure your child has some light exposure in the early evening and ensure that their room isn't too bright in the morning.”
3. **Stick with a Routine** - a consistent routine before bed cues the body for sleep... “warm bath, read a book, snuggle before lights out.”
4. **Get Enough Sleep Now** - get plenty of rest leading up to Nov. 3rd!
5. **Be Sympathetic** - you may see temporary mood changes like tantrums. Support and understanding will help during this time.

Nov. 3rd



Keeping a consistent bedtime routine can be a challenge as Fall approaches!



[Click here for successful bedtime tips from the National Center for Pyramid Model Innovations \(NCPMI\)](#)



Backpack Connection Series

How to Help Your Child Have a Successful Bedtime

By Susan M. Swanson, PhD, and Jennifer M. Jones, PhD

Children and young adults that fall asleep struggle to sustain cognitive, healthy development. Parents also tend to feel more stress in the morning and experience more frustration and stress during bedtime. What one child may be able to do is not the same for another child. Your child may be able to do more and will be more likely to engage with a routine with a child that is able to do less. Your child's ability to do more is not the same as your child's ability to do less. When a young child has been able to do more, but then the child is unable to do more, the child may be experiencing a regression. When a young child has been able to do more, but then the child is unable to do more, the child may be experiencing a regression. When a young child has been able to do more, but then the child is unable to do more, the child may be experiencing a regression.

About This Series

The Backpack Connection Series is a series of resources that are designed to help parents and providers support children's healthy development. The series includes resources that are designed to help parents and providers support children's healthy development. The series includes resources that are designed to help parents and providers support children's healthy development.

The Pyramid Model

The Pyramid Model is a framework for early childhood education that is based on research and practice. The Pyramid Model is a framework for early childhood education that is based on research and practice. The Pyramid Model is a framework for early childhood education that is based on research and practice.

More Information

Visit www.ncpmi.org for more information and resources on this and other topics in our series. Challenging@horizon.org

Try This at Home

- Use a visual schedule to help your child understand the steps to the bedtime routine. It should include the steps to the bedtime routine, such as: brushing teeth, reading a book, and tucking into bed. Use a visual schedule to help your child understand the steps to the bedtime routine. It should include the steps to the bedtime routine, such as: brushing teeth, reading a book, and tucking into bed.
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Practice of School

Children who spend the day in school may have a harder time adjusting to the bedtime routine. Children who spend the day in school may have a harder time adjusting to the bedtime routine. Children who spend the day in school may have a harder time adjusting to the bedtime routine.

The Bottom Line

Bedtime is a daily opportunity for you to build your child's self-regulation skills. Bedtime is a daily opportunity for you to build your child's self-regulation skills. Bedtime is a daily opportunity for you to build your child's self-regulation skills.



Upcoming Fall Family Friendly Events in Guilford County



OCTOBER 12
10am - 1 pm

Celebrate in
High Point or Greensboro

Peeler Park & Recreation Center
1300 SYKES AVE,
GREENSBORO, NC 27405

Washington Terrace Park & Comm. Center
101 GORDON STREET
HIGH POINT, NC 27260



Little Lions Saturday in LeBauer Park

SEPTEMBER 28 @
1:00 PM - 2:00 PM
FREE

LeBauer Park 208 N. Davie St,
Greensboro, NC



**“Autumn, the year’s
last, loveliest smile.”
— William Cullen
Bryant**



**“Nature’s first green is
gold.” — Robert Frost,
“Nothing Gold Can Stay”**

**“No spring nor summer
beauty hath such grace as I
have seen in one autumnal
face.” — John Donne**



Find additional parenting support here!



ASK BOB

GUILFORD COUNTY PARENTS AND EDUCATORS
OF CHILDREN BIRTH THROUGH 5 YEARS OF AGE

HAVE BEHAVIORAL CONCERNS WITH YOUR CHILD?

Call the ASK BOB line to speak with an Early Childhood Specialist for behavioral support or referrals.

ASK BOB
336-334-5436



CLICK HERE FOR TIPS TO CONNECT WITH INFANTS AND TODDLERS USING "THE BASICS"

Basics Tips Email Opt In

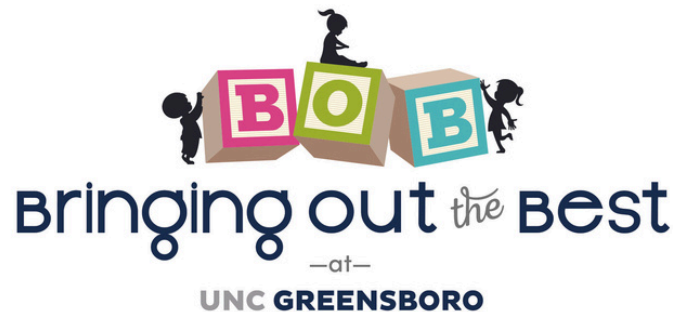


Basics Insights Text Opt In



Visit our website for upcoming Parent and Teacher Trainings

<https://bringingoutthebest.uncg.edu/training/>



We appreciate our funders!

