



Ruth E. Clothier Monthly Newsletter

September 2017

Monique-Supervisor Nikki-Assistant Supervisor

Escondido Community Child
Development Center
Clothier CDC
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Welcome to ECCDC! Site Supervisor Corner Parents as Partners

The Ages & Stages Questionnaire is a great tool for families and teachers. ASQ night will be **Thursday, September 21, 2017 from 5:30- 7:00**. This is a great way for families to come to their child's classroom and fill out a questionnaire with their child's teacher. This tool allows for the parents and teachers to have a better understanding where the child stands developmentally and socially. The ASQ also makes it easy to share children's strengths with families, which helps teachers improve their relationship with parents and it actively encourages their child's progress.

Upcoming Events

Friday September 1, 2017

Site closes at 1pm

Monday September 4, 2017



Wednesday September 6, 2017

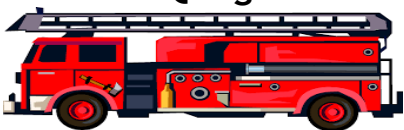
ASQ Info Night-Learn all about ASQ's

September 18, 19, 20

Picture Day

Thursday September 21, 2017

ASQ Night



Saturday, October 14, 2017

Tot's N Trucks Event 10am-2pm

Kit Carson Park

Healthy Sleeping Habits

Sleep is no less important than food, drinks or safety in the lives of our children. Many positive outcomes can come from having proper sleep.

Sleep promotes growth, affects weight and helps increase a child's attention span.

For optimal outcomes, it is recommended children have a certain amount of sleep.

- 3-12 months should get 9.5-14 hours of sleep.
- 1-3 years old should get 12-14 hours of sleep.
- 3-5 years should get 11-13 hours of sleep.

To help your child get good sleep, establish a solid sleep routine. The routine should include a set time, a soft and quiet environment and include a bedtime story.



Birthdays of the Month

Isaiah H, Kamila M, Joseph J, Alexander C, Juarez S, Bryan C, Diego A, Allen G, Jacob C, Ismael L, Noemie G and Isaiah M

Staff of the Month

Clothier would like to recognize Denisse Colores as Staff of the Month. Denisse is always striving to make the indoor and outdoor environments engaging by bringing fun and new ideas to the children's classroom. Denisse is a team player that will help wherever she is needed. Denisse has worked at ECCDC for 8 years. Thanks Denisse!