



Ruth E. Clothier
Monthly Newsletter
September 2018

Monique-Supervisor Nikki-Assistant Supervisor

Escondido Community Child
 Development Center
 Clothier CDC
 613 E. Lincoln Ave
 Escondido, CA92026
 760-839-9330

Welcome to ECCDC!

Site Supervisor Corner

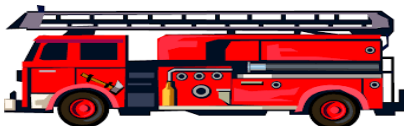
The Ages & Stages Questionnaire is a great tool for families and teachers. ASQ night will be **Thursday, September 20, 2018 from 5:30- 7:00**. This is a great way for families to come to their child's classroom and fill out a questionnaire with their child's teacher. This tool allows for the parents 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

Monday September 3, 2018



Thursday September 20, 2018
 ASQ Night



Saturday, October 13, 2018
 Tot's N Trucks Event
 10am-2pm
 Kit Carson Park

Parents as Partners

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, Joseph J, Juarez S, Bryan C,
 Allen G, Jacob C, Isaac S., Dominic C.,
 Charlotte R., David S., Selena D.,
 Victoria C.**

Staff of the Month

Clothier would like to recognize Alison Del Valle as Staff of the Month. Alison has been with ECCDC since November of 2017. Alison is a classroom floater and will help wherever she is needed. Alison is currently taking Child Development classes working toward her Associate Permit. Thanks for all you do Alison!