



THIS IS Crystal with the Kid Kalendar Newsletter for the month of September, 2025.

Let's face it—life is busy! Between work and life responsibilities, the days pass us by in the blink of an eye. Many parents worry that they don't spend enough time with their children, wondering if this will lead to developmental delays. Some parents feel guilty about working full time, or experience anxiety about choosing to work out at the gym or go to dinner with friends. Social media posts from stay-at-home parents who are able to take their children to the local zoo or work on colors and the alphabet with them only add to this anxiety.

Children need high-quality time with parents and caregivers—that is what is most beneficial to children and what can have a positive effect on them as they grow. It isn't about endless hours of time—it's about how you choose to spend that time that truly matters.

As parents and caregivers, we can make choices to ensure time spent with our children is highquality. Here are nine tips for busy families:

- 1. Have a daily "connect" time with your child. Do this face-to-face, if possible; but if this isn't an option, create a routine for doing so in other ways, such as leaving a note in your child's lunch bag, posting a note by his toothbrush, or writing an encouraging saying on a shared whiteboard in the house
- 2. Create a special ritual for you and your child—something that can be done every day. For example, let your child choose and read one book with you at bedtime.
- 3. Tell your child you love her every day. And tell her how important she is to you and how she makes you feel.
- 4. Reinforce positive behavior. For example, if your child completes his chores without your asking, acknowledge it with words of appreciation—even if you don't have the chance do so until the next day.
- 5. Make and eat meals with your children whenever possible. If time is limited, look for simple meals that require very little preparation, or grab a healthy snack such as an apple and sit for a few minutes and chat with your child.
- 6. Schedule time for doing an activity of your child's choosing. Be sure to follow through and complete the activity without any distractions.
- 7. Play with your child, even if it's during bath time or outside before you drop her off at preschool. Every little bit of time makes a positive impact!
- 8. Laugh and be silly with your child.
- 9. Turn off technology when you spend time with your child. Try not to text, answer calls, scroll through social media, or watch television.

Upcoming Events





It's Time to fill out Food Program Forms Again.

Please take 2 minutes to fill out these forms and turn in to us no later than 9/30/2025.



We know this is an inconvenience but it only happens once every year at this time.

Thank You for your cooperation.

Ken's Universal





Picture Day is Friday, September 26th,

They Begin at 7:30 A.M.

Dress Sharp and Smile Big

Peoria Child Care



P3s-Review Letter A

PKs-Intro to Letter A

Sch-Twister

3s-My favorite food is...

3s-Rainbow Square

Sch-Candyland

PKs-Words that start with A

BROOKTOWNE

Love to Grow by









3 PUT ON JAMMIES

5 HUGS

STORY TIME

918-	-747-4567	2025		Naicilual
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed	Ts-Brightest Crayon 2s-Fall Tree P3s- Apple Prints 3s-Class Scavenger Hunt PKs-Recapping Expectations Sch-Organize Centers	Ts-Color Orange 2s-Fall Free Art P3s-Trace the Letter A 3s-Class Expectations PKs-Recapping Classroom Rules Sch-Giant Checkers	Ts-Handprint fire 2s-Handprint Leafs P3s-Grandparents Gift 3s-What do we like PKs-Recapping Center Procedures Sch-Open Ended Art	Ts-Cotton Ball Smores 2s-Cheese Pizza Day P3s-Art Project 3s-Names PKs-Recapping outside/lunch procedures Sch-Parachute Fun
Ts-Apple Footprint 2s-Marble Paint Acorns P3s-Camping, going on a bear hunt 3s-Make Class Rules PKs-What Are Lines? Sch-Campfire Smores	7 Ts-Picture Tent 2s-Smash Paint Pumpkins P3s-Campfire Art 3s-Intro to writing practice PKs-What Are Curves? Sch-Pictionary	Ts-Color Purple 2s-Fall Free Art P3s-Marble Paint A 3s-Scissor Safety PKs-What are letter & numbers made of? Sch-Sandcastles	Ts-Grow Up Flower 2s-World Trade Center P3s-Camping Collage 3s-Tower Building Game PKs-Straight Lines Sch-Build A Tent	Ts-School Bus Frames 2s-Fall Colors P3s-Roast Marshmellows 3s-Class rules PKs-Cuvey Lines Sch-Kids Choice
Ts-Hopping out of summer craft 2s-Water Color Pumpkins P3s-Counting Game 3s-My name is & starts with PKs-Intro to letter C Sch-Lego Tower	Ts-Friendship Tree 2s-Candy Corn P3s-Name Tracing 3s-Family Portrait PKs-Words that start with letter C Sch-Centers: Freeplay	Ts-Color Yellow 2s-Pumpkin Free Art P3s-Dot Art #1, 2, 3 3s-Favorite Color PKs-Capital & Lowercase Sch-Giant Jenga	Ts-Paperplate Bus 2s-Knuckle Paint Pumpkin P3s-I Spy, camping items 3s-Best Friend PKs-Letter Shopping Sch-Mother May I	Ts-Going on a bear hunt 2s-Mr. Jack-O-Lantern P3s-Free Art 3s-My Pets PKs-How many C words did we learn Sch-Giant Connect Four
Ts-Paint Rocks 2s-Fingerpaint Black Cat P3s-Watermelon Art 3s-Rainbow Writing PKs-Intro to Letter O Sch-Operation	Ts-Dipped Apple Craft 2s-Paperplate Eyeballs P3s-Hot Dog Art 3s-Trace a square PKs-Words that start with O Sch-Campfire Art	24 Ts-Color Brown 2s-Halloween Free Art P3s-Picinc Collage 3s-Scissor Skills PKs-Capital & Lowercase Sch-Heads Up 7up	Ts-Have Smores 2s-Handprint Caldron P3s-Picnic outside 3s-Swipe Painting PKs-Dot Dot O Sch-Firefly Jars	26 Picture Day Dress Sharp and Smile Big
29 Ts-Quack Quack School is Back 2s-Fingerpaint Ghost	Ts-Bug Jar 2s-Paperplate Moon P3s-Review #'s 1,2,3		Tulsa State Fair	BEDTIME ROUTINE CHART 1 TAKE BATH BRUSH TEETH