



## Children's Lighthouse

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Dear Parents,

Fall is in full swing and soon the fall weather we love so much will be here to stay! The next few months are filled with fun activities for our families to enjoy. With our Annual Fall Fest and Trick-or-Treat Alley just around the corner we hope to kick off this holiday season with a bang!

Remember to check your child's spare clothes to ensure that they both fit and are weather appropriate. As always, please make sure that everything you send to school has your child's name on it. This helps us make sure everything gets back to the right child.

After one short year our school has grown into a fantastic place for children to grow and learn! We appreciate you allowing us to spend time with your child and be a part of your family.

Thank you,

Lisa Tate, Director

### *Things to look forward to...*

**Parent's Night Out** –next month we will offer a parent's night out on a Saturday evening. This will be open to enrolled and non-enrolled families. For \$30 (add \$15 per additional child) we will offer fun, safe activities here at school from 5:00-10:00pm. More information, including the date, will be posted in the November Newsletter.

**Family Dessert Party** – Friday, November 21<sup>st</sup> we will invite parents and grandparents to enjoy some of our favorite desserts with our Lighthouse family.

**Lighthouse Closed** – for the Thanksgiving holiday on Thursday, November 27<sup>th</sup> and Friday, November 28<sup>th</sup>.

### Dates to Remember

#### **October 7<sup>th</sup> & 8<sup>th</sup>**

- Fall Pictures by Elusive Images Photography

#### **October 10<sup>th</sup>**

- Pajama Day

#### **October 13<sup>th</sup>**

- Columbus Day – look for new land with your periscope

#### **October 14<sup>th</sup>**

- Chocolate Chip Cookies for National Dessert Day

#### **October 16<sup>th</sup>**

- Dictionary Day – can you guess what the posted words mean?

#### **October 21<sup>st</sup>**

- Count Your Buttons Day

#### **October 24<sup>th</sup>**

- United Nations Day – we will color a flag

#### **October 27<sup>th</sup>**

- Fire Truck Visit

#### **October 29<sup>th</sup>**

- Stuffed Animal Day

#### **October 30<sup>th</sup>**

- Candy Corn Math

#### **October 31<sup>st</sup>**

- Fall Fest and Trick-or-Treat Alley



For updates and photos please like us on Facebook!



## Fall Picture Dates

### Wednesday 10/8 & Thursday 10/9

Elusive Images Photography will be here to take individual and sibling pictures for all of our families. Individual pictures will be taken based on your child's classroom. If you have any questions please stop by the front desk.

If you have 2 or more children scheduled for different days please dress them either day for their pictures.

#### Wednesday, October 8<sup>th</sup>

Guppies  
Jellyfish  
Sea Turtles  
Stingrays

#### Thursday, October 9<sup>th</sup>

Starfish  
Seahorse  
Otters  
Sea Lions

### **Did you know...?**

Children's Lighthouse has partnered with several community programs to offer enhancement opportunities for children while they are at school. Listed below are the different programs that hold classes here at school and the day they are offered on. For more information please contact them directly or stop by the front desk.

Mon. – Future All Stars Sports Camp  
[www.futureall-stars.net](http://www.futureall-stars.net)

Tue. – Lightning Tykes Self Defense & Leadership Academy  
[www.warriorstorm.com](http://www.warriorstorm.com)

Wed. – Teams of Tomorrow Fundamental & Creative Basketball  
[www.teamsoftomorrow.com](http://www.teamsoftomorrow.com)

Thur. – Kinderdance  
[www.austindanceandgym.com](http://www.austindanceandgym.com)

Fri. – Flippers Gymnastics and Fitness Program  
[www.mygymstation.com](http://www.mygymstation.com)

## Fall Fest & Trick-or-Treat Alley

Friday,  
October 31<sup>st</sup>



### Fall Fest

(3:30-4:15pm)

Join us on the playground where we will have age appropriate activities for children and families to participate in. Activities will include games like Broomstick Races and Ring Toss.



### Trick-or-Treat Alley

(4:15-5:15pm)

We will be transforming our drop-off lane in front of the school into Trick-or-Treat Alley where families can collect a few treats on their way home.

## **Potty Training: How to Get the Job Done**

Potty training is a major milestone. Get the facts on timing, technique and handling the inevitable accidents. Potty training is a big step for kids and parents alike. The secret to success? Patience — perhaps more patience than you ever imagined.

### **Is it time?**

Potty-training success hinges on physical and emotional readiness, not a specific age. Many kids show interest in potty training by age 2, but others might not be ready until age 2 1/2 or even older — and there's no rush. If you start potty training too early, it might take longer to train your child.

Is your child ready? Ask yourself these questions:

- Does your child seem interested in the potty chair or toilet, or in wearing underwear?
- Can your child understand and follow basic directions?
- Does your child tell you through words, facial expressions or posture when he or she needs to go?
- Does your child stay dry for periods of two hours or longer during the day?
- Does your child complain about wet or dirty diapers?
- Can your child pull down his or her pants and pull them up again?
- Can your child sit on and rise from a potty chair?

If you answered mostly yes, your child might be ready for potty training. If you answered mostly no, you might want to wait awhile — especially if your child has recently faced or is about to face a major change, such as a move or the arrival of a new sibling. A toddler who opposes potty training today might be open to the idea in a few months.

### **Ready, set, go!**

When you decide it's time to begin potty training, set your child up for success. Start by maintaining a sense of humor and a positive attitude — and recruiting all of your child's caregivers to do the same. Then follow these practical steps.

### **Schedule potty breaks**

If your child is interested, have him or her sit on the potty chair or toilet without a diaper for a few minutes several times a day. For boys, it's often best to master urination sitting down, and then move to standing up after bowel training is complete. Stay with your child when he or she is in the bathroom.

### **Consider incentives**

Some kids respond to stickers or stars on a chart. For others, trips to the park or extra bedtime stories are effective. Experiment to find what works best for your child. Reinforce your child's effort with verbal praise.

### **Ditch the diapers**

Consider getting rid of the diapers when you begin potty training. Once your child is wearing training pants or regular underwear, avoid overalls, belts, leotards or other items that could hinder quick undressing.

### **Know when to call it quits**

If your child resists using the potty chair or toilet or isn't getting the hang of it within a few weeks, take a break. Chances are he or she isn't ready yet. Try again in a few months.

### **Accidents will happen**

You might breathe easier once your child figures out how to use the toilet, but expect occasional accidents and near misses. Here's help preventing — and handling — wet pants:

- Offer reminders. Accidents often happen when kids are absorbed in activities that — for the moment — are more interesting than using the toilet. To fight this phenomenon, suggest regular bathroom trips, such as first thing in the morning, after each meal and snack, and before getting in the car or going to bed.
- Stay calm. Kids don't have accidents to irritate their parents. If your child has an accident, don't add to the embarrassment by scolding or disciplining your child. You might say, "You forgot this time. Next time you'll get to the bathroom sooner."
- Be prepared. If your child has frequent accidents, absorbent underwear might be best. Keep a change of underwear and clothing handy, especially at school or in child care.