



HAZELWOOD EARLY CHILDHOOD

Family Support PBIS Newsletter



MAY: "TAKE CARE OF YOURSELF" & SUMMER SAFETY MONTH

Practicing Spot's Rules

Take Care of Yourself at HOME by:

- Getting 11-12 hours of sleep each night.
- Get dressed by yourself.
- Try applesauce or carrots for a snack.
- Putting dirty clothes in the clothes basket.
- Wearing sunscreen.

Take Care of Yourself at SCHOOL by:

- Putting on and taking off your backpack and jacket by yourself.
- Throwing away your trash after snack.
- Walking safely in the hallways and staying with an adult.
- Playing safely with friends.

Books & Videos for Teaching "Take Care of Yourself"

[Llama Llama Learns to Swim](#) | [Summer Books | Read Aloud for Kids!](#)

[Play Safe At The Pool | Swimming Song | Little Angel Kids Songs & Nursery Rhymes](#)

[George The Sun Safe Superstar - Book Animation](#)

Behavior Tips for the Bedtime Blues

Getting your children to go to bed and then getting them to stay there can be quite a challenging adventure. Below are some ideas that may be helpful in getting rid of the bedtime blues.

- ★ Try to establish a consistent bedtime routine. Having the evenings events decrease in activity level as it gets closer to bedtime. (Ex: play outside, eat dinner, watch a movie, take a bath, brush teeth, read a story and go to bed)
- ★ Set up a checklist with all the "bedtime excuses" (drink, potty, hugs, etc.) and go through the list and do them all before going to bed so there is no reason for them to get up.
- ★ If staying in bed is a problem, set up a sticker chart or reward system where your child earns a prize for staying in bed.



Community Resources for

Autism information, evaluation & services

- [Autism Speaks Website](#)
- [Autism Evaluation Resources](#) - You can also discuss concerns with your child's pediatrician
- [ABA Provider list](#) - With an Autism diagnosis, your child may be eligible for Applied Behavior Analysis services covered by insurance
- [SSI Disability Application](#) - Children may qualify if they have Autism or other developmental delays.
- [Easterseals Midwest](#)