

# K-PREP

Dec 2024  
**NEWS**



**SAVE THE DATE!**

PreK Graduation is MOVING to **Wednesday, May 21** at K-Prep Learning Center.

Our End of the Year Picnic will be looking a little different this year. We look forward to seeing you all at K-Prep Learning Center this May for our **End of the Year CARNIVAL!**

**MORE INFO TO COME IN THE NEW YEAR!**



## **Form Resigning**

During the week of December 9<sup>th</sup>-13<sup>th</sup>, **please see Ms. Sam** to resign Emergency Contact and Agreement Forms. If anything has changed, please have updated information with you at the time of resigning.

# K-PREP NEWS

Dec 2024

**K-Prep will be closing at 12pm on Tuesday, December 24<sup>th</sup>. We will remain closed through January 1<sup>st</sup>, returning to regular operating hours on Thursday, January 2<sup>nd</sup>.**



## Spirit Week

Dec. 16<sup>th</sup>-24<sup>th</sup>

**Monday – Plaid Day**  
**Tuesday – Decades Day**  
**Wednesday –**  
**Holiday/Winter Sweater Day**  
**Thursday – Winter/Holiday**  
**Character Day**  
**Friday – Festive Sock Day**

**Monday – Red & Green**  
**Day**  
**Tuesday – PJ Day**



Tell us more about what the holidays look like to your family. Draw a picture or tell a story of what holidays your families celebrate, and how. What are your holiday traditions? Let's bring all holidays to the center this season!

# K-PREP NEWS

Dec 2024

## SCREEN TIME & EARLY CHILDHOOD

### Too much screen time can lead to...

- Sleep problems
- Limited physical activity
- Weight problems
- Behavior problems
- Poor self-image or body image
- Poor language/social skills
- Attention Problems
- Less time learning

### Try this instead...

- Read books with your child
- Play and explore together
- Use your imagination and create things
- Set screen limits
- Participate in screen time together

### Recommendations

- **No** screen time is recommended before the age of 18 months.
- Between 18-24 months, limit to educational programming with a caregiver.
- Between ages 2-5 years, limit non-educational screen time to 1 hr. per weekday and 3 hrs. over weekend.
- Turn off screen during mealtimes.
- Use parental controls.
- Avoid using screens as babysitters or to stop tantrums.
- Turn off and remove screens from bedroom 30-60 minutes before bed.

### Using Screens to Prevent Boredom...

- Kids fail to make everyday observations and connections that are important for development.
- They do not learn to entertain themselves creatively.
- They do not learn how to regulate their own emotions.
- Attention spans are diminished, as they become dependent on flashy, digital learning, and distractions.
- Children can become anxious and stressed when deprived of on-demand entertainment.

Information from *Bored Teachers*, *Mayo Clinic*, and *American Academy of Child & Adolescent Psychiatry*