

**CYS Sports  
Registration**

Basketball /Cheerleading

12 - 29 Oct 04

(No appointment required)  
Physical must take child  
through the season.



**417<sup>th</sup> BSB  
Family Child Care  
Parent Newsletter  
October 2004**

**CYS Harvest Fest**

Date: 16 October  
Time: 10 am – 2 pm  
Location: KSAS

Ode to Family Child Care

Little children come to me for hugs and books and such  
I care for all their simple needs and I also fix them lunch.  
I pick up toys; I mop their spills and often dry their tears.  
I change their diapers, settle fights, and kiss away their tears  
I tie their shoes; I button coats and push them on the swing.  
I really love these kids you see but there is just one more thing  
Call me Mom or Aunt or Florence, and those names just might fit.  
But please don't call me SITTER because I never get to SIT!

~author unknown~

**Managing Morning Madness**

**Are your mornings rushed, chaotic and disorganized? When your morning activities run smoothly, and you're out the door on time it can make your whole day feel better. To create a peaceful morning routine, follow these steps:**

**Start your morning - at night!** A real key to smoothing out your morning is to prepare as much as you can the night before. This means choosing the day's clothing, packing lunches, gathering homework, signing permission slips and setting the table for breakfast. **Post a calendar.** Buy the biggest wall calendar you can find and hang it in a central location. Write down events and appointments for everyone. Use different color marking pens to code items for easy reading. (As an example: ball practice in red, carpool in green, doctors/dentists in purple) Keep the calendar up to date and you'll be more organized! **Create a drop box.** Have a labeled box for each family member by the door. Use this to store shoes, keys, backpacks, coats and anything else that goes out the door with you in the morning. Plastic tubs or decorated crates make great drop boxes! **Use a morning list.** Sit down and analyze a typical morning. Make a list of everything that needs to be done. Create a poster-sized list of the standard morning activities listed in order to be done: If you have a child who gets easily distracted and ignores the morning chart - don't give up! Just make a small mini-size chart, laminate it, put it on a chain and let your child wear it as his "morning necklace"! Your part is to make a few gentle reminders, "How are you doing on your chart this morning?" **Check out sleep time.** If your child has trouble getting up in the morning and sticking to his schedule take a look at what time he or she goes to bed. Without adequate sleep a child won't be able to follow a morning routine successfully. **Fix problems with a family meeting.** If problems persist take the time to sit down with your children and talk about it. Let everyone have a turn talking, and then work to arrive at solutions that will benefit everyone.

**Dates to Remember**

CYS On-Site Registration Dates:

Tuesday 12 October @ GCDC  
Wednesday 13 October @ KCDC  
Thursday 14 October @ LCDC

**Parents Night Out**

(Not scheduled in October)

Parent Advisory Council (PAC) Meeting  
Program is being restructured

We will continue to keep you updated ☺

