



in this newsletter >>>

Keeping a Routine
Important Dates
Transitions
And more

A monthly insight into CARE Academy

in August

Welcome New Families!

How to GET and KEEP a Routine

Why is a routine important to have for children?

Routines allow children to feel confident in what they're doing on the daily. Routine-based days also allow children to gain independence and self-care. Creating children daily schedules lower the amount of negative behavior because it allows the children to feel like they are in control. By making them a predictable day, they already have step by step instructions, knocking out each task smoothly!

Getting the Routine

First step is to make sure that your family's routine makes sense to you and your family. Write out daily tasks that absolutely have to be done and schedule them. Remember to leave time for extracurricular activities, reading, independence, and some fun!

Keeping the Routine

1. Make the schedule visual
2. Stay firm
3. Give options, more than one, no more than three
4. Rewards help
5. Communicate with the child(ren)



HAPPY BIRTHDAY

- Margaret Aug 1st
- Lillian Aug 2nd
- Skylar Aug 15th
- Dakota Aug 17th
- Ms. Amber Aug 18th
- Jersey Aug 20th
- Jonnie Aug 20th
- Ms. Jamese Aug 24th
- A' Mara Aug 27th



Visit our website and give us a like on Facebook!

CARE Academy

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Important dates

September 4th - Labor Day – **CLOSED**

September 13th – 21st – Parent/ Teacher conferences

September 25th – 4K Professional Development
4K Classes CLOSED

How to Keep Up with Our Daily Activities

In Brightwheel you can find – Meals, diapering/ potty, incidents and accidents, naps, pictures, and videos. Brightwheel is also how parents, teachers, and administration communicate.

Brightwheel is an app that needs to be downloaded to check your child(ren) in and out. Please do so if you have not.



How to Help with Transitions

Communicate with children and tell them what they should expect.

Keep some familiarity

Examples: Allow your child to wear their favorite shoes, let them keep their favorite blanket, allow them to bring their stuffed animal in the car on the way to their new school, or give them something to look forward to when they get home (favorite snack).

New to the area?

Museums and Views:

Aquarium

Children's Museum

International African American Museum

Charleston Museum

The Charleston Harbor Resort & Marina



Fun Dining:

Ye Old Fashion

Jack's Cosmic Dogs

Dulce Churros Ice Cream

Crazy Mason Milkshakes



Drop-Off and Pick-Up Times

Caterpillar Students

All drop off and pick-ups are at the Caterpillars Building

Butterflies Students

6:30-8:00 Drop off, drop off at the Caterpillars Building.

8:00-9:00 Drop off, drop off at Butterflies Building.

4K Students

6:30-7:30 (before care) drop off, at the Caterpillars Building

7:30-8:00 drop off, at the Butterflies Building- Butterflies 4-4K Classroom

Pick Up

Pick up in the butterflies building is until 5:00 PM

After 5:00 PM, all pick-ups are in the Caterpillars Building.

Lettuce Tea to Sleep

Try boiling some romaine lettuce in water for a few minutes to release lactucarium, which makes you sleepy.

Add some honey to taste and drink to be sound asleep.

No solid evidence or research has been done to prove this, just personal experimentation!