



Mural made by students in Ms. Powell's rising kindergarten summer camp class

Let's Set Up A Bedtime Routine!

School is starting. It's important that your child has consistent bedtime routines. **Young children need between 11 and 14 hours of sleep per night**, so make sure that your child is getting to bed early enough to get enough sleep!

- Establish a bedtime routine that includes activities such as taking a bath and reading a book. You may want to pick out clothes for the next day with your child at night.
- Make sure that your child does not have access to electronics after bedtime! Even if they want to continue to play, they should not be allowed to. **It is hard for children to put themselves to sleep at this age, and will need your help.**

September Judy Center Events

- **Pre-k Welcome Breakfast:** Parents of children attending pre-k at Liberty Elementary are invited to learn about the program. **Friday, Sept. 7, 9am-11am.**
- **Cub Club Orientation:** Orientation for parents of pre-k students who will be participating in our after school program. **Monday, Sept. 17, 4pm-5pm and Monday, Sept. 24, 5:15pm-6:15pm.**
- **Food Pantry:** Come pick up healthy food for you and your family. **Thursday, September 20, 2pm-5pm.**
- **Chicago Parent Program:** Parents and caregivers of children ages 3-5 learn how to support their child's social and emotional development. **Tuesdays, 9am-11am, starting September 25.**
- **Child's Play with Anana K:** Children ages 18-36 months and their families participate in fun activities that promote math, vocabulary, and listening skills. **Wednesdays, 9am-11am, starting Sept. 26.**
- **Baby Basics:** Expecting moms learn about prenatal care and supporting their child's early development. **Fridays, 9am-11am, starting Sept. 28.**

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 www.LibertyJudyCenter.com

 The Liberty Judy Center

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