

Why Are Routines so Important?

By having established routines, parents can feel more organized, freeing up time for other things. By doing things the same way, it becomes a habit, and everyone is on the same page the more they practice the routine. When you know where things are, and you know the order you do them in, it can make you feel more confident and calm during hectic times like getting everyone ready in the morning, or winding down at bedtime.

Routines help kids feel safe. Kids feel safe when they know what comes next. When kids feel safe, their brains work better, they are happier, and they are more likely to be cooperative. In addition to giving them a sense of security, kids can start to learn self-discipline and self-regulation if they know what is expected of everyone in the family.

If you're struggling with routines in your home, try one new thing at a time.

What's the toughest part of your day? Is it getting everyone ready in the morning, or is bedtime a struggle? A bedtime routine is a great place to start, the younger the child the better but it's never too late to start!

Here are 4 B's to help you remember:

- 1) a BATH before bed helps transition to sleep mode while washing the day's messes away;
- 2) follow with BRUSHING the teeth thoroughly for two minutes; (For babies with no teeth or just a few, wipes down their gums with a clean washcloth.)
- 3) a BOOK at bedtime gives them something to look forward to and dream about, and
- 4) then it's BED and lights out. 😴



Would you like one-on-one support with these and other parenting strategies?

Our agency's services are available to any family in Tompkins or Cortland counties with children (or expecting) up to the age of 5. Call us and ask about our Family Services and we'll answer any questions you may have!

Staff Highlight

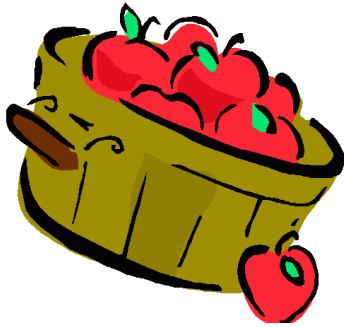


Amy Riotto

Family Support Specialist

Amy enjoys spending time with young children and their families, nurturing them, and teaching them with love and a smile! With a Bachelor's Degree in Family and Community Development, she thrives on connecting families with local resources, being an advocate for their children's early intervention needs and other facets of education while in school and/or at a child care center, and also helping to create attainable goals for the entire family's overall well-being. With four children of her own, Amy has a lot of experience in education (up through college), Early Intervention, IEPs, 504 Plans, local sports, Parent-Teacher-Organization, and always has a forward-thinking mentality of making sure she's consistently involved with many of the agencies in her community. Amy is so thrilled to be working for the Child Development Council in Cortland to help families in her community live, love, grow and achieve an amazing life!

Spooky Halloween Fun!



Did you know there are lots of spooky Halloween decorations you can make with kids with things you already have at home?

Here are some fun ideas to get started with your little ones!

- Cutting bats and spiders out of newspaper
- Collecting colorful leaves to make a leaf person by gluing them to paper
- Creating ghosts out of leaves

And much more!

Let your imagination run wild!!

Easy Applesauce

This recipe is easy enough to do with even small children. Cooking with the kiddos can build traditions they'll remember year after year! If you use sweeter apples like Golden Delicious, Macintosh, Gala, or Fuji apples, the kids won't even miss the sugar.

Ingredients:

3lbs. Apples

1/2 cup water

1/2teaspoon ground cinnamon



Prepare the apples by slicing and coring them, no need to peel since the peels are highly nutritious and tasty, too.

Combine the ingredients in a medium saucepan, cover, and cook on medium heat for 15-20 minutes, or until tender. Allow the mixture to cool.

Use a potato masher, blender, or food processor to puree the apples, keeping them slightly chunky. Serve alone, or as a side dish!

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