



### **Sleepy Kids and Sweet Dreams**

October marks the start of fall, and with that is shorter days and longer nights. Fall is a great time to sit around a campfire and roast some hot dogs, toast marshmallows, and tell ghost stories. While everyone can enjoy a good s'more, ghost stories can be very scary to little ones and keep them up at night.

A good night's sleep is very important for kids. Research shows that getting too little sleep is linked to kids having a harder time in school, such as paying attention and using their motor skills. Getting enough sleep can be hard for your child if bad dreams are keeping them awake. While nightmares are very common, they are also stressful for both children and parents. It is important that you work with your children to come up with strategies to help deal with their bad dreams. Studies show that active strategies, like looking under the bed to check for monsters work better than avoidance strategies, like telling your child to close their eyes. So be a super hero and find ways to deal with their nighttime fears. Also, don't be afraid to talk to your children's doctor if the nightmares are not going away or getting worse.



# Sleepy Kids &

*sweet dreams*

Tips to help get your kids to bed

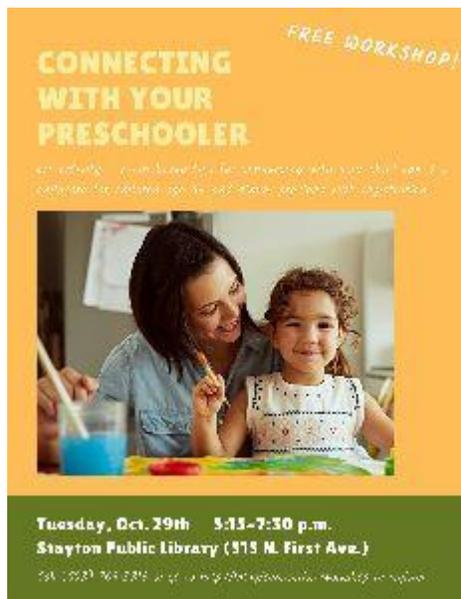


- ◆ Have fun and be happy before bed! No scary stories or movies.
- ◆ Make the dark fun, not scary! Play games in the dark, like flashlight tag.
- ◆ If your child has a nightmare, comfort and cuddle with them for a little while. Reassure them that they are safe in their own bed.
- ◆ Talk about nightmares during the day time, try to figure out if there is something in common with other nightmares they have had in the past.
- ◆ Work with your child to come up with ways to deal with nightmares. Teach them how you like to deal with scary thoughts.

For more articles like this one see

[Oregon Parenting Together](#)





### Free Workshop for Parents with Preschoolers

With all of the competing demands on us as parents, it can be hard to schedule some quality time with our preschoolers.

**We are here to help with a FREE workshop for caregiver-and-child pairs to take place at the Stayton Public Library on Tuesday, Oct. 29th from 5:15-7:30 p.m.** The event includes dinner and childcare for older (age 6+) siblings so you can focus on your 3-5 year old during this amazing period of brain development.

Learn about the importance of the caregiver-child connection from yoga teacher and educator Jenifer Trivelli and then participate in a guided, hands-on art activity with your child that you can take home as a memento (no mess to clean up at home--score!). All materials will be provided.

Space is limited, so call the Library at (503) 769-3313 or [Click Here](#) to sign up!



Community Action Head Start still has opening for free preschools!

**Salem-Keizer** - Weddle, Gubser, Highland or Chavez  
**Canyon-** Turner, Stayton, Sublimity, Lyons, Gates, Mill City and Mehama

[Click here for more information in English and Spanish](#)

## October is Healthy School Snacks Month!

Show us your family making a healthy snack!

### Healthy kids do better in school!

Here are a few healthy snack ideas:

1. Allow kids to choose fruit, vegetable and whole-grain choices.
2. Team up with other parents to bring a healthy snack.
3. Read food labels! Look for options with no sugar added.
4. Find more healthy school snack ideas in [Food Hero's School Snacks Monthly!](#)

Email a photo to [carly.kristofik@oregonstate.edu](mailto:carly.kristofik@oregonstate.edu)!

The photo does not have to show faces. We never share a photo without your ok!



Food Hero family & healthy rec.



Visit [Foodhero.org](http://Foodhero.org) to find low-cost, healthy, tasty and simple recipes!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 202. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

### Blog of the Month

Did you know that pumpkins are fruit? Did you know that every part of a pumpkin is edible? October is one of my most favorite times of the year because it means that it's pumpkin season! Pumpkins, pumpkins everywhere! Below are some easy activities that you can do at home with your child to learn all about the science of pumpkins.



[--Read More--](#)



## Nurturing Parenting® Established 1983

Do you have an Adolescent that is between 13-19 years old? Would you want to spend more quality time together?!

Register for a FREE parenting series and learn more together.

- Tuesday, October 22, 2019-January 28, 2020 (Holiday breaks included)
- Dinner time: 5:30-6:00pm
- Class time: 6:00-8:00pm

For questions about the English class contact Ashley Yokota at 503 390-5637 ext: 3036  
For questions about the Spanish class contact Jackie Mariaca at 503-409-8023

[Click here to register for English](#)  
[Click here to register for Spanish](#)

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## Upcoming Parenting Classes

### **Make Parenting a Pleasure (English & Spanish)**

Thursdays, September 26- December 5, 2019  
5:30-8:00pm  
Richmond Elementary School  
466 Richmond Ave SE Salem, OR 97301  
To register call (503) 399-3180

### **Circle of Security (English)**

Thursdays, October 10 - December 5, 2019  
5:30-7:30pm  
Doris's Place at Santiam Center  
11656 Sublimity Rd SE, Sublimity OR 97385  
Call (503) 769-1120 to register

### **Nurturing Program ABCs (Spanish)**

Mondays, September 23- November 4, 2019  
6:00-8:00pm  
Washington Elementary School  
777 E. Lincoln St Woodburn, OR 97071  
[Click here to register](#)

For future classes in Marion County visit our [calendar!](#)



### **Make Parenting a Pleasure**

Mondays, September 23- December 2, 2019  
5:30-7:30pm  
Lyle Elementary School  
185 SW Levens St Dallas, OR 97338  
[Click here to register](#)

### **Make Parenting a Pleasure**

Thursdays, September 26- November 21, 2019  
5:30-7:00pm  
Falls City Elementary School  
177 Prospect Ave, Falls City, OR 97338  
[Click here to register](#)

For future classes in Polk County visit  
[Mid-Valley Parenting](#)



Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

### **Vroom Tip**

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

**OR**

Sign up for weekly brain building text message by texting CHILD to 48258.

Gently blow on your babies face and hair. Ask her, "Do you feel the wind?" Notice if she seems to like the sensation. If so, blow with long and short breaths. Make your pauses in between long and short, too. How long can you and your baby play?

**[More Vroom Tips](#)**