



January 2017

**Happy New Year
Carmel Mountain Preschool Families!**

We are energized by the Holiday break and ready to kick start the new year.

We hope you all had a wonderful Holiday season and that you were blessed with many joyful moments, treasured memories, good food, and family fun.

Carmel Mountain Preschool is busy planning activities and events for 2017. We are excited to continue to provide fun and enriching activities and experiences for our children and their families.

Please note that Carmel Mountain Preschool will be **closed** on **January 16th** for **Martin Luther King Day**.

This month we'll be busy with the **National Preschool Fitness Day** which will take place on **January 26th**.

Remember you can always check our events at [CMP Events](#) and our holidays at [CMP Holidays](#).

Happy New Year!



Thank you to Dr. Bronner's Soap for another awesome Snow Day! Please check out our [Instagram](#) and [Facebook](#) pages for more pictures. We look forward to inviting our CMP parents, families, and friends to experience the snow with us in February!

December Basket Winners

| | |
|-----------------|-------------|
| Trisha | 2B |
| Andrew | 4B |
| Ethan | 3B |
| Teacher Winner: | Mrs. Jacque |

CMP wishes a very

HAPPY BIRTHDAY

to all of our January Birthdays!

Madelyn ~ Eli ~ Ian ~ Elliette ~ Katerina ~ Leilah ~ Trisha ~ Harper
Eli ~ Thomas ~ Barrett ~ Ryder
Tucker ~ Jackson ~ Wynter ~ Riley ~ Amity ~ Andrew ~ Gavin ~ Elliott ~
Landon ~ Haley ~ Baxter ~ Leo ~ Juliet ~ Josephine ~ Sylor

HAPPY BIRTHDAY to the staff:

Ms. Julie - January 13th
Ms. Delores - January 17th
Ms. Shamby - January 18th
Ms. Mallory - January 19th
Ms. Michele - January 29th



Ask Ms. Viola P. Swamp,
our Early Childhood Education Expert

Dear Ms. Viola,

My two-year old son has serious FOMO (Fear Of Missing Out) and doesn't want to take naps. He takes naps at preschool but battles them at home - sometimes it takes 3+ hours to get him to sleep and then we waste our whole day.

We have a routine where we read books before nap and we don't let him leave his bed until he naps. Do you have any other suggestions to make nap time easier and more enjoyable?

Creating and implementing an effective nap routine is sometimes easier said than done. Especially if your little one is refusing to take a nap.

Trying to solve this age-old parenting dilemma, with a one size fits all approach, often leads to frustration.

Intuitively, we know naps are important for young children. Sleep supports learning, memory growth, and happiness for everyone involved.

Understanding that between the ages of 18-24 months and again at 36 to 42 months, children experience a cognitive growth spurt, often leading to a desire for autonomy, can be a useful bit of information. Fighting naps is just one of many things that children do to flex their independence muscles.

You mention spending 3+ hours trying to wrangle him to nap. It's possible that he no longer needs the extra sleep. Don't force it. Difficulty falling asleep, skipping naps, while showing no negative side effects, (grouchiness, fatigue) are indicators that he might be outgrowing them.

However, if your child nods off late in the afternoon, shows increased aggression or crankiness, it's not the time to put away the blanket yet.

Try changing strategies, and swap it out for 30 to 60 minutes of quiet alone time looking at books or cuddling with a favorite snuggle /quiet toy. Taking a break in a relaxing and calm environment is important for everyone.

Establishing simple pre-nap and naptime routines are equally important for nap time success. Stick to a sleep schedule, and that includes bedtime, wake up and naptime.

Routines help trigger everyone's natural body clock.

Altering times can throw off internal circadian rhythms, causing you to miss that sweet spot of slumber and run head on into a serious case of the grumps.

Don't help too much. Though the path to napping is often paved with good intentions, being overly involved can create a situation that your child can't fall asleep on his own. Who wouldn't love lunch and show? Create a calming atmosphere conducive for sleep. Read a book together, dim the lights, turn off the T.V., and turn on meditation music. Follow your routines. Remember, routines help trigger the body clock, sending silent signals that it is time to unwind.

Childhood is a glorious time for exploring the world, and we wouldn't have it any other way. With their new-found skill sets and growing sense of adventure, FOMO is just one of many experiences to be navigated through.

If you have a question for Ms. Viola, please send an email to Ms.Viola Swamp.



Teacher Highlights

Name: Lisa Hall

Where are you from? Born in San Diego and raised in Rancho Penasquitos

Where did you go to school? California State San Marcos

What did you study? Liberal Studies with an Emphasis in Child Development

When you were a kid, what did you think you would be when you grew up?

A teacher!

What is your favorite thing to do in San Diego? Go to Padres games

Where would you like to take your next vacation and why? Either to Texas to watch an Astros and a Rangers ball game or Seattle to watch the Mariners play

Do you have any pets? What are they and what are their names? I have two kitty cats who recently celebrated their golden birthday on December 5th! Their names are Henderson and Mr. Meowgi

Name: Kara Lewis

Where are you from? Fresno, California

Where did you go to school? San Diego State University

What did you study? Child and Family Development

When you were a kid, what did you think you would be when you grew up?

A dentist

What is your favorite thing to do in San Diego? Relax on the beach

Where would you like to take your next vacation and why? New York during the holidays because I've never been there and I would love to see it decorated for the holidays

Do you have any pets? What are they and what are their names? I have a cat named Amerikiss

Name: Mallory Crouse

Where are you from? El Cajon

Where did you go to school? National University

What did you study? Education

When you were a kid, what did you think you would be when you grew up?

A veterinarian

What is your favorite thing to do in San Diego? Go to the beach

Where would you like to take your next vacation and why? Somewhere tropical like the Caribbean or Fiji because the pictures always look so amazing

Do you have any pets? What are they and what are their names? No pets for me

Name: Marisol Vidauri

Where are you from? San Diego

Where did you go to school? San Diego State University

What did you study? B.A. in Liberal Studies with Child Development and Emphasis in Science

When you were a kid, what did you think you would be when you grew up?

A veterinarian, an interior designer, or a teacher

What is your favorite thing to do in San Diego? Enjoy the outdoors and visit the zoo

Where would you like to take your next vacation and why? I would love to go to Hawaii - I've always wanted to go there as a child

Do you have any pets? What are they and what are their names? I have 2 beagle dogs: Miki is 15 years old and Tucker is 14 years old



We know that our families are **amazing**, but this year you've been absolutely **kind** and **giving!**

Thanks to your **big hearts** we've managed to collect **391 toys** for foster kids as part of our toy drive for **Promise2Kids**.

Our goal was to collect 318 unwrapped toys - one toy for each CMP family. We more than surpassed our goal and look forward to seeing how many toys we can collect

next year.

Thank you for being so generous!



Have you checked out our [Pinterest](#) page lately? Carmel Mountain Preschool has lots of great Pinterest ideas that you can do at home with your children along with a link to our [Activities Page](#) with full instructions. Have fun!

We have lots of fun Extra curricular activities at CMP!

Carmel Mountain Preschool offers **Music, Hip Hop, Spanish, Yoga, Ballet, Gymnastics, and Perk** classes.

These classes are offered by select high-quality outside companies, from **12:30-1:10pm** (during the beginning of nap) or from **3:30-4:15pm**.

Most classes allow your child to take a free trial class to try it out.

You can learn more about all our classes and sign up on our [CMP Extra-Curricular Page](#).



INSTAGRAM + FACEBOOK CONTEST

Dear Parents,

Did you know that anytime you share a photo of your CMP moments on [Facebook](#) and [Instagram](#) you have the chance to win a **\$25 gift card**?

When you post photos of your children at CMP, on field trips, attending CMP events, sharing the art work they create, their preschool fashion, or getting ready for school on [Instagram](#) please hashtag [#CMPfun](#) and [#CMPkids](#).

Each time you post a photo showing how much we love our CMP life on Instagram with our hashtags and then share on [Facebook](#) you will be instantly entered in the contest. Whichever photo has the most likes each month will receive a \$25 gift card

to the place of their choice and will be featured in our newsletter.

What are you waiting for? Go and snap!

This month we say Congratulations to Julie Goldstein, who is both a parent and teacher at Carmel Mountain Preschool. Her instagram post got 127 likes!



Testimonial of the Month

We love hearing all the great things you have to say about CMP!

My two boys have been going to CMP for many years. Our eldest son graduated from CMP's Kindergarten program and now enjoys their before and after school program. My youngest has been with CMP since 18 months old. We love CMP!

The staff are friendly, caring and passionate and enjoy teaching through reading, music, art and playtime. My boys love their CMP teachers and staff, and they are truly an extension of our family. Each teacher we have had over the years have formed a special bond with our kids, and they are really helping shape our boys into great students. The school is clean, colorful and comfortable.

The addition of Mrs. Julie the "messy art" teacher shows CPM knows the best ways for kids to learn through creativity and exploring their surroundings.

The CMP staff are the sweetest ladies on the planet, and really make it their job to learn all about your family and your little love ones.

We highly recommend CMP and would rate it hands down "the best private preschool in the world".

Troy and Jennifer Mouritzen

If you would like to be chosen for the Testimonial of the Month and receive a \$25 gift card please email your testimonial along with picture to [Jane](#).

Looking Ahead

Here are the events planned for the **Month of Love**:

February 7th: Rhythm Child Drumming Circle Fun

February 22nd: Parent Ski SnoFoam Celebration with their children

4:00 - 6:00pm

*Please note this is a family event. Children must be accompanied by a parent or guardian to attend.

Organic Food truck will be on-site for healthy meals before and during event. Check your classroom Parent Board for important dates and event information or our website at CMP Events.