

Parenting

nowadays

October 2013

Toddler Tantrums

A challenge for both you and your child

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Bà mẹ là nhân tố rất quan trọng cho sự khỏe mạnh và phát triển toàn diện của trẻ nhỏ.



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parenting

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laughter
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decisions
fun
responsibility
pain
advice
patience
joy
struggle
choices
exhaustion

Parents around the world want what they believe is best for their children. However, parents in different cultures have different ideas of what is best. Italian parents value social and emotional abilities and having an even temperament. Spanish parents want their children to be sociable. Swedish parents value security and happiness. Dutch parents value independence, long attention spans, and predictable schedules.

Differences in values cause parents to interpret different actions in different ways. Asking questions is seen by American parents as a sign that the child is smart. Italian parents, who value social and emotional competence, believe that asking questions is a sign that the child has good interpersonal skills.

With this magazine we will try to provide you with suitable guidance on general issue regarding early childhood challenges from around the world but using the individual child social and emotional development as the main compass.

We look forward to your comments, advice, requests, input, support in any kind.

Regards Parenting Nowadays
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Next Edition





Choosing a Child Care Centre ?!

Overview

For many children, a child care centre is the first step into the wider "big kid" world. But deciding when your child is ready for it can be confusing. Read on to see how to figure out what's best for your child, and ways to ease the transition.

Is your child ready for the child care centre? Good indicators that the answer is yes:

- He knows what the potty is. Some child care centres require that children be trained. Even if your child isn't, if he has almost mastered the toilet, he's probably ready to go to a child care centre.
- He shows signs of independence. He can play by himself for a few minutes, and take care of himself in some ways, such as putting on his shoes. He can follow simple instructions. He's starting to get comfortable around other people. Children who go to mother-child groups often take it better when they have to separate from you at the child care centre / pre-school. But if you think your child will have a hard time, start introducing him to the idea by leaving him with other caregivers - your mom while you shop, for instance. Sign him up for a playgroup so he can get comfortable with other children.

At the child care centre, your child will be expected to follow simple rules, such as straightening the play area and putting his shoes or bag in the closet. If you think this might be tough for him, start practicing at home by giving him responsibility for some daily routines, such as leaving his shoes by the front door or putting dirty dishes in the sink.

Need to switch gears!

- Your child will have to follow a schedule when he's at child care centre, so he'll need to make transitions throughout the day. You can help him get used to moving on to the next thing by giving him advance

notice when he has to stop an activity at home ("After you finish that puzzle, it'll be time to rest").

- If you're concerned that your child isn't ready for a child care centre, it's okay to start him the next semester or even hold off another year. It's important that both parent and child are ready for it. Your child however is often more ready than you think and not only his/her social skills will develop fast amongst peers. You will be surprised that the initial tears of separation in the beginning days will soon be replaced by joy and excitement of you both from joining the child care centre.

Finding the right child care centre?

You think your child's ready. But what's the best centre for her? What to keep in mind when you're gearing up for visits to each place:

- Make an appointment. Unannounced visitors can disrupt the children, and you may not be allowed to tour the classrooms. However, the child care centre should have an open-door policy that lets parents of enrolled children come anytime.
- Leave your child at home so that you're not distracted. (Bring her back later if the child care centre meets your approval.)

When you visit, pay special attention to:

- **The space:** Classrooms should be childproofed, bright, well-maintained, and organized into easily identifiable play areas. Toys and materials need to be stored within children's reach. Look for labels on shelves, containers, and playthings - they encourage pre-reading skills. There should be cozy spots for playing alone or with friends, as well as a large area in which the whole class can participate in activities or story-time. Toilets and sinks, tables and chairs and cubbies should be kid-size, and artwork and other visual displays should be hung at children's eye level.

- **The curriculum:** Young children learn through play, so the bulk of their day should be made up of choice. The rest should be more structured, with time for listening to stories or working on art projects; there should be an emphasis on group activities like singing and sharing. Just as at home, a predictable schedule in the child care centre helps children feel more secure. Many child care centres expect children to meet certain goals during the year; watch out for ones that seem too strict (count to 20 by December) and look for more socially oriented ones (play well with others).
- **The teachers:** They should be approachable, flexible, and respectful. Children should be encouraged to work-out their own disagreements, and a child care centre's discipline policies should emphasize consequences for misbehavior rather than embarrassment, threats, or punishment.
- **The teacher/child ratio:** For children over 4, one teaching staff for every ten students and no more than 20 children in a class.

Preparing for the first day

Ways to make the transition a little easier:

- Introduce your child to the teacher ahead of time so he'll see a familiar face in the classroom.
- Start some daily routines, such as an earlier bedtime or laying out his clothes the night before, in advance of the first day.
- Explain what to expect. Give him as many details as you can about what happens during a typical day: Children paint, play outside, sing, and look at books.
- Mark child care centre days on a special calendar. That way, he'll have a sense of when child care centre begins and which days he'll be going.

Solving common child care centre problems

Separation anxiety: You try to drop off your child at the centre and she shrieks as though you're never coming back.

The solution: Say your goodbyes and leave. She'll be fine. Really! Every time you leave your child at the centre and come back as you promised, you're helping to build her security and confidence. Whatever you do, don't sneak out when she's not looking; that will only make her cling harder next time. Instead, tell her you're going now and that you'll be back. You might create a goodbye ritual, such as a kiss on each cheek and then a hug.

Social isolation: You notice that your child is sitting by himself whenever you pick him up at the end of the day. He complains that he has no friends.

The solution: A good teacher will keep an eye out for unpleasant social dynamics; ask her what you can do to help your child fit in. Remind your child that making friends takes time, and that you often have to share them with other

classmates. You may also want to ask yourself: Are other children really ostracizing my child, or might he be pushing them away? A shy child may not feel comfortable reaching out to other children. Arranging play-dates with them outside of the child care centre may help.

Biting: You get a call from the child care centre saying your child tried to bite another child in her class.

The solution: Although adults view biting as particularly barbaric, to a small child it's no different from kicking or hitting. When children bite, it's often triggered by a frustrating loss of control (say, when a change in routine happens) or by not being able to communicate as effectively as others. Encouraging a child to express her anger or frustration with words instead - and praising her when she does - can go a long way toward curbing the habit.

Potty accidents: Your child is more or less potty trained when you sign him up for the child care centre. But a month in, she/he's having an accident every few days.

The solution: Potty accidents are common, and most teachers will understand this and accommodate the children. Let your child's teacher know about any particular potty hang-ups, and simply continue to reinforce training at home. Added pressure will only make things worse. Just make sure he has a change of clothes at the child care centre. Or send your child to the centre wearing his favorite big-kid underwear, with whatever cartoon character or action hero he likes most - it's an incentive to stay dry.

Behavioral fallback: Crying, mood swings, nighttime wake-up calls -- don't be surprised if your child suddenly starts behaving like a toddler again.

The solution: Regression doesn't necessarily mean that your child isn't ready for the child care centre. It's typically a sign that she's stressed out and needs support. Acknowledge that she's having a hard time. But tell her, "I know you can do this and I'm going to help you."

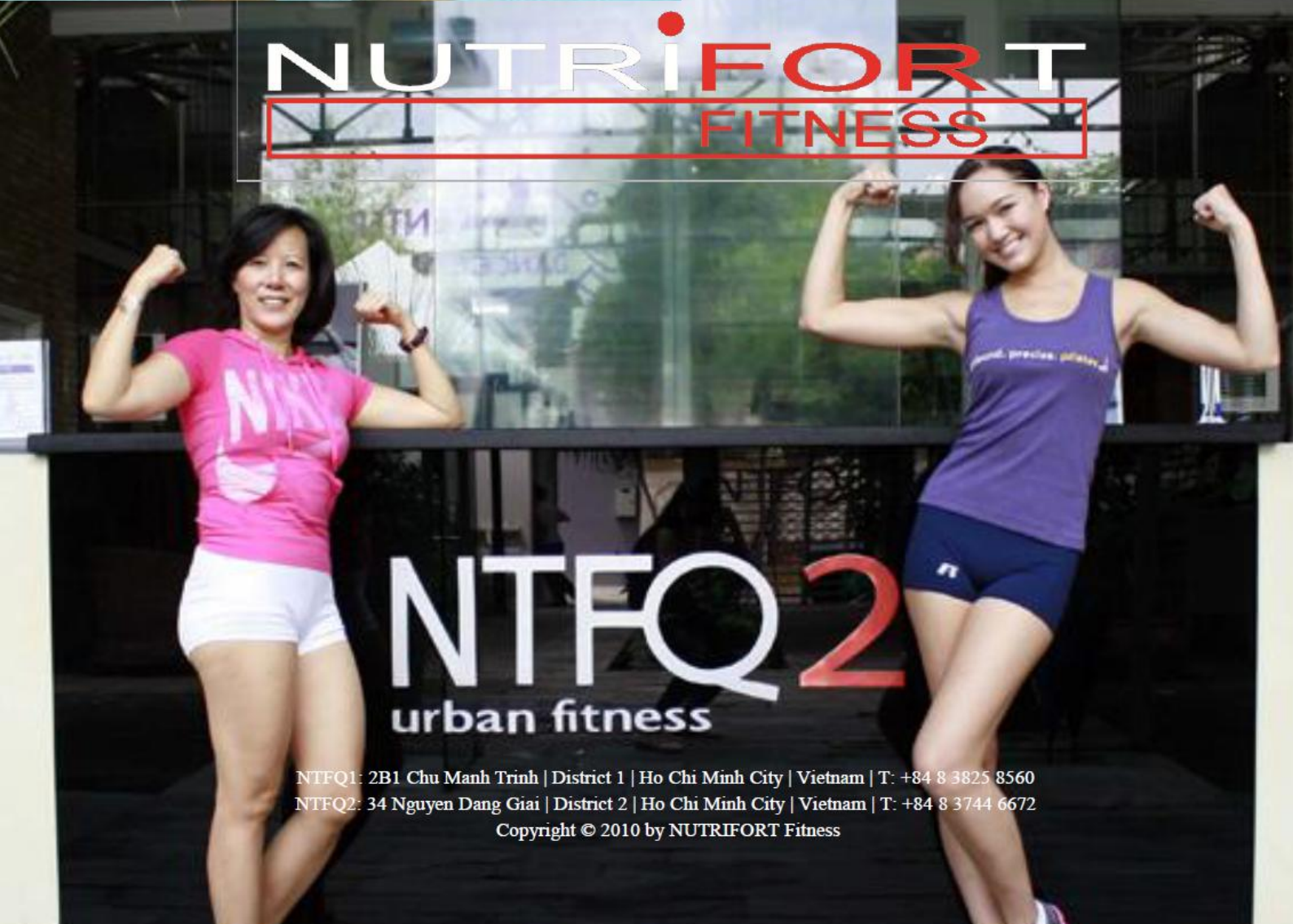
Connect with her teacher at dropoff or pickup time -- say hi and tell the teacher what's going on with your child and family. Also, have some extra one-on-one time together at home, even if it's 10 or 15 minutes. Let her decide what you're going to do - that may give her the security and sense of control she needs. The good news is, regression is completely normal and usually lasts for only a few weeks.

Summary

Good child care centres provide children with rich experiences that give them the social, emotional, and intellectual skills that will prepare them for the primary grades, and for life. But don't rush yourself or your child into it. Take your cues, join parent child-groups, go to social play areas and let your child explore. Don't let your separation anxiety get in the way of your child development.



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Toddler Tantrums

A challenge for both you and your child

What it is: One minute your child is as happy as can be; the next she's a ball of rage — crying, throwing then self on the floor, kicking, screaming and completely out of control and pushing the limits.

Why it happens: This behavior occurs for a variety of reasons. The most common include: an inability to express feelings and desires through words; the need to affirm one's independence; feeling a lack of control; having either too few or too many limits; and hunger, fatigue, overstimulation, and boredom. Just a lack of verbal skills to express frustration!

What you need to know: Despite the term "the terrible two's," tantrums can start as early as 12 months and continue beyond age four. Import however is that these tantrums are natural, frequent and positive steps forward in your child's development. They prove that your toddler is beginning to develop a sense of him/her self and him/her place in the world. It is a typical stage in the child's development.

What to do about it: Some tactics work better than others, depending on the child, but always remain adult, caring, positive and consistent throughout. You can feel angry, shocked and unable to cope; try and think of some of the following and stick with what works best for your toddler:

- Tantrums usually happen at an inconvenient time(when on the phone, at the supermarket, etc.). What was upsetting your toddler in order to have an outburst?
- Stay calm and speak softly, don't panic. Remember, seeing you lose your temper will make it harder for your child to calm down.
- Move a child who is physically out-of-control (thrashing, hitting) to a safe place. Pick her up firmly (without dragging or pulling). If that's not practical, hold your child tight to prevent her from hurting herself. (Some toddlers calm down when they're held tightly.)
- Setting limits is always a good tool in helping your toddler grow up. Devise rules about eating, sleeping, touching dangerous things, hitting, biting, etc. Have the same rules wherever you are. Stick to the routines and rules so that your toddler knows what to expect.
- Look your toddler in the eyes and speak clearly and firmly. Talk about the behavior you don't like; describe the situation by mentioning what happened in a simple ways. ("You are angry, because you wanted that toy", "You didn't like your friend taking your food", "You

were running around the restaurant".)

- Never use words like "you're a naughty boy/girl". It doesn't give the child an explanation about the behavior he/she showed.
- Avoid physical punishment. It's never a good idea, but it's especially risky at a time when emotions are running high and you're in danger of losing control.
- Create a diversion; try to distract your child or involve him/her in another activity.
- Stick to what you say and be consistent. Say "yes" or "no" and don't change your mind. If your child sees once that he/she can change your mind by whining, crying, shouting or screaming, he/she will almost certainly try the same "tactics" next time (manipulative tantrums). The more consistent you are, the easier it will be for your toddler to learn what to expect.
- Try to find a balance in what you can allow your child to do and what not. Let your child make his/her own choices in certain situations, but make sure you control the situation.

How to prevent it:

- Ward off the "fearsome four": hunger, fatigue, boredom, and overstimulation. To that end, make sure your child is well-rested and well-fed, avoid over-scheduling, and bring healthy snacks and a favorite small toy or book when leaving the house.
- Work with your child's personality. For many toddlers, sticking to a regular routine decreases the risk of tantrums. Others thrive on spontaneity.
- Cut down on the need to say "no." This includes childproofing your home (so you don't have to constantly cry, "No, don't touch that!") and setting clear limits.
- Provide some choice whenever possible. Being able to make decisions ("Do you want to eat cereal or yogurt this morning?") helps a toddler feel more in control.
- Say "yes," "no," or negotiate a compromise, but don't say "maybe." In toddler translation, "maybe" equals "yes."

Whatever you do — don't give in to her demands. After a tantrum or even during a tantrum, speak to your child and reassure him/her that you still love him/her. ("You're angry, I hold you (help you) because I love you".) Tell your child how you felt about the tantrum, and what you expect next

The ABC's of toilet training

Most parents eagerly anticipate toilet training as a milestone in their child's development, if for no other reason than that it means an end to changing diapers. But few moms and dads are prepared for how long toilet training can take. Some children master it within a few days, but others can take several months. You and your child have a better chance of success if you understand the elements of training and approach the process in a clear fashion. Here are the basic steps:

1. Assess your child's readiness — and your own

When your child is about a year old, she'll be able to begin to recognize that she has a full rectum or bladder.

Some children are ready to start potty training as early as 18 months, while others aren't interested in the process until after the age of 3. Most western parents begin potty training when their children are about 2 and a half. This is however also culturally different.

Since there's such a wide age range, watch for signs that your toddler is ready to start: Can she follow simple instructions? Can she walk and sit down? Can she take her pants off and put them back on? Try not to put on the pressure — rushing will be counterproductive.

Don't expect this child to have the same timeline as your earlier child. Boys tend to train a bit more slowly than girls, while second (and subsequent) children may learn more quickly than firstborns.

Also consider the other challenges your toddler is dealing with. If she's experiencing any turmoil or major change in her life, like a new school, caregiver, or sibling, the potty-training process is likely to hit some snags and should probably be put off until things have settled down.

Be prepared to take several months to potty-train and offer daily encouragement.

2. Buy the right equipment

First and foremost, invest in a child-size potty chair or a special adapter seat that attaches to your regular toilet. This eases the anxiety some children feel about the grown-up toilet — some fear falling into it, others dislike the loud noise of the flush.

Figure out what is best for your toddler before you go shopping, then ask your child to help you pick a potty chair. Once you get the special chair home, write his name on it

and encourage him to play with it.

If you're using an adapter seat, make sure it's comfy and secure, and buy a stool to go with it. Your toddler will need the stool in order to get up and down from the toilet quickly and easily, as well as to brace his feet while sitting, which helps him push when he's having a bowel movement.

3. Create a routine

Set your toddler on the potty seat, fully clothed, once a day — after breakfast, before her bath, or whenever else she's likely to have a bowel movement. This will help her get used to the potty and accept it as part of her routine.

Once she's fine with this routine, have her sit on the potty bare-bottomed. Again, let her get used to how this feels. At this point, let her know that this is what Mommy and Daddy (older siblings) do every day — that taking off your pants before you use the bathroom is a grown-up thing to do.

If sitting on the potty with or without clothes is upsetting to your toddler, don't push it. Never restrain her or physically force her to sit there, especially if she seems scared. It's better to put the potty aside for a few weeks before trying again.

4. Demonstrate for your child

Children learn by imitation, and watching you use the bathroom is a natural way to understand what using the toilet is all about. If you have a son, it's simpler to teach him to pee sitting down at this young age. Later, when he's mastered that, he can watch his dad, older brother, or friend pee standing up — he's bound to pick it up quickly.

When you demonstrate for your toddler, it's helpful to talk about how you know it's time to go to the bathroom, then explain what's going on as you're using the toilet and let him see afterward what you "made." Then show him how you wipe with toilet paper, pull up your underwear, flush the toilet, and wash your hands.

Even though you'll be helping your toddler with these activities for some time, especially wiping after a bowel movement, seeing you do it and hearing you talk through it will help him get used to the whole process. (If your toddler is a girl, when you wipe her be sure to go from front to back, especially after a bowel movement, to minimize the risk of urinary tract infections.)

If your toddler has older siblings or friends who are potty-trained, consider having them demonstrate, too. It can be helpful for your child to see others close to his age exhibiting the skills he's trying to learn.

5. Explain the process

Show your toddler the connection between pooping and the toilet. The next time she poops in her diaper, take her to the



potty, sit her down, and empty the diaper beneath her into the bowl. Afterward, let her flush if she wants to (but don't force her if she's scared) so she can watch her feces disappear.

You also may want to pick up a few potty-training picture books or videos for your toddler, which can assist her in taking in all this new information. *Everyone Poops*, by Taro Gomi, is a favorite, as well as *Where's the Poop?* and *Once Upon a Potty*, which even comes in a version with a doll and miniature potty.

6. Foster the habit

Encourage your toddler to sit on the potty whenever he feels the urge to go. If he needs help getting there and taking off his diaper, make sure he knows it's okay to ask you for help any time.

If you can, let him run around bare-bottomed sometimes with the potty nearby. The more time he spends out of diapers, the faster he's likely to learn, although you'll have to steel yourself to clean up a few more puddles. Tell him he can use the potty whenever he wants to, and remind him occasionally that it's there if he needs it.

Sometimes toddlers won't sit on the potty long enough to relax and let anything come out. Calmly encourage him to sit there for at least a minute or so. You'll have the best luck getting him to stay put if you keep him company and talk to him or read him a book.

When your toddler uses the potty successfully, shower him with praise. This will help to give him positive reinforcement as he masters potty training. Chances are that he'll continue to have accidents, but he'll start to grasp that getting something in the potty is an accomplishment.

Still, try not to make a big deal out of *every* trip to the potty or your toddler may start to feel nervous and self-conscious under the glare of all that attention.

7. Grab some training pants

Once training is under way, consider adding training pants to your routine. Training pants are disposable or cloth diapers that pull on and off like underwear instead of being fastened. They allow your toddler to undress for the potty on her own, which is a critical step toward becoming completely potty-trained.

While cloth training pants are less convenient than disposable pull-ups, many parents say they work better because your toddler can really feel when she pees or poops in them. Whichever option you choose, introduce them gradually – probably for a few hours at a time – and stick with diapers at night for the time being.

When your child consistently seeks out the potty whenever she has to go, it's time to move on to "big-kid" underwear. Many moms and dads have found that undies with a favorite character on them give children a dandy incentive to stay dry.

8. Handle setbacks gracefully

Toilet training can be difficult for parents and children. Keep in mind that temporary setbacks are completely

normal and virtually every child will have several accidents before being able to stay dry all day long. An accident doesn't mean that you've failed. When it happens, don't get angry or punish your child. After all, it's only recently that his muscle development has allowed him to hold his bladder and rectum closed at all, and he's still learning why it's important to use the potty. Mastering the process will take time.

What can you do? Reduce the chance of accidents by dressing your toddler in clothes that are easy to remove quickly. When he has an accident anyway, be positive and loving and calmly clean it up. Suggest sweetly that next time he try using his potty instead.

9. Introduce night training

Don't give away that stash of diapers just yet. Even when your child is consistently clean and dry all day, it may take several more months, or even years, for her to stay dry all night. At this age, her body is still too immature to wake her up in the middle of the night reliably just to go to the bathroom. In fact, it's perfectly normal for a child to continue wetting the bed occasionally until she's in her early school years.

When you're ready to embark on night training, your toddler should continue to wear a diaper or pull-up to bed, but encourage her to use the potty if she has to pee or poop during the night. Tell her that if she wakes up in the middle of the night needing to go, she can call you for help. You can also try putting her potty near her bed so she can use it right there.

If she manages to stay dry consistently at night, it might be a good time to start nighttime training. Put a plastic sheet under the cloth one to protect the mattress. Put your toddler in underwear (or nothing) and have her use the toilet before you tuck her in. Then see how it goes. When she wakes up, get her in the habit of using the bathroom before she begins her day.

But remember that many children aren't ready to stay dry at night until they're scholl-age. There's also not much you can do to help things along, short of limiting liquids before bedtime, so if your toddler doesn't seem to get the hang of it, put her back in nighttime diapers and try again in a few months when she's a little older.

10. Jump for joy — you're done!

Believe it or not, when your child is mentally and physically ready to learn this new skill, he will. And if you wait until he's really ready to start, the process shouldn't be too painful for either of you.

When it's over, reinforce his pride in his achievement by letting him give away leftover diapers to a family with younger children or help you pack up the cloth diapers and send them away with the diaper delivery service one last time.

And don't forget to pat yourself on the back. Now you won't have to think about diapers ever again – at least, not until the next baby.



Change Negative to Positive

*Children need to hear what they can do
in a positive way*

Positive Reinforcement is a strong tool to modify children's behavior by reinforcing desired behaviors. The fact that it does not use punishment, intimidation, or other things that can hurt the child's self-esteem, emotional relationship with a parent or caregiver has made positive reinforcements popular around the world and is used in many classrooms.

Positive Reinforcement is a familiar enough term in modern society. It is a method of behavior modification and a component of behavior change, which is one of many themes in early childhood education.

Hereunder you will find some simple guidance on changing the way we communicate with children which makes all the difference for them and hardly an effort from us adults.

Give it a try to make a difference!!

Negative

What we mostly seem to say!

- Don't run →
- Don't hit →
- Don't yell/Don't scream →
- Don't fight →
- Don't climb on the table →
- Don't go up the slide →
- Don't throw sand →
- Don't step on the books →

- Don't throw toys →

Positive

What changes their response and our own good feel

- Use your walking feet.
- Please touch softly/ be gentle
- Use inside voices/ Use a quiet voice please.
- Use your words, please.
- Keep your feet on the floor, please.
- Go down the slide (go up the stairs and down the slide).
- Keep the sand in the sandpit.
- Be careful with the books/
- Keep your feet off the books otherwise they break.
- Your friends will be hurt and the toys will break.

Children need to hear positive words and be positively affirmed of what you request them how to behave or ask them to do. A good ratio is to find 9 positive things to say to a child for every single negative or corrective remark. That means that nine times out of ten, when a child is called or spoken to, it will be able to hear something positive. This could also include neutral statements like "Chi Chi, you have nice blue ribbons in your hair today", "you're wearing a red dress (batman shirt) today".

More in general the first 3 years of life, when the brain is developing and maturing, is the most intensive period for acquiring speech and language skills. These skills develop best in a world that is rich with sounds, sights, and consistent exposure to the speech and language of others.

Building a language rich environment is about using every opportunity to use language, to interact, to share a focus, to talk, to take turns. Building a language rich environment is also about building a nurturing environment, giving your child love and affection and building their self-confidence. And finally, it is about building a learning environment, creating a place where love, language and learning can all take place together.

So what do you do to create this environment? Well firstly look at yourself and how you are communicating with your child.

How much sleep does my child require?

Sleep is very important to children's well-being. The link between a lack of sleep and a child's behavior isn't always obvious.

When adults are tired, they can be grumpy or have low energy, but children can become hyper, disagreeable, and have extremes in behavior (displaying frequent irritability, overreact emotionally, forget easily, have difficulty concentrating, wake often during the night). Most children's sleep requirements fall within a predictable range of hours based on their age, but each child is a unique individual with distinct sleep needs.

Toddlers

From ages 1 to 3, most toddlers sleep about 10 to 13 hours. Separation anxiety, or just the desire to be up with mom and dad (and not miss anything), can motivate a child to stay awake. So can simple toddler-style contrariness. Parents sometimes make the mistake of thinking that keeping a child up will make him or her sleepier for bedtime. In fact, though, children can have a harder time sleeping if they're overtired. Set regular bedtimes and naptimes. Though most toddlers take naps during the day, you don't have to force your child to nap. But it's important to schedule some quiet time, even if your child chooses not to sleep. Establishing a bedtime routine helps children relax, get ready for sleep, and sleep through the night. For a toddler, the routine may be from 15 to 30 minutes long and include calming activities such as reading a story, bathing, and listening to soft music.

Typical bedtime routine:

1. Have a light snack
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temp.
7. Put your child to bed.
8. Say goodnight and leave.

Whatever the nightly ritual is, your toddler will probably insist that it be the same every night. Just don't allow rituals to become too long or too complicated. Whenever possible, allow your toddler to make bedtime choices within the routine: which pajamas to wear, which stuffed animal to take to bed, what music to play. This gives your little one a sense of control over the routine.

It is helpful to:

- Make bedtime the same time every night.
- Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Save your child's favorite



relaxing, non-stimulating activities until last and have them occur in the child's bedroom.

- Keep the bedtime environment (e.g. light, temperature) the same all night long.

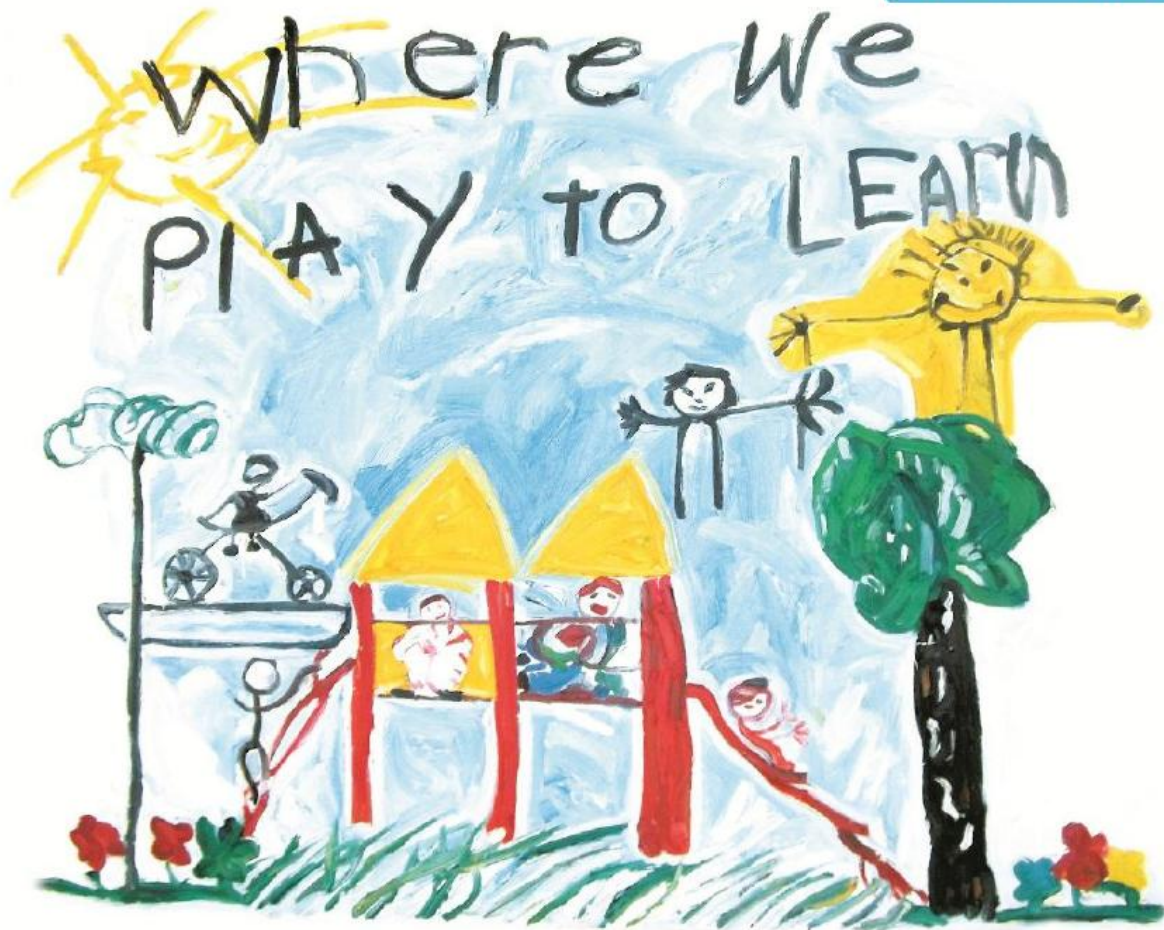
Have your child form positive associations with sleeping. A child should not need a parent to help him/her fall asleep. The child who falls asleep on his or her own will be better able to return to sleep during normal nighttime awakenings and sleep throughout the night.

But even the best sleepers give parents an occasional wake-up call. Teething can awaken a toddler and so can dreams. Active dreaming begins at this age, and for very young children, dreams can be pretty alarming. Nightmares are particularly frightening to a toddler, who can't distinguish imagination from reality. (So carefully select what TV programs, if any, your toddler sees in the hours before bedtime.) Comfort and hold your child at these times. Let your toddler talk about the dream if he or she wants to, and stay until your child is calm. Then encourage your child to go back to sleep as soon as possible. Except during conditions when the child is sick, has been injured or clearly requires your assistance, it is important to give your child a consistent message that they are expected to fall asleep on their own.

Preschoolers

Preschoolers sleep about 10 to 12 hours per night. A preschool child who gets adequate rest at night may no longer need a daytime nap. Instead, a quiet time may be substituted. As children give up their naps, bedtimes may come earlier than during the toddler years.

If your child is needing more sleep simply move your child's bedtime up. This may sound impossible at first, but by moving his entire bedtime routine up half an hour, you'll help him associate bedtime with an earlier time. In fact, you may be surprised to find that he goes to sleep more easily and sleeps through the night more regularly when he is well-rested. It is important that young children are able to put themselves back to sleep alone. If they are used to your presence to assist them to sleep, withdraw your presence from their sleep environment slowly but surely.



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SmartKids International Child Care Centres offer childcare for young children in English

Parent-Child groups for children from 12 months to 3 years old;
Parents will stay and play with their children for 1.5 hours, depending on their request 1-2 or 3 times a week. This is an opportunity for children and parents to get introduced to the centre, socialize with other children, learn songs and get feedback from each other about typical child issues.

Kiddies - Early Childhood groups (max. 18 children) for children from 18 months to 3 years old;
offer a half or full day program, without parents, but with integrated special activities.

Big Kids - Kindergarten groups (max. 20 children) for children from 3 to 6 years old;
offer a half or full day program based on the pedagogic principles for this age group.

After School Activities (max. 18 children) for children from 3 to 6 years old;
This group offers a 1.5 hour English only program with integrated special activities