

Kids Club

April 2024 Newsletter

Summer 2024

SAVE THE DATE

Monday, April 1st

'24-'25 School Year

Kindergarten Registration **OPENS**
to **CURRENT KC FAMILIES!**

Thursday, 4/4

KC- Board Meeting @ 6p

Mon-Fri, 4/8-4/12

SPRING BREAK FULL DAYS!

Friday, 4/19

KIDS CLUB Early Closure @ 4:30p!

Friday, 4/26

PARENTS' NIGHT OUT!

From 6p-10p

Wednesday, 5/1

Kindergarten Registration
OPENS to NEW FAMILIES!

Friday, 5/10

KC SPRING -FAMILY EVENT!

If you are hoping to have your child attend
week or more of our 2024 Summer Camp,
We are already 100% FULL!

Don't fret... To be placed on our wait list...

You can find the
registration form on our website at
KIDS CLUB 2024 SUMMER CAMP

Just **CLICK** the page header and fill it
out right online!



2024 T-shirt Design Contest!

Would your child love to see their artwork worn all around Seattle this summer?!

Encourage them to enter our Summer Camp T-shirt Design Contest! Kids should submit their design to Marissa by Wednesday, April 30, 2024.

It must include a mascot of any kind and the words, "Kids Club" in the design. The winner will be chosen by the KC Staff and announced to all in June!



SPRING BREAK FULL DAY CHILDCARE!

**APRIL 8-12TH
SPACE AVAILABLE!**

**ENJOY A WEEK OF
SUPERHERO- THEMED
ACTIVITIES AND FIELD TRIPS!**

EMAIL [KIKI](#) TO REGISTER!





KIDS CLUB CAREGIVER TIP OF THE MONTH!



5 Steps to a positive BEDTIME ROUTINE

Start with yourself!

SELF-Check:

- Head- What am I thinking?
- Heart: What am I feeling?
- Body: What am I sensing?



Create Calm Atmosphere!

Engage your child's senses!

- sight: dim lights, calming images
- touch: warm bath, snuggles, soft blankets, stuffies
- smell: liked lotions, candles, diffusers
- sound: soothing music, stories, white noise, lullabies
- taste: mindful sips of water or warm drinks, toothpaste

Connect through rituals!

- Consistency! (time, what you do, how you do it)
- Say 3 things you love about each other...
- Reflect on what went well today
- How do we say goodnight to each other?
- How will we reconnect in the morning?

Focus on POSITIVES!

Make a list of positive bedtime affirmations:

- "I will sleep well and wake up rested"
- "I grow my brain every time I sleep"
- "The light is low, my room smells great, and I am loved and calm in my bed. It will be a good night"

Let them OWN it!

- Create a checklist that helps them sleep.
- Make choices available with limited options.
- "Pick a dream" to have tonight, or discuss their favorite ways to feel calm.
- Reflect on what's working and try again.

**KC
AMAZON
WISH LIST!**



SPRING FUNDRAISING EVENT:

Kids Club

"THROUGH THE DECADES!"

SAVE THE DATE:

MAY 10th 5:30p-7:30p!



Drop your kids off at Kids Club and enjoy a night of fun!

**FRIDAY
APRIL 26!
6PM-10PM**

\$35 PER CHILD!
All proceeds benefit Kids Club Program!
DINNER & FUN PROVIDED!

REGISTER YOUR CHILD BY EMAILING:

EMAIL  [SHANNON TO REGISTER!](mailto:SHANNON@KIDSCUB.COM)

OR CALL US AT 206.523.6351