

QUALITY NEWSLETTER

AUGUST/SEPTEMBER 2026

In our newsletters, the Quality Team is pleased to provide activities and ideas in the spirit of celebrating young learners and their families. We hope you will take some time to get to know us and reach out with any questions about the services we provide to Mercer County child care providers and the families they serve.

Department Spotlight

The Resource Development (RD) Department at Child Care Connection oversees the registered family child care educators in Mercer County. Family Child Care (FCC) programs provide child care in the provider's home for up to five children at a time. The RD staff support providers with the registration process and conduct monitoring visits to ensure programs meet State requirements. In addition, they hold monthly meetings with providers, which include guest speakers, sharing of resources, and opportunities for professional development.

You can reach Resource Development at 609-989-7938.

Days of Celebration

August

2-8: Exercise With Your Child Week
National Family Fun Month
National Back to School Month



September

6: Read A Book Day
7: Labor Day
11: Rosh Hashanah begins
13: Grandparents Day
22: Autumn begins

Keep in mind, this list is non-exhaustive and is not intended to purposefully exclude any religious holidays or festivals

Resources

PBS Kids for Parents excels at addressing the emotional side of the back to school transition. They offer a dedicated "Back to School" hub featuring articles, routine-building checklists, and video clips.

<https://www.pbs.org/parents>

If you need low-prep, high-engagement activities to keep a preschooler occupied while you build a new morning routine, Busy Toddler is packed with simple, sensory-rich setups. Keep a child calmly anchored and independently playing using basic household items (like pouring water, sorting blocks, or playing with tape) while you get breakfast or backpacks ready.

<https://busytoddler.com/>



Back to School: Getting Back Into a Healthy Sleep Routine

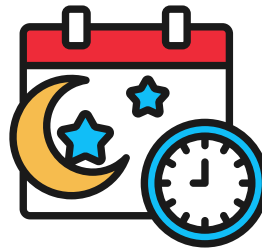
During the summer months, sleep schedules and routines can become disrupted. Now that back-to-school season is approaching, the thought of re-establishing a sleep routine may feel overwhelming or daunting. Did you know that sleep helps the brain and body grow and develop (HeadStart, 2025)?



A consistent bedtime routine can help ensure your child is getting the rest their mind and body need. To support the transition back to a regular sleep schedule, try gradually adjusting bedtime and wake-up times and reintroducing routines that may have paused over the summer, such as storytime, bathtime, and getting into pajamas. It is also helpful to turn off electronics about two hours before bedtime.

According to the Sleep Foundation, the recommended total sleep in a 24-hour period (including naps) is:

- Infants (4–12 months): 12–16 hours
- Toddlers (1–3 years): 11–14 hours
- Preschoolers (3–5 years): 10–13 hours
- School-age (6–12 years): 9–12 hours



For more sleep tips and ideas, please visit

<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

The Pocket Heart



"The Pocket Heart" works wonders for preschool-aged children dealing with separation anxiety. It bridges the gap between home and school using something tangible they can keep with them.

What You Need: A small piece of felt, thick paper, or a flat smooth stone, and some fabric markers or stickers.

How to Do It:

1. Before saying goodbye (either at home or right at the classroom door), sit with the child and hand them a small cutout heart.
2. Ask the child to hold the heart between both of their hands. Place your hands over theirs and say something like:
"Let's fill this heart with all of my love, hugs, and kisses for the day.
Close your eyes and squeeze it tight so it captures all of it!"
3. Have the child slide the "charged" heart directly into their pocket or backpack.
4. Remind them that whenever they feel sad, lonely, or miss you during the day, they can just reach into their pocket, squeeze the heart, and remember that your love is right there with them.



In Our Communities...



Preschool Nature Classes

August 4 Butterflies

August 11 Spiders

Ages 3-5

\$15

Pre-registration required

31 Titus Mill Road Pennington, NJ



Friday, August 28, 2026

2:00 p.m.

108 Clinton Ave

Trenton Board of Education

Parking Lot



Read & Pick Program

Tuesdays, 9:30 & 11:00 a.m.

Introduce your young child to the fun of the farm with this innovative program. This unique program combines a hands-on farm activity with listening to a story highlighting a fruit or farm area. Each session starts with an educational program that includes reading stories and discussing how crops are grown or learning about an area of the farm. Children then have hands-on picking time or complete a craft activity.

Tuesday, August 4

Corn

Tuesday, August 18

Green Beans — Vines of Fun!

Tuesday, August 25

Apples

Tuesday, September 8

Potatoes

Tuesday, September 22

Scarecrows



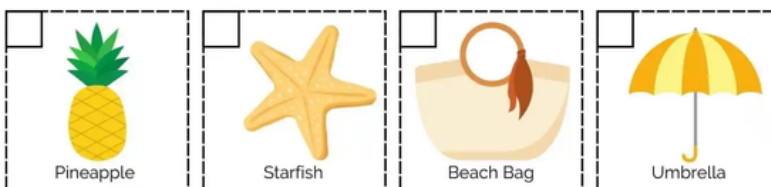
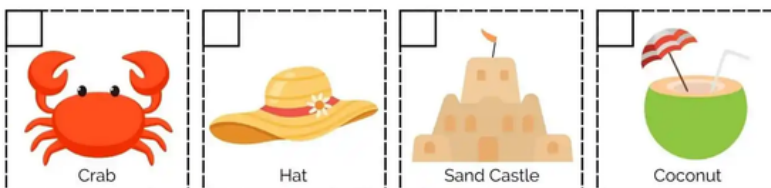
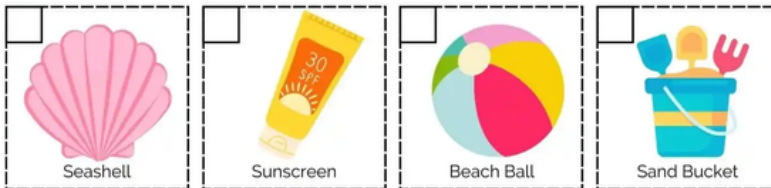
Saturday, September 12, 2026

11:00 a.m.-4:00 p.m.

Trenton Thunder Ballpark

Puzzle Corner

SUMMER SCAVENGER HUNT



Questions
or
comments?

Contact us at:
609-989-7940

or
training@ccc-nj.org