

**Our Centers:**

**Basalt Center**

Basalt Elementary School  
Phone: 970.384.5855

**Glenwood Center**

Glenwood Springs Elementary School  
Phone: 970.384.6055

**Carbondale Center**

Bridges Center  
Phone: 970.384.5796

**All Centers' Hours:**

**8:00—4:00 M-F**

**[www.rffrc.org](http://www.rffrc.org)**

"The RFFRC is an official application assistance site for CHP+, a low cost insurance plan for Colorado Children. Your child may qualify. Call us to apply!"

**Honor a Teacher**

Now is the time to thank your child's teacher for all their hard work this year!  
**Deadline for this school year delivery is May 15th.**  
Use the form below or email **[Kjmarshall@rfsd.k12.co.us](mailto:Kjmarshall@rfsd.k12.co.us)**

**End Bedtime Battles with Love & Logic**

Over the years, we've met hundreds of parents who've practically given-up on trying to get their kids to stay in their bedrooms at night, especially once springtime light arrives. Fortunately, we've also seen hundreds solve this problem with the practical tips below:

- Abolish bedtime in favor of "bedroom time."

While it's not within our control to make our kids fall asleep in their beds, we can control whether they stay in their rooms. Say, "You may do whatever you like as long as you stay in your room and you don't cause a problem."

If they come out of their room, shut their door. Some parents decide to keep putting their children back in the room. Others decide to hold the door shut. Some decide to latch the door shut until their child is willing to stay in their room.

- Ensure supervision and safety.
- Make the room safe and stay right outside their door until they are calm.
- Expect them to throw a huge fit. This is normal.
- Don't talk to them through the door. Each word we say increases the duration of their fit.
- Open the door only when they fall asleep or are willing to stay in their room.
- Be as consistent as possible.
- When parents stick to this plan, they usually see major improvement in less than a week's time.
- Use these tips only with children who are at least one year of age.
- With little babies, just love them and do whatever it takes to sooth them. The first year of life is all about meeting needs and establishing trust and love.

Participate in the Love & Logic LIVE webinar, [Love and Logic Solutions for Early Childhood](#), for more tips on bedtime and many other challenges. This exciting and informative two night session will broadcast **Monday, May 3 from 7:00pm-8:00pm MDT AND Tuesday, May 4 from 7:00pm-8:00pm**

**Honor a Teacher Reply Card *deadline is May 15***

Please print:

Donor's name \_\_\_\_\_ Donor's phone \_\_\_\_\_

Teacher's name \_\_\_\_\_ Teacher's school \_\_\_\_\_

Personalized message for the card: \_\_\_\_\_

**CIRCLE ONE:** Do you want the card to sent to your home? **or** sent by email ?  
**or** sent directly to the teacher?

Return this card with your tax-deductible donation to:  
RFFRC, Box 1833, Carbondale, CO 81623 or call 384-5689  
You can also email your request to [kjmarshall@rfsd.k12.co.us](mailto:kjmarshall@rfsd.k12.co.us)

Thanks for a great year! Next year watch for a new format for our newsletter. We will be saving paper and trees and sending out an online newsletter.

If you would like to help us out with our annual fundraiser at the Carbondale Mountain Fair, please send me an email at [kjmarshall@rfsd.k12.co.us](mailto:kjmarshall@rfsd.k12.co.us)  
The dates for the fair are July 23--25. You can work a 4 hour shift for good cause-- RFFRC!