

# WIU Preschool Newsletter

9/29/23

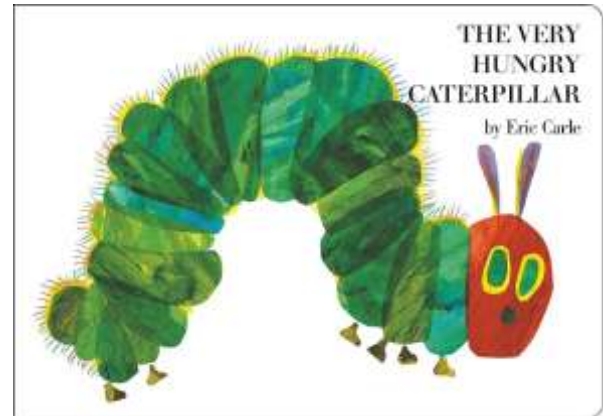
Ms. Kelly & Ms. Shirley



We love nature!



Our favorite book this week:



Benefits of Outdoor Naps  
for Kids

## Natural light exposure

This resets the body clock and adjusts with circadian rhythms, and you produce more melatonin for a more restful sleep, unlike artificial light which interferes with sleep quality.

## Increased immunity

Plants give off phytoncides to protect themselves which humans can benefit from for lower blood pressure and other health boosters.

## Better functioning of body and brain

Higher quality oxygen will improve functioning of the brain and body for better productivity, mobility, recovery and more. Whereas stale inside air laden with carbon dioxide can lead to lethargy and slower metabolism.

## Reduced stress

Just seeing trees has been proven to reduce stress levels, as has listening to the sounds of nature and the outdoors.

Source: <https://www.careforkids.co.nz/child-care-provider-articles/article/207/why-you-should-consider-taking-childrens-naptime-outside>



Media use guidelines for  
preschoolers:

Preschoolers learn by interacting with the world around them. They need to be physically active. To run, climb, and swing on the playground. And to have time to be creative, figure things out, and use their imaginations through play.

Time spent with devices (like a TV, tablet, or smartphone) can help reinforce learning and promote creative play when you choose educational programs, games, and apps. But too much screen time may lead to learning and sleep problems and increase a child's chances of obesity.

The same parenting rules apply to media use as to anything else. Set a good example, establish limits, and talk with your child about it.

Source: <https://kidshealth.org/en/parents/screentime-preschool.html>