

Robert Lee Vision with a Purpose Christmas Activity

sleeping."

For more information, visit www.GlowPets.com.

<u>Rituals</u>

A schedule helps the body know when to be alert and when to be sleepy. Over the holidays, don't let kids deviate too much from their regular routine.

Nighttime rituals, such as bedtime reading, can help create a sleepy mood at night. Anxieties may make sleep a troublesome prospect for some kids, so another great bedtime ritual is simply spending time talking with your kids each night. This gives them the opportunity to open up and discuss what's bothering them.

With a few tricks, you can make bedtime more fun for kids.

Don't forget the reason for this glorious season!



Christmas Toy Run





We want to wish all of our Friends and Neighbors a very Merry Christmas and a Sharing with you the joy, the wonder, the miracle of this beautiful holy season.

Larry's Automotive





