

(Message sent in Email on 4-22-20)

Greetings Parents!

I have exciting news... Glenn Child has set us up with one location for all of the parenting resources that I am sharing with you. Instead of digging through emails from me, you can now find everything I'm sharing in one location on the church website. From now on, I will send you a link to the church website telling you about the new content available. Save this link so you can get to it easily. Files will be added each week.

<https://www.bowerhillchurch.org/worship/childrens-education-parent-resources/>.

Only a few short weeks ago, the COVID-19 quarantine brought the world to an abrupt stop. As the dust seems to settle, parents are slowly adjusting to the idea that we are the ones in charge of daily schedules.

Your first resource is Embracing the Power of a Schedule, a 4-minute video on how to set schedules for a healthy environment. [Click here for the video](#).

The second resource, Bedtime Routines, gives parents three ideas on how to structure bedtime, so children maintain healthy sleep habits and have some certainty amidst the uncertainty. [Click here for the bedtime routine resource](#).

If you have any questions or thoughts, please contact me, and I will be glad to help in any way.

With Joy!

Amy