Welcome Megan & Nick!

A quick guide to caring for Soren at age 3

Usual sleep times:

Wake-up: ~7am. Waiting for him to wake up on his own is totally fine.

Nap: 1pm (after lunch).

Bedtime starts 6pm (closer to 7pm if sleeping happened at naptime)

Usual sleep routines:

-Nap: Read one book, sing one song, potty, turn on air purifier (for white noise), cd player. Encourage Soren to put his head on the pillow before you leave the room. Tell him “I will tell you when nap time is over. Please stay in your room until then.” If he doesn’t sleep, he is choosing to do “quiet time” instead. This is fine – he may talk to himself and get out stuff from his closet to play with. If this happens, let him know quiet time is over after 30min-1hour. If he naps, awesome, he can sleep until he wakes up.

-Bedtime: Potty, bath, turn on air purifier, PJ’s, read 2 books, sing 2 songs, “scare people away,” cd player

Potty notes:

-Soren may need reminders to go if it has been >4 hours since he last went. Start with “it’s a good time to go to the bathroom” instead of “you need to go now.” If he gets to the point of doing the potty dance (shifting from one leg to the other), switch to “we are going to walk to the bathroom together now.”

-Remind him to flush, put on underpants and shorts, and wash his hands afterwards. Enforce these if a reminder isn’t working.

-In case of an accident, (a) there is carpet cleaner and rags located in the cabinets above the washing machine and (b) there is an extra set of sheets (including a waterproof mattress protector) located in a drawer of Soren’s high-boy dresser. Soiled sheets can just be thrown in the washer; make sure to dry the mattress protector on very low heat so it doesn’t melt.

Watermelon food fun:

-Popsicles: put watermelon cubes on toothpicks (located in a pull out drawer to the right of the cooktop)

-“Spritzer:” Blend ice, watermelon, lime, and mint leaves (from Soren’s chocolate mint plant in the backyard) until slushy. NOTE – More than one small cup of spritzer will make Soren need to pee A LOT. Watch out for potty dances.

Best parks (I’ve seen dogs on leashes at all of them)

Hogue Park in Campbell (big playgrounds)

Jack Fisher Park in Campbell (bring a swimsuit and towel for the water spray feature)

Shoup Park in Los Altos (walk along the dry creek bed and pick wild blackberries)

Church (optional. Soren LOVES going to the Sunday School)

Los Gatos Presbyterian Church at 10am

Sunday school check-in protocol: Bring Soren with you to the big sanctuary. On your way in, grab his name-tag from the board. Pin the name tag and one heart to him. Keep the matching heart with you. Soren sits with you in the pew until the “time for young disciples.” Then, he goes up to the front with the other kids and exits with the Sunday school teachers after the short kids lesson. We like to make sure that he actually makes it to the Sunday school classroom by sending one of us to walk with the group to the classroom. On pickup, you need to give the teachers the heart that you kept with you.