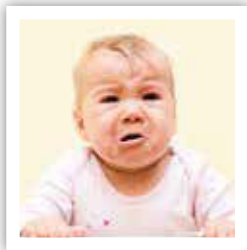


# Parent Talk

Katy parents share tips on common topics we all face



## What is the best way to soothe a crying baby?

"Rocking my baby on my belly works for me. I usually place a blanket over them because warmth helps them sleep." - *Amalia G.*

"Play some classical music or spa music at night." - *Prinon P.*

"My kids liked being outside, swaddled, or bounced." - *L. Duke*

"Running water." - *Annie G.*



## How do I keep a toddler's nap time schedule?

"We have always tried to remain consistent and stay as close to a schedule as possible. We give a five-minute warning that it is almost nap time, and then we put him in his room.

Some days he goes right to sleep, some days not, but he has to stay in his room for at least 1.5 hours. Of course, we have also learned some days a nap just isn't going to happen, and those days he goes to bed a few minutes earlier. Consistency is key!" - *Regan J.*



## Should my newborn be on a feeding schedule?

"How old is the baby? Under 1 month I would wake them every two to three hours. After that, let them sleep. They'll wake up when they're hungry." - *Angie P.*

"I let all three of mine sleep, and I would feed them when they woke up. I know it is not the norm, but it worked for us." - *Kendall M.*



## What should you ask potential preschools?

"I recommend asking about safety and security, particularly at drop off and pick up. Ask about food. Do you need to bring it? Is it included? What is served? Cleanliness is important, too! Ask how and when toys and surfaces are sanitized and give the place a sniff test. If it doesn't smell clean in the classroom, that's not a good sign." - *Jessica S.*

"How are classes structured? Classrooms should be child-centered to provide a comfortable environment that tends to the needs of each individual child." - *Romana S.*

"Will you receive a daily report of your child's activities? Are the teachers CPR and first-aid certified?" - *Sarah P.*

"Ask about teacher-student ratios and the role of teaching assistants and aides in the classroom." - *Steve S.*

Want to be a part of  
our parent panel?

Email [editor@katymagazine.com](mailto:editor@katymagazine.com)  
or visit *Katy Magazine's*  
Facebook page and watch  
for parent talk questions  
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