



JULY 2025 NEWSLETTER

Play and Learn at Eastpoint

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A NOTE FROM THE DIRECTOR

Happy 4th of July!

Just a reminder, we will be closed on Friday, 7/04/25, in honor of Independence Day. Have a safe and wonderful holiday. We hope that everyone's summer is off to a great start.

Happy Birthday!

Wishing a very happy birthday to anyone who is celebrating in the month of July.

Monthly Friendly Reminders...

FROM ACCOUNTS RECEIVABLE

Questions about your account? Please contact the **AR Coordinator**, at 410-296-4880, ext.110.
Questions about Subsidy & Scholarship? Please contact the **Subsidy Specialist**, at 410-296-4880, ext. 111.



Be sure to sign up for emergency alerts!

If you haven't done so already, please visit our webpage at www.playcenters.org to register for both email and text alerts.

IMPORTANT DATES

- **7/4/25: INDEPENDENCE DAY!**
PLAY AND LEARN CLOSED!

WACKY WEDNESDAYS

We welcome & encourage every child to participate!

- 7/2 - Red, White, & Blue Day!**
- 7/9 - Sunglasses/Shades Day!**
- 7/16 - Tropical Day!**
- 7/23 - Holiday Hats in July!**
- 7/30 - Book Character Day!**

Parents' Corner

Encouraging Healthy Sleep Habits

SOURCE: <https://www.naeyc.org/our-work/families/encouraging-healthy-sleep-habits>

By: Hattie Harvey, PhD, NCSP

“Sleep is critical to children’s everyday functioning. A good night’s sleep helps prepare children to attend to new experiences, positively engage with others, and build memory and attention skills. When children sleep, their brains are actively working to form new connections, allowing them to be more physically relaxed and mentally alert when awake. These positive effects can be observed over time, and as a parent you play a critical role in helping your child establish healthy sleep habits. “