

Little Bridges News

August 2022



Calendar of Events

CLOSED – Staff Training

Thursday 8/4

Friday 8/5

Parking Lot CLOSED

Thursday 8/4

Friday 8/5

New Class Orientation

For preschool only

Friday 8/5

9:00 – 9:45 am

First Day of Pre- School

Monday 8/8

First Day of School Age

All Day Camp

Tuesday 8/9

Minimum Day

Wednesday 8/10

Back To School Night

For preschool only

Thursday 8/25

6:30pm

CLOSED – Labor Day

Monday 9/5

CCPC Happenings

Sunday Services & Sunday School

10:00

Teacher Training/In-Service Days

Little Bridges will be closed on Thursday, August 4th and Friday, August 5th for teacher training/in-service days. We will be using these days to get ready for the new school year. Our focus this year is on literacy and we have 3 workshops planned with an educational consultant who will speak on curriculum development, interactive reading, and critical building blocks of early literacy.

Parking Lot Resurfacing 8/4 & 8/5

The parking lot is being resurfaced on Thursday August 4th and Friday August 5th. **The parking lot will be closed to all traffic.** If you are planning on being at Friday Orientation, please plan accordingly. You will need to be dropped off or park on South Gale Ridge Rd and enter the campus through the FRONT church lobby doors (by the mailbox on S. Gale).

Preschool Orientation Friday, August 5th

New Student Orientation Day for preschool will be held August 5th. Any child transitioning into a new room in the fall is invited to check out their new classroom. We hope that a brief visit with your child's new teachers and environment will help make for an easy transition on their first day of school. The Ducks, Giraffes, Jaguars, Koalas and Pandas classes will have a morning orientation time from 9:00am – 9:45am. Because this is a teacher training/in-service day we have to keep the orientation brief.

School Age First Day Tuesday, August 9th

Attention all Fall School Age families! Please note that our school age program will start on Tuesday 8/9. We have an all day camp planned with lots of getting-to-know-Little-Bridges activities and day-before-school-starts-fun.

Wednesday, August 10th is the first day of the SRVUSD and is a minimum day for all students.

Little Bridges is Hiring!

We are currently looking for a loving, energetic and qualified toddler teacher. Please pass on our information to anyone you know who would make a great addition to our amazing Little Bridges team! We offer very competitive pay and many benefits, including full medical coverage for employees.

Thoughts from Ms. Jacque and Ms. Yumi...
(From the archives)

Security in Daily Routines

I remember when my kids were toddlers – I felt like I was living out the movie Groundhog Day. Monday to Sunday it was the same schedule again and again, from singing a wake-up song in the morning to giving baths before bedtime at night. I look back now and cherish those moments and realize that those routines may have been repetitive for me but they were heavenly for my kids.

Young children are sticklers for predictability because a reliable schedule helps them feel safe (Mom drops me off at Little Bridges in the morning, but she comes back in time to feed me dinner) while teaching them about their boundaries (I brush my teeth, then we read books). It increases their sense of security because they know what's coming next. The more secure children feel, the more they can focus on things like learning, exploring, and playing.

Babies especially thrive on routines because they are comforting. An infant learns to expect pretty much the same things to happen at about the same time in the same place and with the same people. This regularity helps a baby to feel more secure and this gradually helps as a child learns to adjust his own body rhythms to predictable patterns for sleeping, eating, and activity - which over time makes everyone's life easier! The first year of life is full of so many new experiences, being able to count on certain occurrences day in and day out is incredibly consoling for your baby.

Experts also agree that routines are beneficial for brain development. The repetitiveness of daily activities helps lay down critical pathways in the brain. When you repeat things over and over, you make those connections much stronger over time. The more robust those mental links become, the more confident and calm your little one will be, knowing that they can predict the next activity in their day. That means a less anxious child overall - and that equals less crying, unsettledness and temper tantrums.

Ms. Yumi regularly takes weekend excursions with her husband and two children, ages 2 and 4. Her trip planning always includes built-in nap times, consistent meal times and even bed times. She mentions that taking some familiar items with her, like Aki's blanket, Emi's favorite pillow and even their nightly sleep time music all contribute to her kids feeling secure and safe – and when her kids feel safe, they are much more apt to try new things, explore new places and meet new people. Because she takes the time out to give her kids the daily schedule they need, her vacations are pleasant, relaxing and melt-down-free!

It's also wise to vary the adult who's running the daily show - switch between mom and dad, or a relative or babysitter. If it always has to be you putting your child down at bedtime, for instance, what's going to happen if you want to go out for an evening? By switching between mom and dad to handle things at bath time or asking a neighbor to take your child to school, you'll be letting your children know they can count on other adults to meet their needs too.

Although a set schedule is a major comfort for your children, you don't want to make them so dependent on predictability that they'll fall apart the minute something changes. Now is a perfect time to teach your young children to be adaptable, so they'll be more resilient when they're older. Within the framework of your established routine, make small changes that will shake things up a little. Swap out the books at naptime, or eat a picnic lunch outside instead of at the kitchen table. By adding some variety to your everyday patterns, you'll teach your child that things will be okay and even fun! Plus you'll be setting the groundwork for teaching coping skills your kids will use later in life.