

Little Bridges News

April 2019



Calendar of Events

School Age Spring Break

All Day Camp 4/1 – 4/5

Spring Show

Thursday 4/18 7:00 pm

Trike-A-Thon

Week of 4/22

Teacher Appreciation Week

5/6 – 5/10

Muffins For Mom

Friday 5/10

Zoo Field Trips

Giraffes 5/17

Ducks, Jaguars

Koalas, Pandas 5/24

PreK Grad Pictures

Tuesday 5/14

Memorial Day- CLOSED

Monday 5/27

Canyon Creek Church

Sunday Services

(including Easter)

8:45 am and 10:15 am

Good Friday Service

Friday 4/19 7:00 pm

MOPS

Friday 4/12 & 4/26 9:30am

Yee Haw - The Spring Show is Coming!

Our annual spring show is coming! Our show this year has a Western Theme and all yer lil buckaroos are celebrating that they are *Wanted: By God!* The show starts promptly at 7:00 pm and will last about an hour. Watch for news from your teachers about any special attire and drop off times. Don't forget your cameras!

Thanks for a Great Book Fair

Thank you to all who stopped by and supported our book fair. We sold over \$4000.00 in books, which means we will be adding over \$2000.00 worth of books and materials to our classroom libraries.

Mission to Mexico Outreach

Thank you to so many Little Bridges families who donated items, including Spanish books from our fair, to the team of high schoolers and adults traveling to Tecate Mexico over Spring break. They will be building homes for families in need. Each household also receives a large bin of items for their new home that includes: kitchen items, toiletries, curtains, small carpets, school supplies, toys and books.

St. Jude's Hospital Trike-A-Thon

We will be hosting a St. Jude Children's Hospital Trike-A-Thon the week of April 22nd. Your child will have the opportunity to ride a trike around our playground to help raise money for others in need. St. Jude's is the only National Cancer Institute devoted solely to children. Your contributions will help make it possible for patients to receive treatment regardless of a family's ability to pay.

Kids Against Hunger May 5th

Every 6 seconds, 1 child dies from hunger and malnutrition. Kids Against Hunger (KAH) is a non-profit humanitarian organization with a mission to provide nutritious food to impoverished children and families in the U.S. and around the world. KAH partners with churches, including those in Haiti, India, and the Philippines, providing meals, schooling, trade training, and most importantly, the sharing of the Good News.

Canyon Creek Church invites you and your kids to a meal packing event here in the Gathering Hall on Sunday, May 5th, after second service from 12 p.m. -1:30 p.m. The cost is \$20/person and pays for 100 meals that will be sent to children and families around the world. Children 8 and older can help pack the meals and childcare will be available for children 7 and under.

Register for the KAH food packing event on the Canyon Creek Church website or find the link in an email that was sent out.

Just Two Words

One morning, many years ago, my two-year old son asked me for a banana. I nodded. I grabbed the banana. I started peeling. Then like a parenting rookie, I made a terrible mistake. In order to give him a smaller proportion, I broke it in half.

Tears immediately gushed from his eyes like a dam broke, and I stood there holding a half a banana in each hand – dumbfounded. He opened his mouth wide, tilted his head back and let out a mind-blowing wail. I immediately tried to “glue” the banana back together.

Between screeches, my son wailed at me. *“It’s bwooken. And mush-eeee.”*

My head spun as I attempted to give myself a parenting pep talk.: fix the banana, yell at him to stop crying, get another whole banana to replace the broken one – no that’s ridiculous – buck up momma! And take on this 2 year old like you’re in charge! So I totally did. Except not in the way you may think.

You see, the toddler brain is an interesting thing. Did you know that from birth to age three your child’s brain generates **1 million** new neural connections a second? (it was previously thought to be 700 new connections a second.)

This is a staggering amount of brain wiring in a *very* short period of time. So, when you think about it like that, it makes sense why a “broken” banana would motivate a 2-y-o to create a river out of tears. He’s in the middle of a deep, winding, and weaving process that grows brain connections for relationship building, self-control, problem solving and communication.

From a logical perspective (and when you’re not listening to high-pitched screaming) it’s cool. *Right?* But as you are in the midst of a temper tantrum that comes out of nowhere, its frustrating and quite frankly, it’s ridiculously annoying.

You want a solution. You need something that will shorten the duration and screaming, and hopefully minimize the loudness. There is no magic button to turn off a temper tantrum. But there are two words that can dramatically shorten a tantrum.

More than anything, kids want to feel heard and understood. This is the exact reason your kids pull at your leg whining, “mom. Mom. MOM. MOM. MOOOOMMM,” until you acknowledge and respond to them. They can’t stop telling you something until you know they get it.

So here’s what you say....

As my son wailed *“It’s bwooken. And mush-eeee.”* - I took a deep breath and remembered two words. *“You want...”*

Honestly. Just two words. *“you wanted...”*

“You wanted the banana whole. And now it’s in two pieces. It’s broken AND mushy!”

I repeated myself several more times, waiting for his brain to register, because it takes more than a moment. *“Of course you wanted the banana whole. And now it’s in two pieces. You wanted one big banana.”*

And then he did what he often did after hearing his wants validated. He took a deep breath. Nodded. Wiped his eyes. He took the banana...and one more time cried. Because that’s what toddlers do. They are working with an overactive emotional brain as they learn to build more neurons and gain self-control.

It’s what makes teaching babies, toddlers and preschoolers so challenging. It’s **hard work** supporting children through this enormous stretch of brain development. It requires tons of patience.

But here’s the good news. Each time your child dives into a temper tantrum. All you need to remember are two simple words: *You want.* You have probably heard our teachers say this often. *“You wanted to play with that toy. You wanted that cookie. You wanted to stay longer.”*

The more your child believes you, the more effective your words. So be genuine and know that your child will probably fluctuate between being upset and hearing your words. This is normal.

Its not about logic. In fact its about as far from logic as you can get. Validating your child’s want is about meeting him where he is in the moment – deep in his emotional brain trying to build neurons.