

Little Bridges News

February 2025



Calendar of Events

Dentist Visit

Thursday 2/13

CLOSED – President’s Day

Monday 2/17

All Day Camp -School Age

Tuesday 2/18

Open House

Saturday 2/22
10:00am – 12:00pm

All Day Camp -School Age

Friday 3/14

Minimum Days -School Age

3/19 – 3/21

Book Fair

3/17 – 3/21

All Day Camp – School Age & TK Tiger Spring Break

4/7 – 4/11

Spring Show

4/24 7:00 pm

Spring Pictures

4/21 & 4/22

Open House February 22nd 10am – 12pm

You are invited to come to our Open House on Saturday, February 22nd. All classrooms will be open from 10:00 a.m. to 12:00 p.m. This is the perfect time for your child to show off his/her school to you and for you to visit other classrooms. It also provides a wonderful opportunity for prospective families to tour Little Bridges.

Teachers will be available to talk informally with parents about our philosophy, curriculum and daily schedules. If your child will be “moving up” any time this coming year, please use this Open House as a chance to review next year’s curriculum and to get a preview to what your child’s experiences will be like.

All TK bound families should explore our 3 options for the next year. TK Tigers, Peaceful Pandas or our after school program

Everyone is welcome – so invite your family, friends and neighbors! We have openings for 2 and 3 year olds for the Fall.

Summer Camp Priority Registration 2/3 - 2/7

Our School Age Summer Camp brochures are ready! We have a fun-filled summer program for children who are entering 1st through 5th grade in the Fall. **Space will be limited this year.** Priority registration ends Friday, Feb. 7th for our currently enrolled families.

Please Excuse Our Construction

The Gathering Hall has been undergoing a remodel for the past few months. The sound boards still need to be recovered and re-hung and that has taken a little longer than expected. Please excuse the crowded hall ways in the meantime.

However, the new paint and flooring look fantastic! Come check it out if you want a peek.

Olive’s Closet Needs Donations

Olive’s Closet is an important community resource that offers families affordable access to children’s clothing at Harbor House in Oakland. They have reached out to ask our community to help. They are in need of gently used clothes and shoes, sizes infant to teen.

I’m sure your child has out-grown a few things, and your donations can bless another child. Drop off any donations to the Little Bridges front office.

10 Small Ways to say "I Love You" to your child

Raising children can be an overwhelming job, but it can become much more manageable if you remember that enormous changes for the better begin with tiny "I love you" steps. So, in honor of Valentines Day I have composed 10 simple ways to say just that to your kids.

1 Praise your child's random acts of kindness.

Your son has allowed another child at the playground to ride on his beloved scooter. Your daughter made you a card with a smiley face and lots of red hearts. Take notice by offering a little praise. So often, in the bustle of our daily lives, we take for granted those sweet or generous behaviors we most like to see in our children - and want to promote and strengthen.

2 Stop arguing with a screaming child.

Give up trying to convince a furious 3-year-old that it's a bad idea to have another cookie right before dinner. The logic of that decision will be lost on them. Just a "no" is what kids need to hear from us sometimes. It really is futile to argue with a child who's in the middle of a tantrum. Instead of getting through, you will likely upset them even more.

3 Read bedtime stories as often as possible.

Lie down with your child before lights out and read one of their favorite books, or even a single chapter of it. Stories teach kids about life in many indirect ways, but research also suggests that the cadence, rhythm, and tone of being read to, as opposed to the sounds of other kinds of talking, soothe a child and help relieve anxieties. I loved ending my day with my boys this way. It became an "I love you" ritual in our home every night.

4 Drop one event per week.

Simply stated, most of us are wildly overscheduled. Having your child attend one or two fun events a week, rather than several, can mean the difference between a child who's contented and calm and one who's overexcited and impossible for hours at a time.

5 Get physical with your child.

Give your child a quick hug. Tousele their hair. Scratch their back. Hold hands. Sit sounds obvious, yet so many rushed parents and children these days barely have a chance to speak to one another, let alone touch. A peck on the cheek as your youngster bounds off to school leaves a little piece of you with them for the day.

6 Imagine the best, not the worst.

This is a tough one, because parents are natural worriers. Your toddler wants only cereal, and you're afraid they'll be the fussy eater you were. Your child gets bossy at the playground, and you're sure they'll never have any friends. You can reverse such thinking by consciously imagining the best possibility instead of the worst. I am a firm believer in the idea that the more we project negative outcomes, the more likely they are to happen. When you fret about your child's eating habits, for example, you're apt to react in ways that actually encourage fussiness. When you're convinced a friendless future is ahead for your child, they begin to perceive themselves as bossy and to act even more so. What's more, always sending your child out of the house with a "Be careful" and omitting the "Have fun" makes the whole experience of parenting less enjoyable.

7 See the world through your child's eyes.

On occasion, put yourself in your child's place. Adopting your child's point of view is one of the most powerful parent-child connectors around. It reaffirms for them that you appreciate what they're thinking and feeling. An added bonus: You get to see things with the often-magical vision of a child.

8 Let go a little.

Delegate some responsibilities. Let someone else (your spouse, your children, a friend) do some of the work. Lightening your load is critical to your sanity and your reserves as a parent. More subtly, it will lower the resentment you may often feel. I think many parents have a high level of repressed anger because they feel so totally overwhelmed by all they must do to keep their families functioning.

9 Sometimes, just hang out together.

Even when families think they're spending time together, in reality Mom is at the computer, Dad is in front of the tv, one kid is in the den with his Game Boy, and another is in the living room, building with blocks. Yes, they are under the same roof, but they're nowhere near each other. Yet quiet, unstructured time together is one of the greatest gifts you can give your kids.

The times children love most are when the whole family is together. Kids cherish simple moments of sitting with other family members, doing not much of anything at all. One day, when my son Jacob, now 39, was 8, he stayed home from school with a fever. He and I spent the day lazing on the couch, watching three of his favorite videos and playing Monopoly on and off all day long. Just the other day as we were chatting about his childhood, he remembered that day as a special one.

10 Smile more.

And while you're at it, make a point of laughing more too. A smile is the most visible way we humans make ourselves and those around us feel better. And when kids perceive themselves as people who bring their parents happiness, they feel better about themselves. Ask yourself everyday, "Have I smiled or laughed today at something my kids did or said? Have I found the humor in the ordinary business that has gone on between us?" So many of the moments that try a parent's soul center around everyday transitions - getting everybody out of the house in the morning or to dinner in the evening or to bed at night. A simple smile can break the tension and instantly improve the mood, not to mention convey a much needed "I love you."