

# Little Bridges News



January 2019

## Calendar of Events

**CLOSED – New Years**  
Tuesday 1/1

**School Age  
Holiday Camp**  
1/2- 1/4  
Monday 1/7

**CLOSED – MLK, Jr.**  
Monday 1/21

**All Day Camp: School Age**  
Friday 2/15

**CLOSED Presidents' Day**  
Monday 2/18

**Open House**  
Saturday 3/2

## Enrichment Classes

**Soccer Shots (3-5 yrs)**  
Mondays

**Tuff Tumblers (2-4 yrs)**  
Thursdays

**Science/Math (3-4 yrs)**  
Varies

**Private Music (K-5)**  
Guitar & Piano Lessons

## Canyon Creek Church

**Sunday Services &  
Sunday School**  
8:45 & 10:15

## Thank You!

Thank you so much for all your support, prayers and understanding during these past few weeks. The court yard has been dug up, replaced, sanitized and is ready for toddlers again. Classrooms are slowly getting put back together and new carpet is coming!

Also a huge Thank You to all the families who contributed gifts for the Harbor House Christmas store. The store was a big success, with nearly 100 families coming and shopping for their children in an empowering and dignified way. Harbor House was so appreciative when the packages were delivered and were truly moved by our community's generosity.

## Year End Statements

Happy New Year! The beginning of a new year means tax time is right around the corner. End-of-the-Year Statements have already been emailed out to every family that has paid any amount to Little Bridges in 2018. This statement includes all payments made and our tax-ID number.

## 2019/2020 Re-Enrollment Forms

Look for a re-commitment form in the next few weeks. This is the only form that is needed to secure your spot for next year – it is VERY IMPORTANT that you fill this out and return it. We use this form to place your child in the correct class for the fall.

If we do not get a re-commitment form back from you, we will assume you will not be coming back for the next school year and will start reaching out to families on our waiting list to enroll for the next school year.

## Lost and Found

Is your child missing a jacket or coat? Our lost and found is overflowing in the preschool office. Please take a moment to sift through the many items that we have collected over the past few months.

What is the best way to avoid a favorite jacket from ending up in our lost and found? Label it! All labeled clothing that is found is always returned back to your child's cubbie, hook or classroom.

## **10 New Years Resolutions For Parents**

Have you made your usual New Year resolutions? You know the resolutions where you turn over a new leaf to get fit, steer away from junk food and start a savings plan. While you are reflecting on past bad habits and setting new directions for your personal life consider taking stock of your parenting as well. Here are 15 New Year's resolutions to consider.

**1. Be consistent with your discipline and avoid nagging.** This is a hard one because dealing with kids' misbehavior tests the patience and resolve of even the most experienced parents. Set consistent limits and boundaries and when your children refuse to cooperate or break the rules, act calmly and reasonably rather than resorting to severe measures such as "giving in" or "teaching them a lesson." It is no coincidence that parents who nag frequently complain that their children don't listen. There is usually nothing wrong with their child's hearing -they simply listen to what they want to hear. Pick your battles and then follow through no matter what -the nagging will end and your kids will listen the first time.

**2. Read to your kids every night.** Many parents read to their kids but may not realize how much more they should be doing it. Start when your children are as young as 6 months old. Just 10 to 15 minutes of reading can make a huge difference in a child's development of language skills - plus, it's a great way to bond at the end of a day.

**3. Spend more time together as a family.** In an era of working parents and busy children, finding time for everyone to be home together is increasingly difficult. Be specific with this goal or it will end up on the scrap heap of broken resolutions. Aim to have at least one shared mealtime each week or spend one weekend a month devoted purely to family purposes.

**4. Plan some time to be with your spouse.** To be good parents, moms and dads need to get away for some adult only time. Whether it is a romantic weekend away or just meeting for coffee together once a week, make sure you have an opportunity to spend time with your partner. Nurturing your marriage should be a priority, because more than anything, kids want their parents to be happy - and together.

**5. Stay out of your children's fights.** Brawling siblings disturb the peace so it is difficult for parents not to become involved. Chances are you either plead for peace and quiet, make a ruling to end the dispute, or take sides to lay blame on the child who caused the infraction. If you are tired of interfering in children's battles then leave it up to them to resolve. When your children begin to bicker beat it to another part of the house or do what I do and boot them outside until they have finished.

**6. Control screen time** If screen devices are continually allowed in your house then it is time to establish some tight limits for viewing. Ten hours per week is a reasonable guideline for children of most ages. Create electronic-free nights and let children sample other forms of entertainment.

**7. Avoid giving into temper tantrums.** Do you give in when your toddler throws himself on his back in the supermarket and thrashes about like a crab? Do you throw your hands up in despair if your teenager stomps off to her bedroom slamming the door behind her when she doesn't get her own way? Tantrums are a potent form of emotional blackmail designed to coerce parents to give in to children's demands. Next time your child throws a major fit remove yourself and refuse to give in to such tactics.

**8. Avoid the 'good' parent syndrome.** Good parents protect children from many of life's difficulties and rob them of opportunities to develop independence and responsibility. They feed children who can feed themselves, pick them up as soon as they fall, take forgotten homework to school, pay fines for their children's overdue library books and believe that chores are for parents rather than children. If this sounds familiar let children take more responsibility for their own actions in the coming year.

**9. Add some boredom to kids' lives.** Brain research shows that when people are in a daydream-like state, they do their most creative thinking. But children these days rarely have a chance to veg out and entertain themselves. Some of my favorite down times as a child were spent drawing, doing puzzles, stargazing or cloud watching. Children need to be taught how to relax.

**10. Laugh a lot.** The logic for this resolution is simple: Laughter makes being a family fun. Do whatever is necessary to sustain a playful attitude yourself - this will make it easier to join in the spirit of the children's humor and fun. The silliness of today is the fond memory of tomorrow, and the gifts of being human, real and vulnerable with your children are greater than anything you can purchase.