

# Little Bridges News

January 2020



## Calendar of Events

### **CLOSED – New Years**

Wednesday 1/1

### **School Age Holiday Camp**

1/2 & 1/3  
Monday 1/6

### **CLOSED – MLK, Jr.**

Monday 1/20

### **CLOSED Presidents' Day**

Monday 2/17

### **All Day Camp: School Age**

Tuesday 2/18

### **Open House**

Saturday 2/29

## 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!**

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 will be emailed out to every family that has paid any amount to Little Bridges in 2019. This statement includes all payments made and our tax-ID number.

## **2020/2021 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 located 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.

## **Kindergarten & TK Readiness Info. Nights**

The San Ramon Valley Unified School District is preparing for kindergarten and TK enrollment for fall 2020.

Kindergarten (must be five on or before Sept. 1<sup>st</sup> 2019)

Jan. 14<sup>th</sup> 6:30 pm – 7:30 pm California High School

Jan. 16<sup>th</sup> 6:30pm – 7:30 pm San Ramon Valley High School

Transitional Kindergarten (must turn five between Sept. 2<sup>nd</sup> – Dec. 2<sup>nd</sup>)

Jan. 7<sup>th</sup> 6:30 pm – 7:30 pm John Baldwin Elementary School

Jan. 9<sup>th</sup> 6:30 pm – 7:30 pm Coyote Creek Elementary School

## **Because I Said So**

Somewhere in the back of every parent's mind is a list. We'll call it "Things My Parents Said That I Swear I'll Never Say in a Million Years." And somewhere near the top of that list - right between "What do I look like, a money tree?" and "Your face is gonna freeze that way" - is a phrase that has the power to cut short any argument and silence the whining masses: "Because I said so."

Chances are, if you're a parent, you've said it a few times, despite your intention to banish it from your repertoire. But here's the thing: "Because I said so" is perfectly OK.

There seems to be a great misunderstanding about those four old-fashioned words. Some child raising specialists consider them repressive and potentially damaging. Other experts have convinced parents that the healthy family is a democracy. This sounds good, but someone has to have the final say in any family and that someone should be an adult.

By testing boundaries, kids learn what can be done and what cannot. Therefore, the effective parent will not prevent their children from expressing an opinion nor will they forbid their child from disagreeing with them. Yet when all is said and done, one thing remains clear: Parents must make the final decisions. The bottom line is, compliance is important. It's important that children learn to obey their parents and to follow rules.

Ideally, of course, parents should provide reasons for our decisions and demands. Our goal is to teach our children to make good decisions on their own, not just when we're in the room or because we said so. But when a short, simple reason leads to whining, it's time to play the authority card. Consider this example from our home: "Taylor and Liam, it's time to pick up the living room."

"Why? Who's coming over?" (I don't know why they always think cleaning equals company.)

"No one is coming over. I'm about to vacuum and I need to the Lego's off the carpet and in the bin."

"But..."

"I said so, now do it."

Simple – they have a reason - no argument – no whining - no messy living room. Whining has never worked – so they don't even go there. Unlike some parents, I never made an anti-"because I said so" vow. So, I use it often with my children and I remind them that they are to obey me. They may protest and be upset, but I refuse to waste my time and energy explaining all the reasons I have for asking my children to comply.

We've heard it's important to communicate with children, to explain our actions and justify our decisions. But I'm not so sure that children need to know every reason behind every decision. I think children especially want reasons, most often so they can engage us in an argument that they have some chance of winning.

Youngsters have a right to know in terms they can understand, and they have a right to know only if they are willing to listen. A child probably understands about 2-3 words per year of age when disciplining, so long discussion with young children only gives a child the attention they are seeking rather than the input parents intended.

Parents should not talk through every rule, especially with young children who respect actions better than words. I love to hear parents of young children give a child five reasons why they should not choke the cat. Others will sit for minutes with a screaming child trying to explain why they must go to work. As kids get older and begin to question rules, it's okay to reason with them and to ask for their ideas. But, if the truth is "Because I said so," children have a right to know that too.

I tell parents, go ahead and give a 10-words-or-less reason for any decision you make. A few suggestions: "It costs too much", "There's not enough time", "You're not old enough", "It's time to go", "It's dangerous", "We don't believe in that."

A well-disciplined child is happy, well behaved, thoughtful, and respected by others. Children brought up without discipline usually become selfish, greedy, dishonest, unpopular, uncooperative and insecure. Undisciplined children also lose their tempers easily and are constantly demanding attention while being disrespectful to others.

No other subject in parenting is written about more but practiced less than effective discipline. Remember, when parents plead, bargain, bribe, threaten, give second chances, or long explanations, they are wishing for, not expecting, obedience. No matter how eloquent or correct a parent's explanation might be, most children see only one point of view - their own. Sometimes, it is better, without hint of threat or apology, to simply say, "Because I said so."