

Little Bridges News

January 2022



Calendar of Events

School Age Holiday Camp

1/3 -1/7 & 1/10

CLOSED MLK, Jr.

Monday 1/17

CLOSED Presidents' Day

Monday 2/21

Open House

Saturday 2/26
10am – 12pm

Enrichment Classes

Soccer Shots (3-5 yrs)

Mondays

Tuff Tumblers (2-4 yrs)

Tuesdays

Private Music (K-5)

Wednesdays

Canyon Creek Church

Sunday Services & Sunday School

10:00 am

Thank You

A big Thank You to all the families who contributed gifts for the Harbor House Christmas Gift Drive. Also a huge shout out to all who worked the Harbor House Christmas store: Michelle Curtis and her friend Velena, Trisha Lo, Silvia Samuel and daughter Lily, Ms. Sammy and her mom Kim, Ms. Jacque and her husband Dana and Ms. Katelyn. Your donations provided gifts for over 100 families!

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 2021. This statement includes all payments made and our tax-ID number.

It's Getting Chilly

With the changing weather, jackets come on and off throughout the day. Please label all jackets, hats and coats with your child's name.

We will continue to keep doors open and heat on throughout the day to allow for ventilation and circulation, as well as continue to bring children outside several times a day for fresh air. Please make sure your children bring warm clothes to enjoy our outdoor classroom and play ground experiences!

2022/2023 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.

Share The Warmth This Winter

We are collecting gently worn coats and NEW socks for **One Warm Coat** and **Knock Knock Give a Sock** the entire month of January. These will be distributed to our neighbors in need. If your child has outgrown a jacket that is still in good shape or if you would like to purchase some new, cozy socks to help others keep warm, donations are being collected in the Little Bridges office or in the Gathering Hall.

Your child isn't happy that you've just switched the channel from *Arthur* to the evening news. Upon seeing Lester Holt's face on the screen, your child exclaims that he's a "fartface." Like many adults, children also come up short of words to express their frustration. Or perhaps your child's best buddy has just expanded their vocabulary and thought it funny to share a few choice words — which your child is now eager to recite at home. And though they have long since been potty trained, potty words can still elicit streams of giggles. In almost every case, you're watching a thoughtful experiment on your youngster's part: "Here's something I heard, which people say with a certain level of intensity or distaste. Let's see what happens when *I* say it!" No matter where this language comes from, though, it's time to teach your child that it isn't acceptable.

Treat toileting matter-of-factly. If you wrinkle your nose every time you help your child wipe himself or stage-whisper the common words for elimination, it's no wonder that they quickly latch on to the idea that bodily functions and the terms used to describe them are guaranteed attention-grabbers. Remind yourself that it's utterly normal for a child this age to be fascinated with their body (especially the parts that are usually kept covered) and everything that comes out of it. If you don't attach too much significance to this fascination with potty talk, it has a better chance of passing (eventually!). Reading fun picture books like *Everyone Poops*, by Taro Gomi, and *The Gas We Pass*, by Shinta Cho, can also help de-emphasize the forbidden (and thus endlessly alluring) nature of these subjects.

Keep a poker face. When your child says a swear word or makes a reference to a bodily function, resist the urge to chuckle, which they'll take as wonderful reinforcement for doing it again. The ability to make adults laugh - or angry or upset - is enormously powerful when you're small. And even if it's entertaining to hear your child invent a new term (such as "poopynose"), showing your amusement isn't in their best interests.

Give alternatives. If your child's trying a new word on for size, you can probably persuade them to substitute another exciting word (my kids loved "aye yi yi" or "shazzam"). Or you could swap a similar-sounding goofy word for the inappropriate one - snoopynose for poopynose, for example. If the problem is that their short on acceptable words to express intense anger or frustration, it may help to encourage your child to say loudly, "I'm *mad*" or "I'm *having a hard time right now!*" Some families invent amusing epithets of their own ("Oh, *shoes*," for instance). At the very least, suggest less-offensive alternatives, such as "bummer" and "crud."

Set limits. If your child has latched on to a serious profanity or two, they need you to set some guidelines. It's crucial to do this calmly - without becoming agitated or mad - otherwise, each time you blow up, you'll just remind him how much power they have to make you pay attention to them quickly. If it's a made-up word (such as "penis-brain"), tell your child that there's no such thing and you don't understand what they're saying. For adult-variety swear words, don't explain what they mean or why they're unacceptable. Just make it clear, in a matter-of-fact and disinterested voice, which words are off-limits: "That's not a word you may use in our family."

Invoke consequences. If your child won't stop the salty talk even after a warning or two, then it's time for disciplinary tactics. Stay calm, respond swiftly, and be consistent: "That word gets you a time-out." (A time-out can be enforced anywhere: the back seat of the car, a quiet spot at the mall, the back room at Grandma's.) If time-outs alone don't do the trick, you may need to up the ante by revoking privileges, but again, do it as consistently and unemotionally as you can: "If you use that word, you can't keep your playdate with Nick," or "you can't watch *Dora*." Then be sure to follow through. At this point, you'll also want to give some thought to why your child is so bent on battling with you.

Don't let swearing get results. If your 5-year-old's cursing because they want something, make sure they don't get whatever it is they're asking for. It isn't good enough to say, "That wasn't very nice language, but here's your ice cream cone anyway."

Teach respect. You're not doing your child any favors by letting them think it's okay to hurl even baby-variety insults at other kids. (Ask your child to think about how they'd feel if someone called them a "stupidhead," for instance.) Swear words and excessive bathroom talk won't be looked upon kindly at school, on the playing field, or at friends' houses. Explain that these words hurt people's feelings, that it makes no difference if other kids are using the same language, and that name-calling simply isn't allowed. Your child is still working on learning empathy and won't always remember to think of others, but they still need to be reminded that their actions have an affect on them.

Watch your *own* mouth. Sure, there are different rules for adults' and children's behavior, but if your child hears you casually pepper your daily conversation with profanity, it'll be a lot harder to convince them not to talk that way themselves. If your child mimics something you said, admit that you shouldn't have used that word either, agree to mutually discard it from your vocabularies - and then follow through on cleaning up your act.