

Little Bridges News

July 2021



Calendar of Events

CLOSED - Fourth of July

Monday 7/5

CLOSED – Staff Training

Thursday 8/5

Friday 8/6

New Class Orientation

9:00 – 9:45 am

Friday 8/6

First Day of Pre- School

Monday 8/9

First Day of School Age

Tuesday 8/10

Back To School Night

Thursday 8/26

CLOSED – Labor Day

Monday 9/6

CCPC Happenings

Sunday Services & Sunday School

10:00 am

Teacher Training/In-Service Days

Little Bridges will be closed on Thursday, August 5th and Friday, August 6th for teacher training/in-service days. We will be using these days for CPR/First Aid training, curriculum development, and team building exercises.

Welcome Packets

All children enrolled in Little Bridges for this fall will be receiving a Digital Welcome Packet from us the first week of July. Please read through all the material carefully and return any forms by July 14th. The packet will contain a 2021/2022 calendar, new Fall tuition schedule, specific class information, bios on your teachers, daily schedules and enrichment information.

Summer at Little Bridges

Summer months may seem more lazy, but here at Little Bridges we keep up the regular school pace. Our curriculum is a year-long program that runs from August to August. We continue to build on concepts and skills we have been working on all year - however, we also believe that summer should be extra fun for kids! Our themes this summer include "Great-Get-Aways", "Down & Dirty", "Wet & Wild", "Crazy Carnival" and "Park & Picnic".

New Student Orientation Friday, August 6th

New Student Orientation Day will be held August 6th. Any child transitioning into a new room in the fall is invited to check out their new classroom. We hope that a brief visit with your child's new teachers and environment will help make for an easy transition on their first day of school. The Ducks, Giraffes, Jaguars, Koalas, Pandas and School Age classes will have a morning orientation time from 9:00am – 9:45am. Because this is a teacher training/in-service day we have to keep the orientation brief.

Last Month of "Runners"

We are so excited to say that starting this next school year, parents will be able to walk their children to class and visit with their teachers. We will continue to REQUIRE that all parents, teachers and students mask up when on campus. While we have LOVED our runners (thank you Ms. Zhila, Ms. Sue, Ms. Haleigh and Mr. Gavin), it will be so nice to have parents back on site.

We will ask that pick up and drop off be quick and that parents and children not mingle or play here after school.

Is Your Child Spoiled?

Yikes!? What a title – right? Here comes some hard truth: Children may be born selfish, but they are not born spoiled. Children become “brats” because lenient, permissive adults don’t set limits and give in to tantrums and whining. This in turn produces self-centered kids who don’t know how to handle normal frustrations. Here are some steps to avoid spoiling your child.

1. Provide Age-Appropriate Limits or Rules

Parents have the right and the responsibility to take charge and make rules. We must keep our child’s environment safe and discipline should start when children begin to crawl. Saying “no” is good for kids. Children need external controls until they develop self-control and self-discipline. I promise your child will still love you after you say no and will feel even more secure knowing you are there to set limits. Clear boundaries make children feel safe and secure. Children that are given power over adult decisions are actually scared and tend to react with BIG emotions, which often turns to an out-of-control explosion.

2. Require Cooperation with Your Important Rules

It is important that your child be in the habit of responding properly to your demands. Important rules include staying in the car seat, not hitting, being ready to leave on time in the morning, etc. These adult decisions are not open to negotiation. Do not give your child a choice when there is none. But do let your child exert some control in such decisions as which cereal to eat, which book to read, which toys to take into the tub, which clothes to wear, etc.

3. Expect Your Child to Cry

Distinguish between needs and wants. Needs include crying from pain, hunger, or fear. In these cases, of course you should respond immediately. Other crying is harmless. Crying usually relates to your child’s wants or whims, and is a normal response to change or frustration. When crying is part of a tantrum, ignore it. Don’t punish your child for crying, don’t tell them they are a crybaby, and don’t tell them they shouldn’t cry. While not denying feelings, don’t be moved by your child’s crying. Simply acknowledge their feelings with phrases like “I see you’re having a hard time” or “I know it’s hard sometimes” – but don’t give in!

4. Do Not Allow Tantrums to Work

Children throw temper tantrums to get your attention, to wear you down, to change your mind, and to get their way. The crying is to change your “no” vote to a “yes” vote. Tantrums may include whining, complaining, crying, breath holding, pounding the floor, shouting, or slamming a door. As long as your child stays in one place and is not too disruptive, you can leave them alone at these times. My advice is to state firmly and with confidence (not in anger) what your decision is and then ignore the behavior until your child is ready. By all means, don’t give in to tantrums.

5. Don’t Overlook Discipline During Quality Time

I know that as a working parent, I wanted to spend “quality time” with my boys every evening. This special time needs to be enjoyable but also reality based—meaning, don’t ease up on the rules just because you feel guilty about the amount of time you have together.

6. Don’t Start Democratic Child-Rearing Until Your Child Can Participate As an Adult

In other words, don’t give away your power as a parent. Be careful not to talk too much with your two-year-old about rules. Toddlers don’t play by the rules. By the time your child is five or six years old, you can begin to reason with them about some discipline issues, but children still lack the judgment necessary to make the rules. Adolescents can be negotiated with. At that time, you can ask for your teen’s input about what rules or consequences would be fair. The more democratic the parents are during the early years, the more demanding children tend to become. You don’t have to explain the reason for every rule. Sometimes it is just because “I am the parent.”

6. Teach Your Children to Get Themselves “Unbored”

Your job is to provide toys, books, and art supplies. Your child’s job is to play with them. Assuming you talk and play with your child several hours a day, you do not need to become their constant playmate. When you’re busy, expect your child to amuse themselves. Even

one-year-olds can keep themselves occupied for 15-minute blocks of time. By three years of age, most children can entertain themselves half the time. I was constantly sending my boys outside to “find something to do” and I really was doing them a favor. Much positive and creative play, thinking, and daydreaming comes out of solving boredom.

7. Teach Your Child to Wait

Waiting helps children better deal with frustration. All tasks in the world carry some degree of frustration. Delaying immediate gratification is a trait your child must gradually learn, and it takes practice. Don’t feel guilty if you have to make your child wait a few minutes. Waiting will not hurt your child. Instead, their perseverance and emotional fitness will be enhanced.

8. Don’t Rescue Your Child from Normal Life Challenges

Every day brings normal life stressors. These are opportunities for learning and problem solving. Always be available and supportive, but don’t help your child if they can handle it themselves. Overall, make your child’s life as realistic as they can tolerate for their age, rather than going out of your way to make it as pleasant as possible. Coping skills and self-confidence will benefit from this practice.

9. Don’t Over-Praise Your Child

Children need praise, but it can be overdone. I don’t believe in praising children for good behavior or for following the rules. This is expected. Do encourage your child to try new things and to work on difficult tasks. Teach children to do things for their own reasons. Self-confidence and a sense of accomplishment come from doing and completing things your child is proud of. Praising while your child is in the process of doing something may make them stop at each step and want more praise. Giving your child constant attention can turn into being “praise dependent” and demanding. Avoid the tendency to over-praise your child’s normal development.