



LITTLE BRIDGES NEWS

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DONUTS FOR DADS

Friday, June 19th, 7:30-9:00am

We invite all of our Little Bridges dads and father figures to join us during drop off on Friday, June 19th for a small celebration of all of the wonderful things you do for your children. *Happy Father's Day!*

MORE UPCOMING EVENTS

- * **TK Tiger & Panda Graduation**
Wednesday, 6/3 - 9:30am
- * **Last Day of School For TK Tigers & School Age**
Friday, 6/5
- * **CCPC VBS (School Age)**
Monday-Friday, 6/8-12
- * **LB Summer Camp (School Age)**
6/15-8/7
- * **Fourth of July - LB CLOSED**
7/3 (Observed)
- * **Fall In-Service Days - LB CLOSED**
Monday-Wednesday, 8/10-12
- * **First Day of School, 2026-2027**
Thursday, 8/13



The Delightful Ducks are getting ready for some Summer Fun!!

Monthly Preview

Summer Time

Summer months at Little Bridges do not slow down! Our preschool curriculum continues to build on concepts learned throughout the school year, our Jr. Camp has a curriculum designed to review and challenge concepts that our TK graduates will need to start Kindergarten and our Summer Camp

provides campers in Kindergarten through sixth grade days filled with swimming, STEAM projects, excursions, brain games, and sports. Each program will feature weekly themes and daily activities. Please check your Friday emails for updates regarding Spirit Days, picnic days, game days, and water days.



Coming Up:

VBS

You will see LOTS of activity on campus the second week of June. Canyon Creek's annual Vacation Bible School is happening here the week of June 8th-12th. This year's theme is Wild West Adventure.

Little Bridges preschool continues to run as normal, while our School Age children have the opportunity to attend a fun-filled week and hear the Gospel. The whole church gets involved - including the high school and middle school students who learn to be leaders.



Ms. Jacque's Journal

Stop the Fighting!

"Suddenly, that dreaded word - 'Mine!' shattered the peace. Screaming and crying, my boys struggled over, of all things, a six-inch monkey."

Summer time means more sibling battles, and it's frustrating when you feel more like a referee than a parent.

Scan the QR code to read the full article





Outreach Wrap Up

Out of This World!

Thank you to all of our families who stopped by the School Age Outreach popsicle sale last week. It's tradition that our last Outreach of the season support one of the places our School Age students will visit on a field trip this summer.

We are honored to be able to donate over \$500 for Chabot Space and Science Center, thanks to your generosity. We're thrilled to support their mission for education and inspiring the next generation of space enthusiasts.

School's Out!

Summer Camp Season!

Little Bridges Junior and Summer Camps will kick off 8 weeks of fun, beginning June 15th. Each week will be filled with park excursions, pool days, field trips, fun and learning, tailored to weekly themes, lead by experienced teachers and Leaders-in-Training. Check out all the fun themes and field trips planned for our campers this summer:

Dates:	Junior Camp	Summer Camp
Week 1 June 15-19	Hero Squad Showdown (Pump It Up)	Hero Squad Showdown (6 Flags - Discovery Kingdom)
Week 2 June 22-26	A Pirate's Life (Legoland Discovery Center)	A Pirate's Life (USS Hornet, Crab Cove)
Week 3 June 29-July 2*	Party in the USA (No Field Trip)	Lost Worlds (Lost World Adventures)
Week 4 July 6-10	Sports Fever (Earl Anthony's Dublin Bowl)	Sports Fever (SF Giants Game)
Week 5 July 13-17	Campout Carnival (No Field Trip)	Campout Carnival (Cal Academy of Sciences)
Week 6 July 20-24	Little Bridges' Got Talent (Children's Fairyland)	Little Bridges' Got Talent (CA Great America)
Week 7 July 27-31	Quest for Atlantis (The Wave)	Quest for Atlantis (Hurricane Harbor)
Week 8 August 3-7	Rowdy Rodeo (Ardenwood Historic Farms)	Out of This World (Chabot Space & Science Center)

We have very limited availability for select weeks of Junior and Summer Camp. If you know someone who may be interested in joining the fun, have them contact Ms. Sammy (smatchak@littlebridges.org)

Happy Birthday, U.S.A!

Little Bridges will be CLOSED on Friday, July 3rd in observance of Independence Day.

Happy Fourth of July!



Looking Ahead

Teacher In-Service & Planning Days

Ahead of the 2026-2027 school year, Little Bridges will be closed for three days, **August 10-12**.

We will be utilizing this time for professional development, curriculum enrichment and team building activities.

Spotted

Highlights from May at LB:



We're celebrating **Ms. Estela!** She was recently recertified as a Mentor Teacher for Diablo Valley College - helping guide the next generation of teachers. This is an enormous honor for both Ms. Estela and Little Bridges. We are so proud of Ms. Estela's hard work and dedication to the field of Early Childhood Education.



Congratulations to our Panda and Tiger classes as they finish their TK year and graduate on to elementary school. We are so proud of each and every one of them and know they will continue to thrive next year and beyond!



Canyon Creek Corner

What's coming up at Canyon Creek?

- Sunday Services (8:30AM & 10AM)
- MomCo (every 1st & 3rd Thursday)
- Refuge (Wed.)/Stronghold (Thurs.)
- Mission of the Month
 - Shepherd's Gate
- VBS 6/8 - 6/12
 - Kindergarten-5th Grade Students
- Community Care Pantry
 - First Monday of the month



Stop the Fighting!

Saturday morning, I sat at the kitchen table drinking a cup of coffee while my sons, 6 and 5, played quietly in the family room. Suddenly, that dreaded word—"Mine!"—shattered the peace. Screaming and crying, Taylor and Liam struggled over, of all things, a six-inch stuffed monkey. I jumped up, annoyed that my peaceful day off was starting with a battle, and shouted for them to "Knock it off!" (I really do try to practice what I preach, but at times it IS hard). Later, I was upset with myself for the bad example I had set by yelling in order to stop their yelling (duh...)

I certainly understand that sibling fights are normal. Like most parents, I want my children to be there for each other when they grow up—and I know this can eventually happen (my two older sons, 23 and 22, who used to fight the same way are now best friends), but it is frustrating when you feel like a referee instead of a parent.

By thinking ahead and using positive discipline techniques, we parents really can keep these disputes from turning into nasty battles and encourage a stronger bond between our kids.

Teasing Triggers

Common causes range from the obvious, such as hunger and fatigue, to more hidden ones: A bad day at school may be the real reason your child shoves his brother. Boredom is another trigger. It can be fun to tease a sibling when there's nothing else to do. Just ask Liam, my 5-year-old, who sometimes stands in front of the TV while his 8-year-old brother, Taylor, is watching it—just to bug him! But, if I help Liam find something to do, he magically stops annoying his little brother.

A desire to stake out an identity can also spur other petty squabbles. Sometimes a child who taunts her sibling for being a crybaby may be subtly showing off how cool she is in contrast.

Then there are developmental differences. A 4-year-old may brag to "one up" their sibling ("I got a treat at the store with mom"), whereas an older child may not need to announce such a "score." But when provoked with such a statement that older child will stab back with "You're bragging!" and their fight takes off.

And then some sibling conflicts are pure power plays. A showdown over who loaded the dishwasher last may be one child's way of announcing to the other, "You're not my boss!" I still remember a struggle between my older boys when they were about 7 and 8. One evening, the youngest made place cards for the dinner table, just for fun. But when it came time to sit down, my oldest refused to sit in his assigned seat—reducing his brother to tears. My oldest claimed it was a "stupid idea," but I know to this day that he refused just because it was his brother's idea.

Look for Patterns

The first step to minimizing your kids' fighting is to look for a cause, and a pattern may be your best clue. A mom recently told me that her daughters would always fight on the way home from their morning preschool classes. She said she finally realized that they were hungry for lunch by 12:30 after a long morning. By handing out a healthy snack on the ride home, she cut their bickering in half.

Other sibling squabbling is fueled by competition. Siblings are often constantly jockeying to establish who's "better" or to get each other in trouble. I sure remember the one-upmanship that used to go on between my brother and me. For this sort of situation, try channeling the competitiveness in a more healthy direction. For example, encourage each child to aim for a personal best at something she loves, whether it's shooting baskets outside or building block towers.

Kid-Based Solutions

In general, the more you can get your children to solve their own conflicts, the better off your whole family will be. By learning how to negotiate and compromise with one another, your kids will strengthen their social and communication skills. Siblings in conflict are discovering how to be good winners and good losers. Learning to cooperate helps siblings form strong relationships. This takes patience on your part. I try to stay nearby when trouble is brewing, and give my kids a smile of approval if they work out a solution. If they can't, I try guiding them with questions, "What can you do instead of hitting?" or "Can you think of something else to share?"

You'll have to intervene, of course, if a fight becomes malicious or physical. Just avoid choosing sides. It can be very difficult to determine which child is the instigator—and your kids' personality differences can add to the confusion. A sensitive child might come to you screaming after his sister shoots him one goofy glance. A more resilient child might take a slew of insults and then slug her brother. Often, it's better to declare a cease-fire than to get in the middle of their battles.

If, as a last resort, you need to give an executive order, avoid vague statements such as "Play nicely" or "Please get along." Instead, spell out your expectations: "You get up to bat for four pitches, then you." It's fine to tell your kids, "This is how it's going to be," as long as you've made an effort to be fair.

Sibling Strategies

Here are a few other tactics that will help you keep the peace.

Set standards. Create house rules of conduct, such as "No hitting" and "No calling anyone 'stupid.'" Then, during a fight, you can fairly discipline whoever broke a rule.

Break it up. Sometimes threatening your children with a separation works wonders. Saying, "You have five minutes to settle this, or you'll have to stop playing together" may be all you need. If you do have to follow through, keep the separation short.

Don't try to force togetherness. Ordering your kids to play with one another, when they don't want to, only builds resentment.

Look for lessons. Once a situation cools down, have your children take turns examining their feelings. Ask them, "What could you do next time so you both don't feel bad?" Help your kids see that being considerate feels good.

Spread the word. Whenever your children work out things on their own, make sure they know you've noticed. Praise them to your spouse when they negotiate well. You'll reinforce the idea that cooperation wins approval.

Find other ways to encourage thoughtfulness. After my husband and I started asking our kids what nice things they did for someone else that day, they in turn began treating each other more kindly.

With these strategies, you'll discipline effectively and nurture your kids' relationship, which ultimately means less rivalry and more revelry.