

# Little Bridges News

May 2025



## Calendar of Events

### Teacher Appreciation

5/5 – 5/9

### Muffins for Moms

Friday Morning 5/9

### LB Zoo Field Trip

All Day 5/16

### LB CLOSED 5/26

### Memorial Day

Monday 5/26

### Last Day of TK Tigers & School Age Program

Friday 6/6

### VBS

Canyon Creek Church  
6/9 – 6/13

### Summer Camp

School Age K – 5 grades  
6/16 – 8/8

### Donuts for Dads

Friday 6/13

### LB CLOSED 7/4

### Fourth of July

Friday 7/4

### LB CLOSED 8/11 & 8/12

### Teacher In-Service

8/11 & 8/12

### First Day of School

Wednesday 8/13

## Muffins For Moms

Calling all mommies! We want to invite you to drop off your child/ren on Friday, May 9<sup>th</sup>. Your child has made you a special gift and would like to present that to you in their classroom while you share a morning muffin.

## Little Bridges Zoo Day: Friday, May 16

The Little Bridges Oakland Zoo Field Trip will take place on Friday, May 16<sup>th</sup>. Little Bridges will be covering the cost of the entry fee for our students, 1 adult chaperone per child, as well as parking (we encourage carpooling!). If you plan to bring an additional adult or child who is not a current LB student, you will be responsible for their entry fee. If you have a zoo membership, we will still pay for your entry. We support the Oakland Zoo and view this as an annual opportunity to contribute to their cause.

Our School Theme in May is “Dinos to Dolphins”. Children will be learning about all the animals that God has created. What a joy to see animals up close with friends, teachers and parents!

## Teacher Appreciation Week

Let the games begin! As I write this, many room parents are organizing our 19<sup>th</sup> annual Teacher Appreciation Week. A special thanks to Laura Cogorno, Alex Janda, David He, Sammy Matichak, Binny Dhillon, Christina Rouse, Christina Zimmerman, Misha Tyagi, Arianna Grether, Christine Wong, Shontal Dionisopoulos, Sabrina Wong and Skylar Hagan. Thank you for thanking us ☺

## Thank you, Ms. Lupita

Ms. Lupita, our beloved infant teacher for the past nine years, is moving to Texas this summer. If you were one of the families who handed over your precious baby to her once upon a time, you know how comforting, thoughtful, nurturing, passionate and excellent she is.

We will miss her dearly, but are so excited for this next chapter in her and her daughter's life. If she has ever blessed your family, I hope you take the opportunity in the next few weeks to tell her how much she has meant to you.

## St. Jude Trike-A-Thon Success



## To All You Fresh Mommies....

I became a mom in 1984. And then again in 1986. And 1999. And then because all the cool people were having Y2K babies, once more in 2000. That's **four** kids. Four boys who all are grown, and now I'm a mother who is no longer young.

When I first became a mommy 41 years ago, I had no idea what I was doing. I was young and I remember feeling clueless. These days as the Director of Little Bridges, I see fresh new mommies every day – and you all remind me so much of my past self and my past babies. I have so much I want to tell you new mommies about stuff I've learned along the way and the things I wish someone would have told me all those years ago. Would it have changed the way I parented? Who knows. But here's 10 pieces of advice.

**1. Trust Your Gut. Always.** Your gut is trying to talk to you. Listen to it. This is one thing I learned a little late in the game, and I regret that. *If something doesn't feel right, it probably isn't.* Mother's intuition is real. With that said, pangs of mommy guilt, worry and temporary insanity are totally different. It takes a while to figure out that difference - but you will.

**2. Get to Know Your Kids Teachers.** Start here at Little Bridges, and don't ever stop. Get to know the people who are with your kids every day. These people work hard, for meager wages, because they LOVE what they do. Say hello, offer help and keep lines of communication open. Let us know when your child tells you something wonderful that happened at school. We love hearing it. And keep an open mind and level head when we need to talk about the not-so-wonderful school happenings. We really do have your child's best interest at heart.

**3. Get To Know Your Kids Friends.** This one is easy when they're little. As they get bigger, not so much. My kids have had some of the same friends for YEARS! I have wiped some of their butts, these boys who are now over 6 feet tall and greet me with "YO, MRS. KIRK" as they walk in my house. But some of these kids, I don't know from Adam. Dana and I have made it a priority to reach out to them, invite them to dinner and play games with them (for as long as they will tolerate us). We even turned our garage into a "man cave" complete with TV, video games and a fridge to encourage them to hang out at our house.

**4. Don't Judge Other Moms.** We have so much to offer each other. Support is powerful, judgment is damaging. You are going to cross paths with many other moms over the next several years. Some will be your friends, others won't. But let me tell you this: for every mom out there, there is a life story just waiting to be heard. Get to know as many as you can and celebrate each one's uniqueness.

**5. Be Aware of What You Are Feeding Your Kids.** I'm not saying you should go all organic, but there are a lot of scary things in food today. Do you hear judgment in my voice? No, you do not. I have the number for Costco pizza on speed dial, we get Slurpies from 7-11 and I love me some Lays potato chips. But read labels, people. Additives, preservatives, artificial sweeteners, nitrates, hydrogenated oils....I know it's overwhelming, but if you can make *most* choices healthy ones, that's a win. Lifelong eating habits begin NOW.

**6. If Your Kid Needs Help, Get It.** Don't let pride, fear or ignorance get in the way of your child getting help. Academic, emotional, physical – if they need it, make it happen. I know that time and money are precious commodities, but if you can get help for your child via a tutor, a special program, a good therapist, whatever, you should find a way to do it. Early intervention is key with most difficulties children face.

**7. Spend Some Free Time With Your Kids.** We schedule our kids to death. Swimming, soccer, Girl Scouts, Kumon and EVERYTHING ELSE. And it only gets crazier....trust me. So now, while you still can, do this: Find some time when you can just chill with your kids and talk or watch clouds or match socks or observe your dog twitching in his sleep. Time where the two of you can connect. Clean and pure mom/kid time. They crave this. You need this.

**8. Find the Funny.** Open your eyes and heart to the glorious funny that presents itself everyday with kids and family. Not everything is serious. I'll never forget the exact moment I decided to laugh at motherhood: when that first born of mine was about 3 weeks old. He was flailing and wailing as I was changing his diaper when suddenly, an arc of urine shot forth from his tiny nethers and splash-landed in his eyes. He peed his eyeballs, people. I had a split second of panic – I could call the pediatrician or poison control hotline...or I could laugh. I laughed. I wiped the tinkle from his eyelashes, finished diapering and kissed my now quiet angel. Choose laughs; always choose the laughs.

**9. Take It Easy On Yourself.** For real. Don't beat your self up if you have a crappy mom moment. Use your phone as a babysitter? Mutter WTH under your breath? Have cereal for dinner? IT'S OK! I thought there was pressure to be The Perfect Mommy back in my day, but good grief! You fresh mommies have it coming from all directions: Pinterest, Facebook, Mommy Blogs and celebrity mommies who have perfect bodies and perfect homes. Know this ladies: There is no such thing as *The Perfect Mommy*. She is an urban legend created by some evil marketing genius.

**10. Jesus Loves You.** Don't ever doubt it. Believe it. You are loved by a God who sent His son for you. You get second chances and third and fourth....Every sunrise is a second chance to try again, to say no, to say yes, to say I'm sorry, to ask for forgiveness, to make a new start. This is what God is about. He wants to give you as many chances as it takes - just don't ever stop taking them.