

# Little Bridges News



November 2022

## Calendar of Events

### Food Drive

11/1 – 11/30

### CLOSED – Veteran’s Day

Friday 11/11

### School Age

#### All Day Camp

|           |       |
|-----------|-------|
| Monday    | 11/1  |
| Monday    | 11/21 |
| Tuesday   | 11/22 |
| Wednesday | 11/23 |

### CLOSED – Thanksgiving

|          |       |
|----------|-------|
| Thursday | 11/24 |
| Friday   | 11/25 |

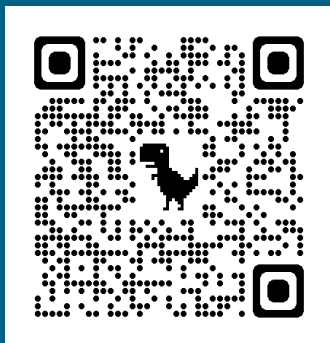
### Harbor House Toy Drive Window Shopping Event

Friday 11/18

All toys due by Fri 12/2

Harbor House Amazon Link

\*\* QR Code \*\*



## Fighting Hunger, Changing Lives

Little Bridges is sponsoring a food drive for the **Contra Costa County Food Bank** for the entire month of November.

November’s Life Lesson focuses on sharing and caring for others. Help us teach your kids they can make a difference in our community by shopping with your child for food to donate. Bins will be set up all over the campus.

## Little Bridges Christmas Show 12/15

We invite you all to join us for a Very Thankful Christmas Show! Come celebrate Jesus’ birth with us at 7:00pm on Thursday December 15<sup>th</sup>. Your children will sing songs of thankfulness and praise as we are back in-person this year for our Christmas Show!

## Share the Joy of Christmas

Little Bridges will again be partnering with **Harbor House in Oakland** to help share some Christmas joy with families less fortunate than us. There are 3 ways to help:

1. Drop off new unwrapped toys to the office by Friday 12/2.
2. Select items from the Amazon wish list to be delivered.  
\*\*See QR code
3. Attend our **Window Shopping Event for Harbor House** on Friday, Nov. 18 in the courtyard

BRING JOY TO OAKLAND FAMILIES

## Harbor House Christmas Store

DONATE new, unwrapped toys and gifts such as balls, games, dolls, books, art sets, etc. for babies, kids, & teens.

SHOP our Amazon Wish List:  
<https://a.co/4EWNiLS>.  
Gifts must be received by December 5, 2022.

VOLUNTEER at the Store on December 9th or 10th.  
Contact [nicole@hhministries.org](mailto:nicole@hhministries.org)

1811 11th Avenue, Oakland  
510-534-0165, [hhministries.org](http://hhministries.org)



## Trick or Treat?

Monday is Halloween - which means lots of candy. And lots of candy can mean lots of struggles and begging unless you have set up some family ground rules first.

I must say that it is nice having preschoolers who get tired of trick-or-treating after about 10 houses. This year my boys are excited because they are old enough to roam the neighborhood with friends, gathering as much candy as they can in their allotted trick-or-treating time. They literally will bring home pillow sacks full - and that is when I know the bargaining will begin.

"How many pieces of candy can I eat?"

"Does a small *Tootsie Roll* count as a whole piece of candy?"

"I ate all my dinner earlier, so can I have a *Snickers* and a bag of *Skittles*?"

"Is that a big bag of *Skittles* or a small bag?"

I already know this negotiating will drive me crazy, because I have been through this before with my first set of boys. As I recollect, some years I just threw up my arms and let them eat as much candy as they wanted - whenever they wished - any time of day; others I grabbed their candy bags, hid the stash and doled out the candy piece by piece; others we made a three-candy-a-day-rule; and one year I even made them brush their teeth an entire minute for every piece they ate. (Have you ever seen a child brush their teeth for 8 minutes? This was not one of my finer decisions.)

What I always really want to do is gather all the *Almond Joys* for myself and just give the rest away. Candy be gone = struggles be gone.

So...what is fair and reasonable?

Any of the options above are fair and reasonable if you set up your family policy about the candy issue BEFORE the candy is gathered. Here are a few different ideas you may want to consider.

**1.** Allow your children to control their candy intake. If you take this route, tell yourself that this feast only occurs once a year. Also realize that children feel powerful and in control when you turn certain responsibilities over to them. So don't just throw up your hands and give in. Take this approach instead: "Your Halloween candy is yours, and you can eat it as you wish. I trust that you'll manage to eat it without making yourself sick." Then drop it, and don't agonize further.

**2.** Confiscate the candy bags when your kids return from trick-or-treating, and ration out two pieces of their choice to each child daily. Be prepared for lots of begging and whining when you first put this plan in motion. You'll have to be consistent and monitor the distribution of the candy each day until it's gone. This takes work on your part, but at least you won't have to worry about your kids overdosing on sugar.

**3.** Permit your children to keep a specific number of pieces of their haul and give the rest away. Take the candy to a senior citizens center, charitable organization, or better yet - the Little Bridges staff lounge, where we have a teacher's goodie basket (lots of Almond Joys please). Your children might complain, but with your steady guidance, they'll probably relinquish their stash without a scene.

**4.** Introduce The Great Pumpkin - an idea one of my friends uses. She tells her kids that The Great Pumpkin comes the night after Halloween. All children who leave a present of candy for The Great Pumpkin get a gift in return, but they have to show they are generous of heart and so must leave about 90% of what they got. They leave their candy in a big bowl on the kitchen table and then the next morning there is a gift from The Great Pumpkin.

This year she has already purchased two Scooby Doo Halloween DVD's to leave. She says the children are thrilled with the present the next day—plus they get to keep their "best" candy and have fun picking out their favorite pieces.

There are many other options that you can come up. Just remember that the "trick" is to be sure to tell your children prior to trick-or-treating, and stick with it once it's established.