

Little Bridges News

October 2020



Calendar of Events

**School Age Program
All day Camp**
Friday 10/2

Minimum Days
10/5 – 10/9

Class Costume Parties
Friday 10/30

Food Drive
11/1 – 11/25

CLOSED – Veteran's Day
Wednesday 11/11

CLOSED – Thanksgiving
11/26 & 11/27

Canyon Creek Church
on Face Book Live

Daily Devotionals
M-F 7:30am

**Sunday Services &
Sunday School**
Sundays 10:30am

Halloween Festivities

In lieu of our annual costume parade, each classroom will be celebrating separately this year. We will miss this all-school event, but safety is always our number one priority. There will be an outside area for parents to take before-school photos decorated with our classroom scarecrows and pumpkins.

Teachers will be making a class video showcasing each child in their costume while they share something about who/what they are dressed up as. Much like a share day full of imagination - your child will have an opportunity to sing, twirl, dance, roar, shoot their web, or flex their muscles for their class and the camera. Look for information from your teachers and just know we will record memories and share them with you all.

Please bring your child to school in costume and bring a separate bag of clothes for them to change out of (should they want to).

School Age Virtual School

The first weeks of our all-virtual school days have come and gone and we have all learned a lot! We currently have 3 classes (TK/K, 1st/2nd and 3rd-5th), and while not always seamless, our school age teachers have done an amazing job juggling schedules and work from so many different teachers and schools. We are all getting "into the groove" of school, and our students are thriving! What a blessing to have these kids learning with others in a safe environment while also getting an afterschool group experience filled with cooking, art, outside group games and character building activities.

Our plan is to continue these programs until school re-opens for every student. Even if school districts decide to go to a Hybrid schedule, we will continue to maintain our safe cohorts of no more than 14 and will not be adding or mixing students who have been with a different cohort at school.

Community Care Pantry & Contra Costa Food Bank

Canyon Creek Church and Little Bridges have been partnering together this year to provide food and household necessities to those in need. Thank you to all who weekly contribute to the pantry. Feel free to donate at pick up or drop off with our runners any day!

In November, we will also be hosting a food drive for the Contra Costa Food Bank. Both of these services provide a perfect opportunity to show your kids how to care for others in our community.

Laughing is Good Medicine

While we may not think there is much to be laughing about these days, research has shown that the health benefits of laughter are far-ranging. Laughter can help relieve pain, bring happiness, and even increase immunity. One of the best gifts we can give and receive from our children is to enjoy a giggle with them daily!

I remember when my third son, Taylor, was about 1. We were visiting a friend and all of a sudden he burst into a deep belly laugh. Sure, he'd cracked up before, but this time was different. No one was making faces at him or tickling him. No one was even laughing. Instead, what sent him into a fit of giggles was watching my friend's dog jump up and down over and over again.

Though not quite as hilarious as the one-liners on *The Big Bang Theory*, a jumping dog was an unusual sight for Taylor—and therefore worthy of a hearty chuckle. At about age 1, after months of mimicking the smiles and laughter of those around them, toddlers begin to reveal their own sense of humor. Their snickers mark an important developmental milestone and are a clear reflection of the smarts they're acquiring.

I read once that sense of humor is directly linked to a child's cognitive development. Humor develops as your toddler's memory improves and he comes to understand (and recall) that the world operates in a certain way, with predictable order, structure, and patterns. When something non-threatening happens that doesn't fit those expectations—like when he tries wearing your shoes—he's now aware of the incongruity and may find the act hysterical.

I also wonder if most children inherit their funny bone from their parents. From my experience, moms and dads who have a good sense of humor generally produce kids who do too. Adults who frequently laugh or joke around serve as role models, providing ample opportunities for children to mimic humor. Even a young child learns to recognize humor when she sees her parents interact with her in ways that make her giggle, or when they recognize her early attempts at being funny and laugh with her.

Playful interactions teach your child to appreciate the lighter side of life and to see the incongruity in everyday situations. When your child laughs, use words to describe the situation ("That's a silly face!" or "Elmo's dancing is funny!"), so your child learns to apply language to a humorous event. If you laugh easily and use a warm, trust-building tone in games like peekaboo, your child will enjoy humor too.

A child's sense of humor starts when they are young, and nothing is too corny for a toddler, but here's what typically makes 1-year-olds laugh.

*** The ridiculous.** By now, your child has developed a routine and knows what to expect from her world. When you do something out of the ordinary (without frightening him), he may find it humorous. Utterly inane acts, such as wearing your toddler's pants on your head while changing his diaper (as my husband used to do), are likely to spark giggles. Those pants, he now knows, belong on his legs, not on your head.

*** The predictable surprise.** Babies and toddlers spend many months mastering the idea of object permanence: the concept that things and people exist even when they're out of sight. Games like peekaboo reinforce this notion of how the world works. Your child now knows that you're hiding behind the chair, and when you confirm her suspicions by jumping out playfully, she'll be delighted and express that feeling with laughter.

*** Incongruous humor.** Your toddler may also giggle at things that should be a certain way but aren't. First comes visual incongruity—if your child sees a picture of a dog wearing a fluffy hat, for example, she may laugh—the ability to spot this incongruity develops around the age of 18 months. Later, your child will crack up at language incongruity (like when Daddy is called Mommy). And by preschool, when humor becomes more conceptual, she'll laugh at the wordplay in a knock-knock joke.

Nurturing your child's emerging capacity for humor is like presenting him with a lifelong gift. Laughter is a mechanism for pleasure and a powerful tool for coping with life's difficult moments. While having a good sense of humor may not necessarily make kids smarter, it will definitely enrich their lives. So, laugh loud—and often—it is a healthy way for your child to manage life's little stresses.