

# Little Bridges News



October 2024

## Calendar of Events

### **School Age Program**

#### **All Day Camp**

10/3, 10/4 & 11/1

#### **Minimum Day Camp**

10/7 – 10/11

### **Pumpkin Patch Field Trip**

Friday 10/18

### **Costume Parade**

Thursday 10/31

### **Food Drive**

11/1 – 11/30

### **CLOSED – Veteran's Day**

Monday 11/11

### **CLOSED – Thanksgiving**

11/28 & 11/29

## Enrichment Classes

### **Tuff Tumblers (2-4 yrs)**

Tuesdays

### **Soccer Shots (3-4 yrs)**

Wednesdays

### **Tippi Toes (3-4 yrs)**

Fridays

### **Art & Soul Music (K-5)**

Tuesdays (art)

Wednesdays (piano)

## ***Pumpkin Patch Field Trip: Friday, October 18th***

On Friday, October 18<sup>th</sup>, we will all be heading to Joan's Farm & Pumpkin Patch in Livermore (Toddlers through LBTK). Little Bridges will cover all pumpkin patch entrance fees which includes one pumpkin, one cup of animal feed and a wristband for unlimited rides & games (maze, slide, pumpkin bowling, kids corral or little kid's train). There is also a museum, old west town and educational posters for all to enjoy!

All families should meet their teachers AT the Pumpkin Patch by 9:45am sharp so we can all enter together. **Please dress your child in their orange Little Bridges t-shirt.**

Don't have a shirt or your child has outgrown theirs? Pop by the office to pick one up!

## ***Halloween Festivities***

Our Little Bridges Halloween Parade will take place at 9:30am on Thursday, October 31<sup>st</sup>. We will mark off an area in the parking lot for the parade route. Please come, watch, cheer and take pictures!

It is easiest to send your child to school in their costume with a bag of clothes to change into. Please label everything and remember that anything scary or violent (including masks and weapons) are not appropriate for a school setting.

We also ask that parents drop off in the classroom as usual and then come back and wait in the parking lot for the parade. Believe me, it is easier on your teachers and children not to hang around in the classroom. We try to make this day super fun but also as normal as possible.

## ***Little Bridges has Openings!***

This is quite a rare statement! Little Bridges has had lengthy waiting lists since we opened in 2006, but with the addition of TK to the public schools, our school age program has grown to capacity, but our preschool classes have not. We have about 10 openings that we would love to fill. If you know anyone looking for a great preschool, please send them our way! I love giving tours to new families and showing off our quality school and staff.

## ***Follow and like us on Social Media***

Did you know Little Bridges has a website, a FaceBook page and an Instagram account? We would love to have you follow us! We also appreciate all the feedback on Yelp sites. If you are enjoying Little Bridges, would you consider sharing your experience?

### Kids Can Discipline Themselves

I think my kids are pretty well-behaved children. They put their things away when I tell them to, go to bed without a fuss, don't whine when I say "no", and even settle their own disputes. Of course, all four of my boys have their moments - they are kids, after all! - but for the most part real discipline challenges are few and far between. What's my secret? Do I threaten them with punishment? Give them time-outs? Bribe them with Oreos? Nothing like that - If I've done anything right, it's that I've made it clear from the get-go what I expect from them. So when they do start to get out of line, all I have to do is shoot them "the look", and they know to discipline themselves.

The key to smart discipline is simple: Teach your child how to control her own behavior so you don't have to.

It may sound too good to be true, but my theory is that when you make your expectations clear from the time your children are toddlers, they will internalize those expectations and begin to expect the same thing from themselves. In other words, since kids are naturally inclined to want to please their parents, they'll try to behave in the way that you've taught them to. In fact, experts say that kids as young as 18 months are empathetic and responsive to adults expectations –just check out the Frogs class and watch!

Kids who believe they can do anything they feel like doing, and get whatever they want, tend to be the ones who act out by whining or throwing a tantrum when their demands aren't met. Children who understand that there are well-defined boundaries learn how to self-regulate and to respect limits.

Teaching self-discipline to a young child isn't as daunting as it sounds. If you focus on a few essentials starting at around age 2, your child will catch on faster, resist less, and ultimately behave better. Here are few ways to help define your rules.

**Tell kids why** – without giving elaborate explanations. If your child understands that there are simple reasons for your rules, he'll realize they aren't arbitrary and will be more likely to comply. For example, "You need to go to bed at eight o'clock because your body needs a lot of sleep to stay strong and healthy." Or "You have to put away your toys so we'll know where to find them next time you want to play."

**Offer lots of praise.** Whether it's making the bed, helping set the table, or letting his sister play with his blocks, make sure you reinforce rule-following by celebrating your child's successes.

**Follow rules yourself.** Hanging your coat in the closet when you get home, putting your dirty dishes in the sink, not screaming when you're frustrated ... doing these things will show children that just as they have rules to follow, so do you.

**Cultivate a conscience.** If a young child feels bad when he hasn't followed your rule, don't immediately try to minimize his discomfort. Use it as a teaching opportunity. Say, "I know you're feeling bad. We all make mistakes, but we try to learn how to act next time."

**Let kids make decisions.** Give children the opportunity to make choices as soon as they're old enough to understand. "Which snack do you want to take to school, an apple or a cheese stick?" Once kids can manage these small decisions, take it up a notch: If your child is fighting with her sister, instead of yelling "Don't do that!" ask : "How can you handle this differently?" You may be surprised at the way she will come up with solutions.

**Encourage a "try, try again" attitude.** Sure, it's a lot quicker for you to do everything for them, but it's important to let preschoolers practice and succeed without your intervention - whether it's tying their shoes, putting away toys, or sorting socks in the laundry.

**Make them think things out.** Stretch your child's cognitive skills by challenging him to find answers for himself. For example, when your child asks a question about how to do something, respond with a question of your own: "What do you think you should do?" Such a response will eventually give him confidence in his own ability to figure things out.

You aren't going to be able to teach your children to discipline themselves overnight. No doubt there will be times when they misbehave, no matter how hard you've tried to prevent it. They are kids, after all.