

Little Bridges News

January 2010



Calendar of Events

CLOSED – MLK, Jr.

Monday 1/18

CLOSED – President's Day

Monday 2/15

Open House

Saturday 2/20

Enrichment Classes

Art & Soul (3-4 yrs)

Tuesdays

Tuff Tumblers (2-4 yrs)

Thursdays

Science/Math/Magic (3-4)

Thursdays

Kinderdance (3-5 yrs)

Wednesdays

Art & Soul Music (K-5)

Piano Lessons Mondays

Canyon Creek Church

Sunday Services & Sunday School

8:30 am and 10:00 am

Year End Statements

The beginning of a new year means tax time. If you need any type of year-end statement from Little Bridges, just let Ms. Yumi know and she will be happy to give you a print out.

Lost and Found

Is your child missing a jacket or coat? Our lost and found is overflowing in the preschool office. Please take a moment to sift through the many items that we have collected over the past few months.

What is the best way to avoid a favorite jacket from ending up in our lost and found? Label it! All labeled clothing that is found is always returned back to your child's cubbie, hook or classroom.

Enrichment Classes

We have carefully selected different outside vendors to come in and provide enrichment classes for families that are interested in offering their child "extra curricular" activities. These classes are not only educational but also fun!

Classes have been scheduled at various times to accommodate every child's schedule. Half-day students can take a class before or after their regular preschool class and full day students can choose from times that do not interfere with their core curriculum schedule.

Flyers for all of these programs can be found in the office lobby. Sign up today!

Girls Glam Night

All girls ages 3 and older are invited to attend CCPC's first girlie night with their moms! Come meet other moms and daughter while enjoying some all girl fun! Games, treats, crafts and pampering will start at 6:45 pm on January 8th and go until about 8:30 pm in the Gathering Hall. Contact Julie Luddemann at Julie@canyoncreekchurch.com if you have any questions.

Parking Lot Safety

Please drive SLOWLY through the parking lot and be extra cautious as you back out of your parking spaces. Little ones are hard to see and can dart away from a grown up in seconds.

The green painted curb is for pick up and drop off **only** (meaning the driver does not leave the car). Please do not park here and walk your child to and from class. Blocking this area makes it difficult for others to back out of the adjacent designated parking spaces.

Thank You!

Thank you for all the warm Christmas wishes and goodies provided to our staff from so many families. The treats were delicious and we are very grateful for such a supportive community of parents!

Your child isn't happy that you've just switched the channel from *Arthur* to the evening news. Upon seeing Brian William's face on the screen, she exclaims that he's a "fartface." Like many adults, she's coming up short of words to express her frustration. Or perhaps her best buddy has just expanded her vocabulary and thought it funny to share a few choice words — which your child is now eager to recite at home. And though she's long since potty trained, potty words can still elicit streams of giggles. In almost every case, you're watching a thoughtful experiment on your youngster's part: "Here's something I heard, which people say with a certain level of intensity or distaste. Let's see what happens when *I* say it!" No matter where this language comes from, though, it's time to teach your child that it isn't acceptable.

Treat toileting matter-of-factly. If you wrinkle your nose every time you help your child wipe himself or stage-whisper the common words for elimination, it's no wonder that he quickly latches on to the idea that bodily functions and the terms used to describe them are guaranteed attention-grabbers. Remind yourself that it's utterly normal for a child this age to be fascinated with his body (especially the parts that are usually kept covered) and everything that comes out of it. If you don't attach too much significance to his fascination with potty talk, it has a better chance of passing (eventually!). Reading fun picture books like *Everyone Poops*, by Taro Gomi, and *The Gas We Pass*, by Shinta Cho, can also help de-emphasize the forbidden (and thus endlessly alluring) nature of these subjects.

Keep a poker face. When your child says a swear word or makes a reference to a bodily function, resist the urge to chuckle, which they'll take as wonderful reinforcement for doing it again. The ability to make adults laugh - or angry or upset - is enormously powerful when you're small. And even if it's entertaining to hear your child invent a new term (such as "poopynose"), showing your amusement isn't in their best interests.

Give alternatives. If your child's trying a new word on for size, you can probably persuade them to substitute another exciting word (my kids loved "aye yi yi" or "shazzam"). Or you could swap a similar-sounding goofy word for the inappropriate one - snoopynose for poopynose, for example. If the problem is that their short on acceptable words to express intense anger or frustration, it may help to encourage your child to say loudly, "I'm *mad*" or "I'm *having a hard time right now!*" Some families invent amusing epithets of their own ("Oh, *shoes*," for instance). At the very least, suggest less-offensive alternatives, such as "bummer" and "crud."

Set limits. If your child has latched on to a serious profanity or two, he needs you to set some guidelines. It's crucial to do this calmly - without becoming agitated or mad - otherwise, each time you blow up, you'll just remind him how much power he has to make you pay attention to him quickly. If it's a made-up word (such as "penis-brain"), tell him that there's no such thing and you don't understand what he's saying. For adult-variety swear words, don't explain what they mean or why they're unacceptable. Just make it clear, in a matter-of-fact and disinterested voice, which words are off-limits: "That's not a word you may use in our family."

Invoke consequences. If your child won't stop the salty talk even after a warning or two, then it's time for disciplinary tactics. Stay calm, respond swiftly, and be consistent: "That word gets you a time-out." (A time-out can be enforced anywhere: the back seat of the car, a quiet spot at the mall, the back room at Grandma's.) If time-outs alone don't do the trick, you may need to up the ante by revoking privileges, but again, do it as consistently and unemotionally as you can: "If you use that word, you can't keep your playdate with Nick," or "you can't watch *Dragon Tales*." Then be sure to follow through. At this point, you'll also want to give some thought to why your child is so bent on battling with you.

Don't let swearing get results. If your 5-year-old's cursing because she wants something, make sure she doesn't get whatever it is she's asking for. It isn't good enough to say, "That wasn't very nice language, but here's your ice cream cone anyway."

Teach respect. You're not doing your child any favors by letting him think it's okay to hurl even baby-variety insults at other kids. (Ask him to think about how he'd feel if someone called him a "stupidhead," for instance.) Swear words and excessive bathroom talk won't be looked upon kindly at school, on the playing field, or at friends' houses. Explain that these words hurt people's feelings, that it makes no difference if other kids are using the same language, and that name-calling simply isn't allowed. Your child is still working on learning empathy and won't always remember to think of others, but he still needs to be reminded that his actions have an affect on them.

Watch your own mouth. Sure, there are different rules for adults' and children's behavior, but if your child hears you casually pepper your daily conversation with profanity, it'll be a lot harder to convince them not to talk that way themselves. If your child mimics something you said, admit that you shouldn't have used that word either, agree to mutually discard it from your vocabularies - and then follow through on cleaning up your act.