

Little Bridges News



January 2012

Calendar of Events

CLOSED – MLK, Jr.

Monday 1/16

CLOSED – President's Day

Monday 2/20

Open House

Saturday 2/25

Enrichment Classes

Art & Soul (3-4 yrs)

Tuesdays

Tuff Tumblers (2-4 yrs)

Thursdays

Science/Math/Magic (3-4)

Thursdays

Soccer Shots (3-5 yrs)

Mondays

Kinderdance (3-5 yrs)

Thursdays

Art & Soul Music (K-5)

Piano Lessons Mondays

Canyon Creek Church

Sunday Services

8:30 am & 10:00 am

Sunday School

10:00 am

Year End Statements

Happy New Year!

The beginning of a new year means tax time is right around the corner. If you need any type of year-end statement from Little Bridges just let the front office know and we can 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.

Thank You!

Thank you to all the families who contributed to our Christmas Adopt-A-Family outreach. We were able to bless eleven families this year with gifts! Harbor House was so appreciative when the packages were delivered and were truly moved by our community's generosity.

Kindergarten Readiness Information Night

The San Ramon Valley School District invites all parents of prospective incoming kindergarteners and transitional kindergarteners to special orientation meetings. A panel of teachers, parents and curriculum experts will discuss the district kindergarten curriculum and readiness issues. A short question and answer session will follow the presentation.

Here's to a Healthy 2012

Do your kids reach for the potato chips first, soda second, and the TV remote third? If they do, they're not alone. One of our jobs as parents is to help kids make healthy choices so that they stay well now—and grow into healthy adults.

Teach By Example: This may be the hardest part. It's true—kids do what you do more than they do what you say. Your good—or bad—habits are likely to become your children's. The following are some simple ways to be a good role model.

Keep Healthy Snacks in the House: This really doesn't have to mean crackers that taste like flavored cardboard or carrot sticks for dessert. But it's easier to control what you buy at the grocery store than to stop a cookie frenzy when you and your kids are hungry. Most of the time, kids will eat what tastes good and is easy to get. So have fresh fruit, pretzels, plain popcorn, bagels, and healthy yogurt on hand. Take the extra minute before soccer practice or a trip to the store to pack up some trail mix and bottled water. This can help do away with the need to buy snacks at vending machines or in the check out line.

Try New Things: My boys love making “special concoctions” to try. For example, last week we took a little bit of lemonade and mixed it with sparkling water (a great lemon soda with far less sugar than the kind in a can). Or how about homemade smoothies—a little plain yogurt, fresh or frozen berries, a banana, and orange juice in the blender. Let your kids push the button and, presto, they have a yummy and filling snack. In my house, competition gets my boys excited—so we often have chip or dip tasting contests. Who likes what and how many votes did it get? Yes, some low-fat chips taste pretty bad. But some taste pretty good—especially with a yummy salsa or ranch-style dip.

Read Labels with Your Kids: Teach your kids to read food labels. It can be fun to let them find out how much sugar or fat there really is in some of their favorite foods. Let them compare the sugar content of different cereals, for instance, or the fat content in cookies or ice cream.

Put Exercise into Your Family Routine: Let your kids see that being fit matters to you. It is fun to take turns making plans that the whole family can do together—a bike ride, a hike, a game of tag in the back yard. Children who have active parents are more active themselves, and studies show that a child's self-confidence grows with their level of fitness.

Talk With Your Children: Talk about school and friends, and about tough topics, such as bullies and as they get older, drugs and sex. Make sure your children know your values and what you expect of them. The earlier you start to talk to your kids about these topics, the easier it is—for them and you.

Focus on the Positive: When your kids ask to go on a bike ride, tell them it's a great idea and go with them. If they like bananas make sure you keep some on hand. Support their healthy choices every time you can. That has a much more lasting effect than storming in to stop a TV marathon.

Be Consistent: Build healthy habits in your family. For instance, if you walk instead of drive or always wear your seat belts or hold family meetings, doing other things “the healthy way” will seem natural for your kids.

Let Your Children Choose: Limit their choices to those that are okay with you, but do let them choose. It's the old, “Would you like a muffin or a bagel?” “Milk or orange juice?” routine, but it works.

Let Your Kids Teach You: Of course making healthy choices means more than taking walks after dinner, or having frozen fruit bars in the freezer. It relates to what we eat, how we act with other people, and almost everything we do. Being a parent forces us to think about what it means to be healthy and how to pass it on to our children. I believe the key lies simply in finding ways to keep choosing the healthy way yourself. This way, you don't have to plan to teach your children. You just have to be with them. If your children make healthy choices early and often, you might be surprised to find them steering you in the right direction.