

# Little Bridges News



June 2010

## Calendar of Events

**CLOSED**

**Memorial Day**

Monday 5/31

**Donuts For Dads**

Friday 6/18

**Summer Camp Starts**

For kids entering 1<sup>st</sup> - 6<sup>th</sup>

June 21 – August 18

**CLOSED**

**Independence Day**

Monday 7/5

**CLOSED**

**Staff Training Days**

Thursday 8/19

Friday 8/20

## Enrichment Classes

**Art & Soul**

Tuesdays

**Tuff Tumblers**

Thursdays

**Science/Math/Magic**

Varies

**Soccer Shots**

Mondays

## Canyon Creek Church

**VBS**

6/14 – 6/18

**Sunday Services &**

**Sunday School**

8:30 am & 10:00 am

## **Summer is Here!**

Summer brings with it a laid back feel, but here at Little Bridges we keep up the regular school pace. Our curriculum is a year-long program that runs from September to August. We continue to build on concepts and skills we have been working on all year – but, we also believe that summer should be extra fun for kids! Out themes include “Great-Get-Aways”, “America the Beautiful” and “The Ocean”.

The summer also means lots of water play at Little Bridges. Your kids will love splashing and getting wet, but what they probably don’t realize is that water play provides many opportunities for learning: problem solving (discovering how water works), math (measuring/more/less/full), science (floating, mud, water flow), physical development (hand/eye coordination, textures/squirting), social and emotional development (cooperation/relaxation/fun), and language development (vocabulary).

## **Hot Lunch Program**

Many of you will be glad to know that Nob Hill Catering will be continuing their service through the summer months. Ordering meals is easy and menus are available online. Simply go to the website [nobhillcatering.com](http://nobhillcatering.com) and request a login and password. Meals are \$4.25 each and include an entrée, choice of fruit or vegetable, a snack and beverage.

Please note that there will be NO hot lunch on June 10<sup>th</sup> or June 11<sup>th</sup>.

## **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.

## **School Age Summer Camp**

Little Bridges offers a fun-filled summer program for school age children ages 6 to 11 years. Our program alternates between structured activities such as academic review, book time and journal writing with summer time traditions like crafts, organized games, swimming, free time and fieldtrips.

Summer Camp brochures can be picked up at the front office or in our School Age Program. We offer weekly sessions to accommodate everyone’s summer schedules.

## **Discipline Your Infant – Really?!**

Your newborn cries, you pick him up. He's hungry, you feed him. His diaper is wet, you change him. Of course you cater to his every need. Baby care is hard enough; surely, you think, you don't need to worry about disciplining your little darling, right? But soon enough, baby gets a bit wiser, his needs morph into wants, and you find that you have to set a limit or two. Just how many times do you scoop the tossed pacifier from the floor or grin and bear the overturned cereal bowl?

I know what you're thinking: 1 or 2 years old is too young for punishment. Ah, there's the rub. Discipline isn't about punishment. It's about teaching and guidance, which can - and should - start in infancy's earliest stages.

When is a baby ready for his/her first limits? An early opportunity for your child to learn about discipline occurs at about 8 or 9 months - when babies start to develop three new skills:

- Scooting, cruising, and crawling—toward forbidden new territory, like electric sockets (which should be covered) or the hot stove
- Picking up tiny things between index finger and thumb (the “pincer grasp”), like bits of food to throw or dangerous objects meant to be out of their reach
- An ability to know exactly what your facial expressions mean – including “Don’t touch! - even without words

When your baby is ready to put these three exciting new abilities together, get ready for trouble.

As your baby crawls toward steps she’s not supposed to climb, she’ll look back at your face. She’s so thrilled she can get around all by herself, she smiles at you with glee. But at this age, she needs you to act like you mean it when you say, “Come back here; don’t go over there.” She hears you say “no,” but she’s checking to see if your facial expression backs that up. If you’re smiling instead because she’s so cute and you’re so proud that she can crawl and that she’s such a complete person that she can even defy you now, she’ll continue on toward the steps and look back again.

### **Stand Firm!**

This time, she sees your face has changed. With eyebrows pulled back and jaw dropped, you look worried or frustrated. What fun for her! Your face is like a marionette and she’s pulling the strings! She’ll continue experimenting. But if you’re able to keep a straight face and look sternly at her as you repeat “No!” for the second time, and she still doesn’t respond, you must get up, go over to her, and pick her up to show her you mean business.

Every time you try to set a limit but don’t enforce it, you’re teaching your child not to take your limits seriously. In the moment, this may not seem to matter much, and it’s tiresome to have to keep getting up and chasing a baby around. But in the long run, it will pay off. When your teenager has his hand on the front door and you must ask the four cardinal questions: “Where are you going? Who are you going with? How are you getting there and back? What time will you be home?” she will have learned long ago that you expect answers before she goes anywhere.

First-time parents are often surprised to learn that loving a child is not only about cuddling and nurturing, but about being clear, consistent, and firm. It can come as quite a shock.

Raising a child also means knowing that the love between parent and child is strong enough for a parent to take the risk of making him/her angry when it’s time to show them - with voice and face - where the limits are.