

Little Bridges News



May 2011

Calendar of Events

Teacher Appreciation

Week of 5/2 – 5/6
Friday Luncheon 5/6

Muffins For Moms

Monday 5/9

CLOSED

Memorial Day

Monday 5/30

Donuts For Dads

Friday 6/17

Summer Camp Starts

For kids entering 1st - 6th
June 20 – August 19

Enrichment Classes

Art & Soul

Tuesdays

Tuff Tumblers

Thursdays

Science/Math/Magic

Varies

Kinderdance

Wednesdays

Soccer Shots

Mondays

Canyon Creek Church

VBS 6/13 – 6/17

Sunday Services

8:30 am & 10:00 am

Sunday School

10:00 am

Parent Survey – We Want Your Feedback!

Please help us continue to make Little Bridges better and better by filling out our Parent Survey. The purpose of this survey is to gather your opinions about our school. Your answers are completely confidential and will be used to help us evaluate our programs.

Each family will be receiving an email that will have a link to our on-line parent survey the first week in May. Just click and follow the easy directions. All results will then be tallied through the service we are using.

St. Jude's Hospital Trike -A - Thon

Thank you to all the families who participated in the St. Jude Children's Hospital Trike – A – Thon. The kids loved peddling around our little track and we raised over \$2000.00! St. Jude's is the only National Cancer Institute devoted solely to children. Your contributions will help make it possible for patients to receive treatment regardless of a family's ability to pay. Awesome!

School Age Summer Camp

Weekly sessions for our summer camp are starting to close. We are filling up fast and only have a few spaces left. If you are interested in signing up, please check with the front office to see what weeks are still available.

Thank You Room Parents!

As I write this, many room parents are organizing our fifth annual Teacher Appreciation Week. It is a special week for the staff here at Little Bridges and we would like to thank each of you for organizing, e-mailing, shopping, cooking, collecting, leading, helping and answering daily questions from your parents to make the week memorable for all of us. A special thanks to **Heather Wyatt** who coordinated the event this year. Other room parents include: Janet Navarro, Courtney Nim, Kindra Brusseau, Lisa Sears, Stephanie Kim, Winnie Lee, Tifanie Steele and Susan Hushyar.

Muffins for Moms

Every classroom will be celebrating Moms on Monday, May 9th with Muffins. See your class white board for specific details. Each classroom will be uniquely celebrating in their own way.

Get Tuned In

About seven years ago I broke both my arms at the same time. Yes, I said both at the same time. I fractured my left wrist in three places and shattered my elbow to so many bits it could not be repaired without some major hardware being installed. Needless to say, the experience was a difficult, yet growing one, for my family and me. I found out that I truly have wonderful friends, and the best husband in the world. My poor DH had to do everything for me – and I mean EVERYTHING.

I learned a lot about myself because of my limited arm use, and had to face frustrations similar to those of children as they overcome obstacles and learn new ways every day. It is a very frustrating world when you cannot do for yourself, or when you cannot explain yourself, or when you cannot control your body, or worse- you can ALMOST do what you want to do, but just cannot make it happen no matter how hard you try!

So...what is the proper response as caregivers and parents to children who are struggling with frustration? I believe one answer is adequate "attunement"...which leads me right into this week's article.

To "attune" to your child means that you attempt to respond to his or her needs, particularly emotionally, which results in your child's sense of being understood, cared for and valued. Depending on the age and development of the child this means different things. Attuning to a two-year-old child in the midst of a temper tantrum will include not only responding with appropriate limits, but understanding what the emotional meaning of the outburst might be. Is he or she tired? angry? hurt? challenging limits to get clarity? In contrast, attuning to a newborn's wails will always be an attempt at primary soothing, as limit setting of any kind would be inappropriate. To determine the "attuned" response, we must seek to truly understand the nature of the experience of the child (or the adult in my case) and his or her needs, even though he/she cannot always tell us. The job of parenthood can be a highly challenging one!

Yet, if we can maintain a clear vision of our goal: to be as attuned as possible, we will inevitably learn more. If at first we do not succeed, sooner or later we will come to better understand our children and better able to meet their emerging needs. We will become better parents with practice and a vision of what we believe will make a difference in our children's development. But the world is not a perfect place and we are not perfect parents. Though we will often meet our children's needs, we will sometimes frustrate them. Our hope is to provide a matrix in which the frustration itself becomes a tool for building strength of character. Psychologists have termed this "optimal frustration". The key here is to determine what amount of frustration is overwhelming and will result in a breakdown of a healthy sense of self for the child, and what is benign or even advantageous to work through with appropriate emotional support.

As parents, we all naturally fail at times. But if we are committed to parenting as important work, we will be able to correct our mistakes and learn from the experience. Children do not need "perfect" parents. However children do need parents they can trust to reflect on their actions and attempt to bridge misunderstandings when they occur. This working through is an act of attunement and strengthens the bond between parent and child (or in my case, husband and wife).