

# Little Bridges News

October, 2009



## Calendar of Events

### **Fire Truck Visit**

Thurs. & Fri. 10/1 & 10/2

### **All Day Camp**

School Age Only Fri. 10/2

### **Minimum Day Schedule**

School Age Only

10/5 – 10/9

### **Book Fair**

10/12 – 10/16

### **Dentist Visit**

Tues. 10/13

### **Costume Parade**

Fri. 10/30 9:30 AM

## 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

### **Fitness Stars (Grade K-5)**

Tuesdays

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

Guitar & Piano Lessons

Thursdays

## **The Book Fair is Coming!**

The Book Fair will be set up in the preschool office, October 12<sup>th</sup> to October 16<sup>th</sup>. Please come in and help build Little Bridges' classroom libraries. There are 3 easy ways that you can help.

1. Buy books. Come in and purchase books. Every book you buy earns us "book credit" to purchase books. Our profit from the total sales is **50%!** So, if you purchase \$20.00 in books, Little Bridges receives \$10.00 to spend on books for the school.

2. Purchase books for your child's class. Teachers have chosen age appropriate books that they would love to see in the classroom and have compiled "Wish Lists" that will be posted in the office. Pick a card from their list and donate it to your child's classroom library. Your child will love seeing his or her book in the classroom!

3. Purchase gift certificates for your teachers or child in any amount you want and let them come in and shop. We still earn the 50% credit on top of your gift!

## **Little Bridges Costume Parade**

On Friday, October 30<sup>th</sup>, all preschool children will parade around in their costumes at 9:30 a.m. We will rope 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 preschool setting.

## **Safeway e-Scrip 10% Special Offer**

For three weeks starting on September 18th, a special Back to School e-Scrip redemption code will be printed at the bottom of your Safeway receipts.

You can select Canyon Creek/Little Bridges children's programs to receive 10% of your **total** purchases made during these three weeks. Visit e-scrip before October 13th to choose us as your participating school. Then simply enter the redemption code from one receipt to make your donation. You can also give the bottom of one receipt (showing the redemption code) directly to the office, and we will take care of the rest.

This only needs to be done once, as there is only one redemption code number per household.

It also is time to renew your Safeway Club Card contributions. Please go to the e-Scrip site, click the big red checkmark, and you are done, Or let us know it is okay to renew for you and it will be done!

## Do You Play the Argument Game?

“Mom, you told me I could go over to Sean’s.”

“I said you could go after your homework is done. You forgot that part.”

“But I don’t have to do my homework now. I have after dinner to do it.”

“You always say that and then after dinner comes, and it doesn’t get done.”

“It does too. You just don’t want me to have any fun.”

“Now that is just not true. What did we do yesterday and what did you get to do all weekend? I let you do what you want all the time.”

“No you don’t. You let Taylor do what he wants, but not me. It’s not fair.” Etc., etc., etc.

How often do you allow yourself to get sucked into an argument, sacrifice your best intentions, and lose all hope of setting a limit? Is the battle ever worth it? Does it ever accomplish what you want? If you do win, it means your child loses and resentment builds creating more resistance next time.

We don’t seem to understand that we can walk away from the battle if we choose to. But walking away feels weak. We are so determined to make our children see it our way. Every time we engage in one of those no-win arguments that leaves us exhausted and angry, it is because we want to convince our children that we are right, and they are wrong.

Liam, my nine year old, knows me. If he keeps resisting, I will play along with comeback after comeback. He has the energy to keep the argument going for hours if I continue to argue my own logic. I get worn out first. Then he can play the guilt because he knows I can’t stand it when he feels victim to sibling inequality.

It feels like an argument between two children fighting for a win, out to make the other give up. Here’s the challenge: Can you be the grown up and step out of it, even if it seems that your child may have won? Can you resist engaging in the argument and allow your child to feel angry and frustrated? Much better to say what you mean and mean what you say. Your confidence is lost when you get sucked in or feel responsible for your child’s happiness and try to make him see it your way.

Here are two more effective ways to handle the above argument with Liam:

1) As soon as Liam said he could do his homework after dinner, the previous agreement we had about going to Sean’s was broken. I can be more effective by simply and neutrally repeating, “After your homework is done, you may go to Sean’s. Let me know then, and I’ll take you.” Period. No tone, no attitude, simply state it. As soon as I start rationalizing about how he has promised before with bad results, I have set up the combat, and Liam knows he’s got me. He can play the game better. Even if he doesn’t get to go to Sean’s, he’s won the point.

2) I can renegotiate and allow Liam to benefit from pleading a strong case teaching him good negotiating skills. “In order for me to agree to homework after dinner, I need assurance that it will get done. How can you give me that?” This puts Liam in the position of having to come up with a plan in order to get what he wants. He also knows that if he blows it, he loses points for his next argument. After he gives his assurance plan, I can say, “And what if that doesn’t happen? What should your consequence be?” He now has to come up with his own self-correct plan.

Both of these maintain a parent’s authority yet do not put down, criticize or belittle Liam to fuel future resistance. Neither gives any attention to his attempts to rearrange facts or words to plead his case. The second *allows* Liam the win—much different than losing the fight—while giving him the opportunity to be accountable. He is given full responsibility for the case he fights.

Of course, I must make sure the consequence is carried out if his plan to do homework after dinner doesn’t happen. We usually write promise notes and sign them – with the agreement and the agreed to consequence (which should always be as immediate as possible). If it looks like he is dawdling after dinner, all I would have to do is merely hold up the note. Nothing further needs to be said once the reminder is given. If the homework does not get done, the consequence—perhaps, not getting to watch Sponge Bob the next afternoon—can be calmly carried out. (In addition to the natural consequence of not getting homework handed in).

Liam may argue again the next afternoon when it’s time for Sponge Bob. No need to get sucked in again reminding him of our agreement when he pleads that nobody loves him. I can just show him the note, empathize with his frustration at not getting to enjoy his favorite show, and leave it at that.