

# Little Bridges News



September, 2009

## Calendar of Events

### **CLOSED – Labor Day**

Monday 9/7

### **Back - To - School Night**

Adults ONLY please

Penguin Class

Wed. 9/9 7:00 PM

Ducks, Giraffes, Jaguars,  
Koalas & Tigers

Thurs. 9/10 7:00 PM

### **School Pictures**

Lambs, Frogs, Jaguars, Tigers  
& Penguins 9/17

Ducks, Giraffes, Koalas, Tigers  
& Penguins 9/18

## 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

## **Hot Lunch Program Starts September 1<sup>st</sup>**

Nob Hill Catering will be providing daily hot lunches to Little Bridges starting Tuesday, September 1<sup>st</sup>. Each meal includes an entrée, a side dish, a fruit or vegetable, and a healthy beverage. Parents can sign up and pay for lunches on-line. Each child has a specific login name and password which was sent to you in your Welcome Packet. The labeled lunches will be delivered hot to your child's classroom right before lunch time.

Nob Hill offers several healthy meal choices a day – including at least one vegetarian option. Their lunches are prepared using only all whole grains, organic produce, limited sugar and no trans fats.

All full day preschool, Lunch Bunch Tigers and kindergarten school age children can participate.

## **Free Kinderdance Demonstration**

We have added a new enrichment class this Fall. Kinderdance (ages 3-5) is a developmental dance/movement and fitness program that teaches the basics of Ballet, Tap, Gymnastics, and Movement. They will be giving each class a free demonstration on Wednesday, September 2<sup>nd</sup>. Parents are invited to meet the instructor this day while observing the students as they participate.

## **Back –To - School Night**

Back-to-School-Night for all preschool classes (except the Penguins) is scheduled for Thursday, September 10<sup>th</sup> from 7:00 pm – 8:00 pm. The Penguin's Back-to-School Night will be held Wednesday, September 9<sup>th</sup> at 7:00 pm.

This is a time for teachers to discuss the class curriculum, the daily schedule, and the objectives for the year. I hope you plan on attending this very informative night.

This night is for **parents only please**. Parents can go straight to their child's classrooms.

## **Updated Emergency Forms**

Emergency Information Sheets are due! Every Fall we ask that a new sheet be filled out for each student at Little Bridges. Packets were sent to your home last month with all required forms. If you have not turned your 2009/2010 forms in yet, please do so ASAP. Thank You!

## Kids Can Discipline Themselves

I think my kids are pretty well-behaved children. They put their toys away when I tell them to, go to bed without a fuss, don't whine when I say "no", and even settle their own disputes. Of course, all four of my boys have their moments - they are kids, after all! - but for the most part real discipline challenges are few and far between. What's my secret? Do I threaten them with punishment? Give them time-outs? Bribe them with Oreos? Nothing like that - If I've done anything right, it's that I've made it clear from the get-go what I expect from them. So when they do start to get out of line, all I have to do is shoot them "the look", and they know to discipline themselves.

The key to smart discipline is simple: Teach your child how to control her own behavior so you don't have to.

It may sound too good to be true, but my theory is that when you make your expectations clear from the time your children are toddlers, they will internalize those expectations and begin to expect the same thing from themselves. In other words, since kids are naturally inclined to want to please their parents, they'll try to behave in the way that you've taught them to. In fact, experts say that kids as young as 18 months are empathetic and responsive to adults expectations - just check out the Frogs class and watch!

Kids who believe they can do anything they feel like doing, and get whatever they want, tend to be the ones who act out by whining or throwing a tantrum when their demands aren't met. Children who understand that there are well-defined boundaries learn how to self-regulate and to respect limits.

Teaching self-discipline to a young child isn't as daunting as it sounds. If you focus on a few essentials starting at around age 2, your child will catch on faster, resist less, and ultimately behave better. Here are few ways to help define your rules.

**Tell kids why** - without giving elaborate explanations. If your child understands that there are simple reasons for your rules, he'll realize they aren't arbitrary and will be more likely to comply. For example, "You need to go to bed at eight o'clock because your body needs a lot of sleep to stay strong and healthy." Or "You have to put away your toys so we'll know where to find them next time you want to play."

**Offer lots of praise.** Whether it's making the bed, helping set the table, or letting his sister play with his blocks, make sure you reinforce rule-following by celebrating your child's successes.

**Follow rules yourself.** Hanging your coat in the closet when you get home, putting your dirty dishes in the sink, not screaming when you're frustrated ... doing these things will show children that just as they have rules to follow, so do you.

**Cultivate a conscience.** If a young child feels bad when he hasn't followed your rule, don't immediately try to minimize his discomfort. Use it as a teaching opportunity. Say, "I know you're feeling bad. We all make mistakes, but we try to learn how to act next time."

**Let kids make decisions.** Give children the opportunity to make choices as soon as they're old enough to understand. "Which snack do you want to take to school, an apple or a cheese stick?" Once kids can manage these small decisions, take it up a notch: If your child is fighting with her sister, instead of yelling "Don't do that!" ask : "How can you handle this differently?" You may be surprised at the way she will come up with solutions.

**Encourage a "try, try again" attitude.** Sure, it's a lot quicker for you to do everything for them, but it's important to let preschoolers practice and succeed without your intervention - whether it's tying their shoes, putting away toys, or sorting socks in the laundry.

**Make them think things out.** Stretch your child's cognitive skills by challenging him to find answers for himself. For example, when your child asks a question about how to do something, respond with a question of your own: "What do you think you should do?" Such a response will eventually give him confidence in his own ability to figure things out.

You aren't going to be able to teach your children to discipline themselves overnight. No doubt there will be times when they misbehave, no matter how hard you've tried to prevent it. They are kids, after all.