

# January 2020

Play and Learn at Eastpoint

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## From the Director

Welcome to Winter!

To celebrate New Year's Day, Play and Learn will be closed on Wednesday, January 1. We will reopen at 6:30 a.m. on Thursday, January 2. We look forward to a new year filled with opportunities for fun, exploration, enrichment, and learning!

Thursday, January 2, is National Snowman Day! We will make cotton ball snowmen.

Friday, January 3, is Pajama and Pancake Day, in honor of the Festival of Sleep Day! You wear your favorite jammies and Ms. Paula will whip up some yummy pancakes. Remember that regular closed toe, closed heel shoes must be worn on this day, for safety. No slippers, please!

On Monday, January 6, Bean Day, we will read "Jack and the Beanstalk" and try baked beans.

Wednesday, January 15, is National Hat Day. Wear your favorite hat to school. We will also be making fun hats to wear.

On Monday, January 20, in honor of Martin Luther King, Jr., Day, the preschool children will listen to a story about this great man and his message of peace, kindness, and sharing. Also on this day, the children will sample different types of cheeses in honor of National Cheese Day!

On Monday, January 20, Portrait Café will also be coming to do photos of the children in costumes. These photos are always very popular! Watch for informational flyers coming soon!

Chinese New Year will be celebrated on Friday, January 24. The children will create lanterns and dragons and will participate in a festive parade, either around the building or around the classrooms, depending on the weather. The children will also have a yummy lunch of Chinese food. "Gong hei fat choy!"

Monday, January 27, is Bubble Wrap Day! We will investigate the various types of bubble wrap, POP! POP! POP!!

We hope our preschool parents enjoyed the Parent Investigation Day and the making of the Gingerbread Houses. We are already looking forward to our next Parent Investigation Day, scheduled for Wednesday, February 5, for the Unit "Healthy You!". You and your child will create your own Trail Mix, following your own special recipe. Watch for more information on this event!

In addition to the marker recycling bin in the lobby, we are now collecting unwanted crayons for The Crayon Initiative. This program collects, washes, separates into color groups, melts down, and re-forms unwanted crayons into new crayons that are distributed to children in hospitals across the United States.

As winter bears down on us, please take a moment to visit our website and refresh yourselves on our Inclement Weather Policy, so you are fully prepared in the event of changes to program operation schedules due to weather conditions. In addition, please be sure that you have signed up for emergency text and email notifications, and that your contact information is up-to-date.

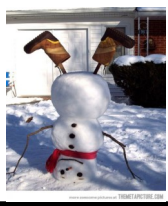
In addition, please be reminded that the children spend time outdoors throughout the winter, weather permitting, even the Infants. Please be sure that your child comes to school with a hat, gloves, coat, and any other clothing needed to keep him/her warm while playing outside. (Having several extras on hand for children who are potty training is VERY important! Thank you!)

Reminders:

- ◆ Please label all of your child's clothing!
- ◆ Please be sure to always return all Monthly Reports. Having these reports is a Licensing requirement, so it is critical that we have them.
- ◆ Please follow us on Brightwheel! We often leave group messages and information there.

Happy New Year from the Play and Learn at Eastpoint Team!

*Happy January Birthday to Liam S., Navil V., Harper C., and Ms. Tracey H.!*



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## Page 2 - Parents' Corner

### **New Year's Resolutions for the Whole Family** (by Lisa Finlay)

Making your family better, stronger, more harmonious may not require a complete overhaul, but rather a few strategic tweaks.

#### **1. Hold family meetings.**

Give everyone in the family - including the kids - an opportunity to be heard. Provide the space for feuding family members to voice their feelings in a setting that models respectful communication and conflict resolution. Brainstorm beefs. Strategize solutions to stumbling blocks. You'll get greater cooperation when decisions are made mutually.

#### **2. Say no to sarcasm.**

Scorn is just anger thinly disguised with a sneer. So, cut the contempt. If you're mad, be mad. Communicating your feelings honestly and openly makes room for problem solving. Sarcasm complicates true communication and squeezes out solutions.

#### **3. Laugh. A lot.**

Laughter fills up the family's good-will tank, making your family more resilient in tough times. It also paves the way for positive parenting. What was it Mary Poppins said? "A spoonful of sugar helps the medicine go down." Well, corrections are more easily digested when coated in honey. So, lighten up a little.

#### **4. Focus on quality, not quantity.**

If I told you to spend more time together as a family, you'd probably retort with, "There's just no time." I get it. Life is busy. But—building those vital bonds of belonging - whether with your kids or your spouse - is accomplished in moments, not hours. However, you've got to make those moments count. Be mindful. Put away your smart phone, and be fully present and engaged for a short while.

#### **5. Don't forget date nights.**

In our efforts to put "family first", we inadvertently put our marriages last. That's a problem. Our partnership is of primary importance. Parents are the bedrock of the family life, the executives heading the corporation. So, you two need to stay tight. And in order to stay connected, you need to put in time away from the kids.

#### **6. Practice some self-care.**

You can't be a good parent or a good partner if your tank is empty. We don't fully appreciate how empty our tank can get - and how drastically that can affect our interactions with others in our family. We start to sweat the small stuff, harbor resentment, become bitter when we've denied our own needs. There's nothing that a good yoga class or night out with friends can't fix. So, re-fuel frequently, and you'll get more mileage as a parent.

<https://www.todayparent.com/family/new-years-resolutions-family/>