



# JANUARY 2024 NEWSLETTER

## Play and Learn at Annapolis

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HAPPY  
NEW YEAR

### A NOTE FROM THE DIRECTOR

### Happy January!

*We hope that 2023 has been a fulfilling year for you and your family. We are looking forward to the rest of the school year! Here's to a happy and healthy 2024! Thank you for your continued support, we are very grateful.*

### Happy Birthday!

🎁 Wishing a very happy birthday to anyone who is celebrating in the month of January. 🎁

### Monthly Friendly Reminders...

#### FROM ACCOUNTS RECEIVABLE

Questions about your account? Please contact the **AR Coordinator**, at 410-296-4880, ext. 110.  
Questions about Subsidy & Scholarship? Please contact the **Subsidy Specialist**, at 410-296-4880, ext. 111.



#### Be sure to sign up for emergency alerts!

If you haven't done so already, please visit our webpage at [www.playcenters.org](http://www.playcenters.org) to register for both email and text alerts.

#### IMPORTANT DATES

**Just a reminder, please see your Center Director this month to update your child's emergency form!**

#### WACKY WEDNESDAYS

**We welcome & encourage every child to participate!**

**1/3 – Animal Print Day**  
**1/10 – Career Day**  
**1/17 – Tie Dye Day**  
**1/24 – Wacky Tacky Day**  
**1/31 – Book Character Day**

### Parents' Corner

#### How to Ease Your Child's Separation Anxiety

*By: Wendy Sue Swanson, MD, MBE, FAAP*

“Separation anxiety varies WIDELY between children. Some babies become hysterical when mom is out of sight for a very short time, while other children seem to demonstrate ongoing anxiety at separations during infancy, toddlerhood, and preschool. To all you working parents, the trick for surviving separation anxiety demands preparation, brisk transitions, and the evolution of time. I would suggest we parents suffer as much as our children do when we leave. Even though we are often reminded that our children stop crying within minutes of our leave-taking, how many of you have felt like you're "doing it all wrong" when your child clings to your legs, sobs for you to stay, and mourns the parting?”

Source: <https://healthychildren.org/English/ages-stages/toddler/Pages/Soothing-Your-Childs-Separation-Anxiety.aspx>