



NOVEMBER 2024 NEWSLETTER



Play and Learn at Eastpoint

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A NOTE FROM THE DIRECTOR

Welcome to Turkey Month!

November starts the excitement of the holidays and Play and Learn has some exciting events planned to help celebrate. We are very thankful for all of our Play & Learn families and we hope that you and your family have a wonderful Thanksgiving Holiday.

Happy Birthday!

Happy Birthday to everyone celebrating this month. May all your birthday wishes come true!

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 to register for both email and text alerts.

IMPORTANT DATES

11/22/24 from 11:00 a.m.- 1:00 p.m.

The center Thanksgiving celebration
11/27/24

Play and Learn closes at 3:00 P.M.

11/28/24 & 11/29/24

Happy Thanksgiving - Play and Learn Closed

WACKY WEDNESDAYS

We welcome & encourage every child to participate!

11/6 - Wear Fall Colors Day

11/13 - Flannel Day

11/20 - Silly Sock Day

11/27 - Pajama Day

Parents' Corner

How to Ease Your Child's Separation Anxiety

"Separation anxiety varies WIDELY between children. Some babies become hysterical when you are out of sight for a very short time. Other children seem to show ongoing anxiety at separations during infancy, toddlerhood and preschool.

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: "[Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance](#) "

By: Wendy Sue Swanson, MD, MBE, FAAP