

Directors' Newsletter

Children's Center Preschool

June 1, 2017

Dear parents,

Another year has flown by! We have so enjoyed getting to know you and deepening the relationships we have formed. We have an incredible community of parents who are kind, caring, committed and generous. The entire Children's Center staff feels blessed to support you and your children. If you are with us for one or two more years, or if you are leaving with your child for their next educational journey, please know you are always a part of the Children's Center. Have a wonderful and restful summer!

Fondly,
Heidi Bliss and Dee Gray

You have permission to rest: Some words of encouragement posted by Susan Stiffelman

Parents longing for rest is real. What is it about parenting that suggests being a good parent requires us to fix everything that is broken or make everyone happy? How do we model being a healthy, instinctual and compassionate adult if we do not take care of ourselves? What is the value for parents to recognize and implement caring for their own needs?

As parents who are part of the human race, maybe we can begin by honoring our bodies. If we need to get a glass of water, go to the bathroom, eat a snack, take a moment to rest, then we do it. Our children will learn by example where the responsibility lies in terms of caring for themselves in the future.

We all know that raising children to be adults is a lot of work. Try to carve out some time for you to play. Practice whatever it is that replenishes your body and spirit. Taking care of yourself without guilt can make the day less exhausting and reset your parenting energy.

Speaking of energy, getting enough sleep is essential and one of the hardest things to regularly manage for a parent. One thing that can help is the realization that you will NEVER accomplish everything on your To-Do List. Try to accept, that one more dish, load of laundry, last minute e-mail will most likely not change your life in any meaningful way and will stop you from going to bed when you are tired.

Cheers to taking good care of yourself! May you and your children benefit from this kindness.

Good to Know



Fun day is Tuesday, June 6th, 12:00-2:30 PM.

Children wear their Children's Center T-shirts, and in addition to the games and activities there will be Bubble Fun, a Roving Musician and a special treat at 2:00PM!

Our "Summer Fun" program begins July 18th and ends August 4th!

Check out our weekly themes for the room transformations from our Summer Fun Flyer! We do have some spots left in each of the three weeks.

Also, please check lost and found! Items not picked up will be donated after Fun Day activities.

If you are a returning family, your child's 2017/2018 classroom information packet will be sent home soon.

Please note our hours for the 2017/18 school- year remain unchanged: 8:45-11:45 AM