

Directors' Newsletter

Children's Center Preschool

March, 2018

Dear Parents,

Spring is in the air! Jumping in puddles, flying kites, playing catch, doing puzzles or perhaps dying Easter eggs are all fun things you might do with your child! That said, do you struggle with finding the time to do these "extra" activities? Are you bogged down with simply getting through the day to day routines of life? Maybe you find yourself wishing your preschooler could be more responsible or help more around the house? How about wanting your preschooler to accomplish a task the first time you ask? You are not alone with this wish list!

According to Damon Korb, MD in his article, "*Raising an Organized Child*", organized children do not suddenly appear – they are raised. The brain functions that enable organized thinking begin to develop during infancy and evolve through adolescence and into early adulthood." To support the development of a child's organized brain, parents can follow a few important guidelines and principles. Consistency is one of those principles. As babies grow into toddlers, they are introduced to rules established by their parents. Consistent and regular expectations of compliance for said rules are the tools used by parents to teach an organized way of doing things, (e.g. before taking out another toy, put away the one that is no longer being played with). Another way to support your child's organized brain is to establish Time Dependent Routines. Organized households tend to have set routines. These routines often include regular wake-up and sleep times, standard meal times and a knowing of what comes before or after a consistent experience. For instance, by reminding the preschool child to use the bathroom before every car ride, they eventually learn to initiate this act on their own. Placement Standards are yet another way to help in aiding your child's organized brain. Everything in your home should ideally have a place. It can be very beneficial when teaching a child to put their things away that they know right where to put them. The expectation for children to help clean up every day promotes order in their lives and responsibility.

Through careful consideration you may wish to create a more organized family life, implementation of the above concepts will help lead you to your goal. Family lifestyle changes take time and energy to be sure, but if the goals are to enjoy more "extras" in life, take the leap and reap the rewards! May your spring be merry, bright and organized!

Kind regards,

Heidi Bliss and Dee Gray
Co-Directors