



Parent and Staff Newsletter – 2/10/12

Our Theme of the Month: Books and Imagination!

BOOK EXCHANGE/FAIR COMING!

The Theme for the Month in February is “BOOKS AND IMAGINATION”. We have put together a plan for exchanging books for new ones or donating books.

During next week (February 13th–February 17th), you may bring in up to 10 books per child that are gently used; books that your family doesn't mind parting with. Each child will receive a ticket for the first 6 that they bring in. (you'll understand why soon!)

During the following week (February 20th–February 24th), bring in your tickets to redeem for other books that were donated! It's SO FUN to get new books to read and expand our imagination even more!

The leftover books will be donated to Helping Services for two programs: 1) Backpack program for children in domestic abuse homes, and 2) Parenting Classes program—as a tool to encourage reading at home. How AWESOME!

SO:

- BRING BOOKS NEXT WEEK
- GET BOOKS THE FOLLOWING WEEK!
- WE'LL DONATE THE REST!



OUR “GIVE BACK” CORNER

RESULTS OF OUR HEIFER INTERNATIONAL PROJECT:

I am happy to report that together we raised \$415.63 for Heifer International! We are very happy with this effort, and we want you to know what we purchased with the money! The following animals/plants will soon be on their way to people in disadvantaged countries:

- 1 Llama
- 1 Pig
- 1 Tree Seedlings Package
- 3 Flocks of Chickens
- 1 Honeybee Package

The children all gathered together to decide which animals to purchase. The children voted for their favorite animal and we subtracted the cost of that animal from our total. We moved on until we had spent our dollars.

Congratulations to the Wombat Room for raising the most money per child! ALL rooms did a great job and I want everyone to know that we have done a good thing here!

Stay tuned for more “Give Back” opportunities—if anyone has ideas for projects that we could do IN THE CENTER (example: something the children could put together), please let me know!

OTHER IMPORTANT THINGS.....



- **PANCAKE BRUNCH**— The Pancake Brunch is coming on Sunday, March 4th. The funds raised are necessary for our general operating budget for 2012. We need your help to be successful!! Please work that morning if you can—it's actually a fun morning and goes by quickly! Duties include: setting up, serving pancakes, sausages, applesauce, making pancakes, bussing tables, taking money, etc.
- **HAND WASHING**—There will be more information coming on this, but we are asking that EVERYONE wash hands when you come into the Center. We all know that this is the most effective way to prevent germs from spreading and no one likes to have family members sick. You will see posters and reminders soon. Thanks!
- **CENTER NEEDS**— Still looking for: FREEZER, FLOOR EASEL, KITCHEN CABINETS(!), Just let Dee or I know if you would have any of this—thank you much!

PARENTS' CORNER:



WORKING MOMS LISTEN UP!!!! MAKING IT WORK

Balancing Work and Home

Create rituals and routines. Creating schedules will help your family get through the day smoothly. Having a routine will help you fit in family time, even if all you do is eat breakfast and dinner together. These times, although short, can be meaningful ones for your family to talk about what is happening or what has happened that day. Having a set schedule can also help in reducing your frustration since your children will know what is expected of them. In the mornings, they will know what to do without being nagged, from making their bed to brushing their teeth to putting their lunch in their bags. In the evenings, there will be fewer arguments about doing homework, watching TV, or going to bed.

Take Care of Yourself. One of the most important things you can do for yourself as a working parent is to leave work at work and home at home. Sometimes something pressing may come along, like needing to check on a sick child from work, or having to put in extra hours at your job, but it will drive you crazy if you think about work at home and home at work! To help your child better understand the demands of your job, take her to visit your work sometimes, starting from when she is young. It will also help her to appreciate what you do. You should also share with your boss and coworkers that you do have a family, so they understand when parenting duties call. Try to connect with other coworkers who are also parents. If you do not commute with your child, use this time to unwind. Listen to a radio station of your choice, and try not to catch up on phone calls or run through to-do lists in your head. If you do not have a long commute or do commute with your children, take a few minutes when you get home to change into comfortable clothes and take some deep breaths before tackling all that awaits you.

Let Things Go!! (YES - REALLY) Some days, the laundry may pile up or the mail may go unopened. Try not to let these things get to you. Instead, make adjustments in your schedule so that you are using your time well. Instead of stopping at the grocery store on the way home, buy groceries for a few days at a time, and try to go to the store at a time that it is less busy, like after dinner. Sometimes you may have to be flexible when your child's homework requires your attention or when he forgets to pick up his toys. Just remember that you are already juggling a lot and instead of worrying about being the best mom or the best employee, just be the best working parent you can!

Quote of the day: "To avoid criticism, do nothing, say nothing, be nothing." Elbert Hubbard

