



November Newsletter

Monthly Themes

October 29th-November 2nd:

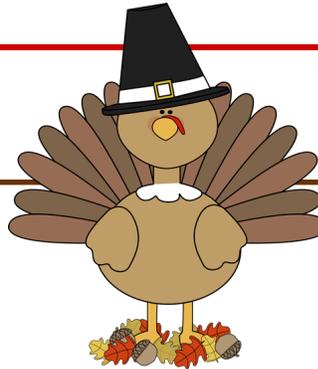
Space/"Battle of Jericho"

November 5th-9th: Children of the World/ "David and Goliath"

November 12th-16th: Thanksgiving/ "The Brave Queen"

November 19th-23rd: Hibernation/ "Daniel and the Lions"

November 26th-30th: Winter is Coming/ "Jonah and the Big Fish"



upcoming birthdays

November 1st- Andrew M.
November 8th- Austin B.
November 9th-Nala H.
November 10th- Eliana D.
November 12th: Gabriella K.
November 18th- Oliva R.
November 19th- Mia O.
November 24th: Samantha R.
November 30th: Lucas L.
November 30th: Seraphina B.
November 30th: Victor B.

You and your family are truly a blessing to our school!
Happy Thanksgiving!
-Darlene Bartlett

5 Steps To Help Kids Learn To Control Their Emotions

All of us worry about our kids learning to control their emotions. After all, it's emotions that so often get us off track and into trouble. And of course we need to just say No sometimes. But setting limits on children's behavior doesn't mean we need to set limits on what they feel. In fact, you can't actually keep your child from getting upset, whether you "allow" it or not. So denying emotion or making ourselves wrong for having emotions doesn't help us control them. Here's how a child actually learns to control his emotions:

1. We model healthy emotional self-management by resisting our own little "tantrums" such as yelling. After all, children learn from us. When we yell, they learn to yell. When we speak respectfully, they learn to speak respectfully. Every time you model in front of

your child how to stop yourself from acting when you're angry, your child is learning emotional regulation. (Most of us are still working on this!)

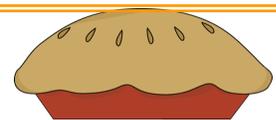
2. We prioritize a deep nurturing connection. Even older children need to feel connected to us or they can't regulate themselves emotionally. When we notice our child getting dysregulated, the most important thing we can do is try to reconnect.

3. We accept our child's feelings, even when they're inconvenient When empathy becomes our "go to" response, our child learns that emotions may not feel good, but they're not dangerous, so she accepts and processes them as they come up, instead of stuffing them, where they get uglier. She knows someone understands, which makes her feel just a bit better, so she's more likely to

cooperate. She doesn't have to yell to be heard.

4. We guide behavior but resist the urge to punish. Instead of punishing, help your child stay on track with positive guidance, help processing emotion, and scaffolding (which just means that we help them to learn the skills until they can do it themselves.)

5. We help our child feel safe enough to feel his emotions, even while we limit his actions. "You can be as mad as you want, but I won't let you hit." Is it important to teach kids words for their emotions? Sure. But don't insist that your child talk about feelings, which takes her out of heart and into her head and makes it harder to work through the feelings. Instead, focus on accepting your child's emotions and guiding them.



Special Days in November

- ◆ **November 6th:** Friendship Soup
- ◆ **November 15th:** Thanksgiving Feast
- ◆ **November 22nd:** **CLOSED** for Thanksgiving



The Gift of Thankfulness for Your Child

There are different seasons of the year that are associated with different aspects of character. As November approaches, and the leaves begin to turn color and drift down from the trees, it is natural to begin to think of thankfulness. However, sometimes thankfulness is mistaken for manners. While both are important in their own way, by teaching thankfulness those "please" and "thank you" sayings are not just rote responses, they are meaningful comments that your child will say and truly mean. The key to helping children to learn thankfulness starts with understanding just what thankfulness really is. Sit down and think for yourself how you define the word. For most of us, as adults and parents, thankfulness is more than just an emotion, it is a way of expressing gratitude for everything that is in our lives that is positive, supportive, and pleasurable to us on some level.

To help your children develop the gift of thankfulness:

- Model being thankful for the gifts in your life, both large and small. Use the words "I am thankful for ..." and explain why you have gratitude for the event, person, or opportunity.
- Thank your children on a regular basis and be specific. Don't just say "thanks" when they draw you a picture, but rather let them know how valued, special, and cared for that picture makes you feel because they were thinking of you.
- Ask your children to share one thing that they experienced during their day that made them thankful. Perhaps they were thankful for an activity the family did together or a kind word from a friend.
- Encourage your children to recognize and thank others for help, support, or encouragement. This could be peers, adults, family members or even people that help them in other events and activities.
- Make formal issues like thank you cards, emails, or phone calls a family event, not just something that the children are expected to do.

Children can develop an attitude of thankfulness and gratitude with just a bit of encouragement and modeling from Mom and Dad. This is a wonderful gift to give your children and one that they will use throughout their life.



November Promotion

Would you like some extra money for holiday shopping??

Write us a review on Google for either the Walden or Laverack location and receive a Target gift card!



This must be the first time writing a Google review to be eligible. Please be sure to write your review for the program that your child attends



From the Office

Our **Thanksgiving Feast** will be on **November 15th**. Each classroom will be preparing a special dish to pass!

We will be **CLOSED** on **November 22nd** for Thanksgiving!

As the weather begins to get colder, we will still be going outside regularly. Please make sure that you dress your child in warm layers each day and have a **coat, hat, and gloves** here for them. We want to make sure that they can all still enjoy playing outside!

