

PARENTS' POST

E.L.P. of The Woodlands Community Presbyterian Church

February 2010

From the Director

Jesus loves me, this I know! These are familiar words of a favorite song we sing at ELP. During the month of February, our focus will be on God's love for all of us. "Love One Another", (1 John 4:7) will be our Christian theme as we begin preparing for Valentine's Day and learn more about friendship and loving each other. This is a wonderful time of year to reinforce the love that we have for our children and to let them know that God has unconditional love for all of us. This is such a safe and reassuring message for our children to know and understand.

You will see that February will be an action-packed month as you read further in the newsletter.

Have a Happy Valentine's day.

Rita



Register for 2010-11

The Registration Packets for ELP 2010-11 have already been distributed to our in-house students and are encouraged to be returned as soon as possible. The deadline for in-house registration is **Wednesday, February 10, by Noon!!**

Class Confirmations and Admission Forms will be distributed by backpack in March.

Current WCPC members can register Friday, February 12-Tuesday, February 16.

Alumni Registration will be Wednesday, February 17, until Noon.

Public Registration Lottery will be held Thursday, February 18, 6:30 P.M.

Tours are offered every Wednesday at 10:00 AM

Mark Your Calendar

Tue-Fri., Feb. 2-5

Parent Teacher Conferences-
Classes Do Not Meet

Wed., February 10, Noon

Registration Forms Due !!!

Mon., February 15

CISD Holiday, No School

February 16-19

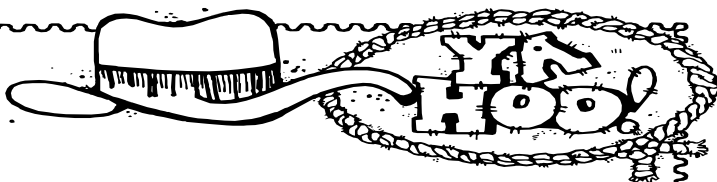
Pajama Days

Thur., February 18, 6:30

Public Registration, Lottery

February 23-26

Go Texan —Dress Western
(Playground Activities)



RODEO WEEK!!!

The last week of February, the 23-26th, will be Texas Rodeo Week. We will have a hootin' hollerin' good time with Miss Pat as she brings the Rodeo theme to life on the playground. We will be milking the cow, branding the bulls, lassoing and lots of other fun Rodeo activities.

Dress Go Texan any day this week!!



"e LOOK MOM!"

Remember, Look & Label

Please remember to check your child's backpack everyday. Many times there are notes, pictures or other creations that are just waiting to be found in there.

Label, Label, Label...

Sweaters, Jackets, Coats...

Pajama Days

ELP is having PJ Days! One day during the week of February 16-19 each class will sport their favorite sleeping duds. Your teachers will let you know which day to wear your PJ's. Come comfy, and remember to wear your shoes for play. More info will come home in your back pack. Nighty-Night!



Valentines

Don't forget your valentines. Classes are sharing valentines, February 9-12. Watch for notes from your child's teachers.

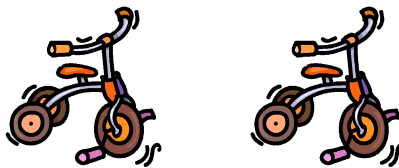
ELP Road Rally

ELP Road Rally is coming up the **first week of March**. 2nd-5th.

Children need to bring their bike, trike or favorite riding toy, and helmet.

We will rope off part of the parking lot so that the children can Go, Go, Go.

Watch backpacks for a schedule. (follow Motor movement schedule)



Parking!!

All ELP Parents, please do not park in the reserved parking spaces in the back of the school. They are reserved for the church staff. Also, please do not park in the handicapped parking or in the fire lane, which is the curb in front of the school. Thank you so much for your consideration.

Conferences

Due to so many overlapping classes and schedules, it is necessary for **ELP to close our doors for four days, Tues – Fri., February 2-5**. This will allow us time to meet with each of you. Classes will meet on Monday, February 1, but will be out for conferences the rest of the week. We appreciate your cooperation and understanding with this schedule

We thank you for setting this important time aside to discuss your child's development with us. Your children and their well-being are important to us.



Play a Red Hot Game

Keep spirits high on Valentine's Day with this Heart Hunt. For little kids, stage a heart hunt, planting conversation hearts all around the house. The object: have the kids find as many hearts as they can.

PVO News

All ELP Parents are members of PVO and it is FREE! :) PVO stands for Parent Volunteer Organization. Our Parent Volunteer Coordinators Mary Lee and Liz McWilliams. **PVO Blog: elppvo.blogspot.com**

Thank you for your help with "Snow Days". Wasn't it so nice to see those kids having so much fun?! That slide was awesome!

Room Moms: Please check with your child's teacher to see if they would like anything for a valentines celebration.

Thanks for your help and support!!!

Right from Wrong

Developmentally, a child under 3 has no real ethical ability. In one study, psychologists made an interesting discovery. When they told toddlers to sit in a room alone but not peek at the toy behind them, they were *not* able not to peek. What I find really fascinating is this: When they asked each child, "Did you peek?" none of them was able to lie!

By age 5, however, most children would not admit they peeked. Now aware of the rules and the repercussions and knowing right from wrong, they often chose to do "wrong" and say they hadn't.

What does this mean to a parent? It means that building a conscience takes years. No child was ever civilized by one well-chosen phrase of correction. No child was ever civilized without many, many repetitions of both words and deeds by his parents, who set the tone and expectation of knowing right from wrong.

The single most important way a parent can raise a principled child is through example. In parenting we call this *modeling*. Although this sounds obvious, sometimes in practice it may be harder than we think.

From Big Lessons for Little People by Lois Nachamie Quoteworthy

Talk to Your Child

Talk, Talk, Talk. Your child learns thousands of words by hearing you talk.

Tell your child about simple things in the yard - ants crawling, butterflies flying, bees buzzing, leaves falling, rabbits hopping, and birds singing. Your yard is filled with things to learn about.

Talk about yourself, your family and your friends. But talk "adult" talk - not baby talk. When your child talks baby talk, don't correct him. Just set a good example, "Here's a pitcher," your child may say. "Yes. It's a beautiful picture you drew for me." That's being a good model. And your child learns from this.

Don't talk down to your child. Use the right words - even if they are big ones. You will be surprised how easily your child will begin to understand.



Time to Pray

To give young children a hands-on tool for praying, try making a prayer clock. Cut an arrow out of heavy paper and attach it to the middle of a paper plate with a brad. Instead of numbers, glue 12 (or fewer, if you like) small photos of grandparents, close friends, cousins and others. (These can be changed as needed.) Your child can decorate the "clock" with a pendulum, stickers, drawings and so on.

At bedtime show your child how to move the arrow so that it points to the next photo and pray for that person. Demonstrate short and simple sentence prayers - don't expect elaborate prayers from your child - and pray for only one person per night.



Every Day I have My Child To Raise Over Again

Every day I have my child to raise over again.

I will build self-esteem first, and the house later.

I will finger-paint more, and point the finger less.

I will do less correcting and more connecting.

I will take my eyes off my watch, and watch with my eyes.

I will care to know less and know to care more.

I will take more hikes and fly more kites.

I will stop playing serious, and seriously play.

I will run through more fields and gaze at more stars.

I will do more hugging and less tugging.

I will be firm less often and affirm much more.

I will model less about the love of power, and more

about the power of love.



Cultivate more joy in your life

Parenting is just one part of being a person. Parents, too, need to find ways to free their spirit to appreciate all that life has to offer.

Here are a few suggestions:

1. Develop a short memory. Practice the fine art of developing a short memory when it comes to hurls, wounds, and wrongs that have been inflicted on you. Doing so will help you let go of yesterday's pain and free you from the burden of anger and resentment. "Good to forgive; best to forget?" observed poet Robert Browning.
2. Look for the humor in daily events. Joy is the feeling of smiling inside, so laugh a little more. Laughter lightens life and animates the spirit. Billy Graham recommends it: "A keen sense of humor helps us to overlook the unbecoming, understand the conventional, tolerate the unpleasant, overcome the unexpected, and outlast the unbearable."
3. Encourage someone who is discouraged. Deliberately seek out someone who needs your words of encouragement and praise. There is great wisdom in this statement made by Sir James Barrie, author of Peter Pan: "Those who bring sunshine to the lives of others cannot keep it from themselves."
4. Make peace with your life. "Take what is given and make it over your way," advised Robert Frost. "My aim in life has always been to hold my own with whatever is going on. Not against, with." No one has a life that is trouble-free. A parent can fail us, a friend can betray us, a marriage partner may be a source of disappointment, and a child can rebel and engage in self-destructive behavior. Let go of regrets. Embrace the joy of the present. Anticipate the beauty of the future.
5. Count your blessings. Sure, there is a lot wrong in the world and sometimes in our lives. But there is a lot that is right and good as well. Get out pencil and paper. Give yourself five minutes to write out as many blessings as you can recall. Add them up. Keep the sheet around and review it from time to time. It's bound to elevate your mood.



ENCOURAGING RESPONSIBILITY

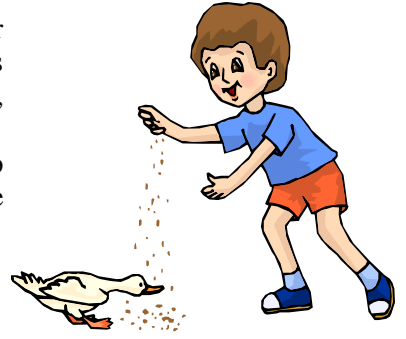
Being responsible means that others can depend on you. The best way to teach your child that lesson is to be dependable yourself. When your child knows she can always count on you, she gets the message and assumes that she is supposed to be responsible, too.

At the same time, you should expect your child to be dependable – to keep promises, honor agreements, and follow through with her own simple, age-appropriate responsibilities. Here are several ways you can work on responsibility together.

- ~ Set a shining example.
- ~ Keep your word. Try not to cancel plans or break promises you've made.
- ~ Develop a flexible family schedule, and do your best to stick to it. When your child knows what to expect, she's more likely to behave in a responsible way.
- ~ Make reasonable rules and set sensible standards. Then be consistent in enforcing and upholding them. Otherwise, you send mixed messages that will be confusing to your child.
- ~ Don't make the consequences for breaking the rules too severe. "No video tonight" or "no playing with your new puzzle" is an appropriate consequence for a young child. Nagging, insulting, threatening, and hitting are at best useless and at worst destructive to children.
- ~ Be your child's best friend. Show your love and let her know you think she's a terrific person by making time together a top priority.
- ~ Apologize when you're in the wrong. You had a hideous day at work. You're catching a cold. Your child needs one thing too many and you snap at her. Apologize. Explain why you were irritable. It isn't your daughter's fault.
- ~ Help your child be responsible. Convey the meaning of accountability. We all make mistakes. But being responsible means being accountable for our actions, learning from them, and repairing our errors as best we can. Again and again, convey this idea to your child. Allow her to explain her wrong behavior, and listen with your ears and with your heart – but accept no excuses. Instead, help her take responsibility for her behavioral choices with explanations like these:

"You made a mistake. We all make mistakes sometimes." It wasn't right to punch Patsy. Yes, I know Patsy wouldn't give you a turn, but it isn't true that Patsy made you punch her. You let yourself hit her, and hitting people isn't allowed in our house. Next time, I know you'll make a better choice. You can choose either to talk to Patsy or to get a grown-up to help with the problem. You never have to choose to hurt somebody." "Patsy's still crying. How do you think you can make her feel better?" After you do that, we can figure out how to get you a turn."
- ~ Help your child feel concern for the well being of others. Encourage your child to notice and care about the feelings and needs of family members and friends. Gently ask questions like "How do you think he feels?" or "How can we help?" Respect whatever answers she gives and comment candidly in return.
- ~ Talk about issues that concern you when your child is around. When situations arise in your child's school, in your family's social circle, or in the news, comment positively on what could be done by those involved. For instance, if a family in your child's school is adopting a 3-year-old, focus your child's attention on how you and she could make him feel welcome. If your town is starting a recycling program, discuss with your child how this project would help everyone and how everyone must work tighter for the good of all.
- ~ Encourage your child to participate in small ways in your community projects. Invite her to help you hand out tickets at the fair or give you a hand in making a batch of cookies for the bake sale.

From my perspective, the alternative to raising responsible kids is quite scary. It seems well worth the effort to raise them right. By Polly Greenberg



When You Thought I Wasn't Looking

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking, I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me and I learned that the little things can be the special things in life.

When you thought I wasn't looking, I heard you say a prayer, and I knew there is a God I could always talk to and I learned to trust in God.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good and I learned that I would have to be responsible! when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking."

Each of us, parent, grandparent, aunt, uncle, teacher or friend, influence the life of a child. How will you touch the life of someone today?

There's no easy way to be a parent

A young father was undertaking the daily naptime struggle with his three-year-old son. He reasoned, he coaxed, he threatened, he bargained, and finally, he backed down. With a sigh, he said to himself, "I wish there were an easy way."

As this little story indicates, probably one of the most difficult facts for many parents to accept is that there really is no easy way. There is no magic formula for turning children into cooperative, self-controlled social beings.

However, many parents might wish to avoid the responsibility of being the limit-setter and rule-maker in every situation, this is what it means to be the parent of a young child.

In fact, once a parent has accepted this basic premise, life does become a lot simpler for both parent and child.

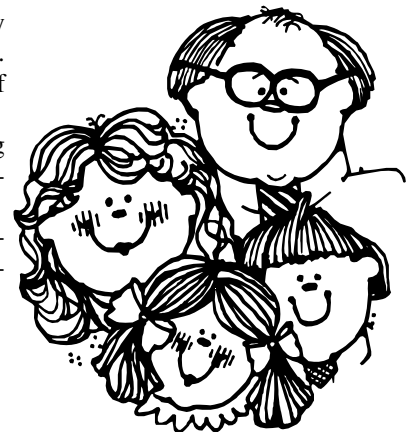
For the child, life is simpler because the heavy weight of being asked to make decisions that are beyond his developmental abilities is removed.

With the adult clearly in charge, the child is free to move about confidently in a world that has clear behavioral boundaries and expectations.

If limits and expectations are clearly drawn, they are accepted as real. But if they are drawn with a shaky hand, there is uncertainty for the child about the rules of the game. Then the child has the burden of continually struggling with the adult to find the limits of behavior.

For the parent who accepts the idea that adults must firmly guide the lives of young children, there is less frustration caused by skirmishes between two sides so unequal in judgment and experience.

We all want our children to grow up to be successful individuals, capable of running their own lives. In the meantime, adults – who clearly have an advantage in self-control, thinking, and reasoning powers – must make the rules.



February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Parent/Teacher Conferences No Regular Classes						
8	9		10	11	12	13
			Registration Due at Noon			
14	15	16	17	18	19	20
				Public Registration 6:30 PM		
Pajama Days						
21	22	23	24	25	26	27
Rodeo Fun on the Playground Go Texan!!						
28						
March 2-5 Road Rally Motor Movement Schedule						

