



January 2022

Chestnut Grove Child Development Center

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410-592-9122 / chestnutgrovechild.org

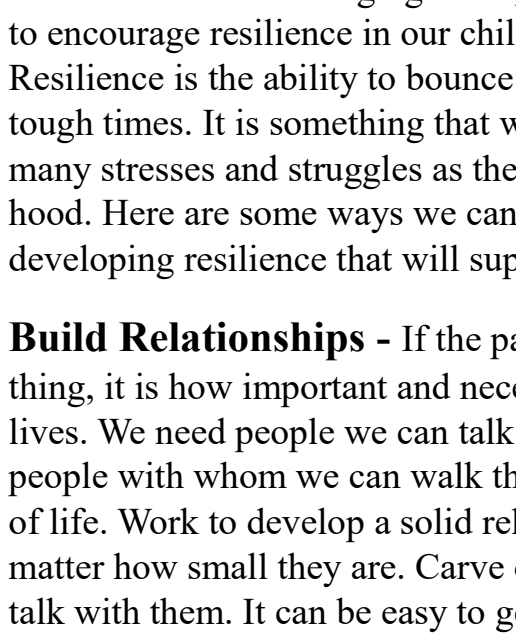
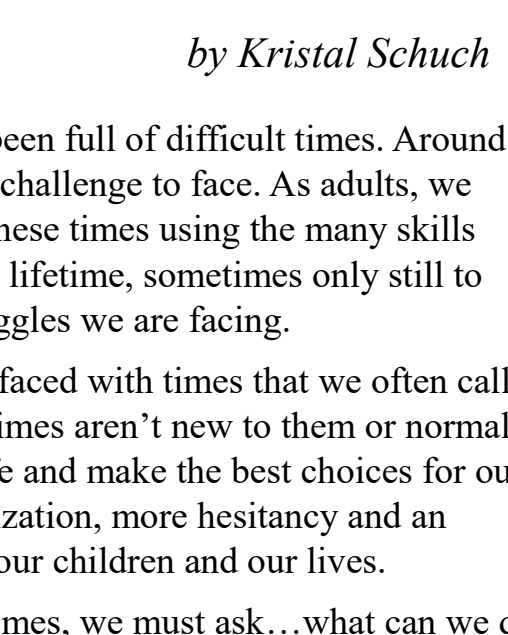
Upcoming Events

Jan 17 (Mon): School will be closed in recognition of Dr. Martin Luther King, Jr. Day

Jan 24 - 28 (Mon - Fri): Parent/Teacher Conferences

Jan 31 - Feb 4 (Mon - Fri): Registration for the 2022-2023 school year opens for current CG families on a first-come, first-served basis.

Feb 7 (Mon): Registration for the 2022-2023 school year opens to the public.



Our 4's classes are busy with construction projects — building towers, 'fixing' slides and tables in the Big Room, shaving cream activities and fun on the playground. All are great examples of cooperative play, solving problems and using imagination — great life skills!

Encouraging Resilience in Our Children by Kristal Schuch

The past two years have been full of difficult times. Around every turn seems to be a new challenge to face. As adults, we have made our way through these times using the many skills we've learned throughout our lifetime, sometimes only still to feel overwhelmed by the struggles we are facing.

Our little ones have been faced with times that we often call "the new normal," but these times aren't new to them or normal in any way. Trying to stay safe and make the best choices for our families has led to less socialization, more hesitancy and an underlying stress that affects our children and our lives.

So in these challenging times, we must ask...what can we do to encourage resilience in our children and ourselves? Resilience is the ability to bounce back after challenging and tough times. It is something that will help our children through many stresses and struggles as they grow from youth to adulthood. Here are some ways we can help our children with developing resilience that will support them through their lives:

Build Relationships - If the pandemic has taught us one thing, it is how important and necessary relationships are in our lives. We need people we can talk to and depend on. We need people with whom we can walk through the challenges and joys of life. Work to develop a solid relationship with your children no matter how small they are. Carve out time each day to play and talk with them. It can be easy to get caught up in the stresses and busyness of the world. Make a goal to put the world aside for a little or a lot each day and give your child your undivided attention. Encourage your child to develop other relationships in their lives. This could be friends, grandparents, other relatives, etc. Growing a strong network of relationships for your children will help to create a world of connections and engagement.

Promote Healthy Risk-Taking & Allow for Mistakes - As a parent, it is hard to let go. Often we want to control the experiences that our children have so they don't get hurt. While we want to minimize pain and failure, we also want to let children have experiences with these things so they can learn from them. Encourage your child to try something new even though it may be hard to learn or they may not initially know what they are doing. Children need to push themselves and embrace risks in order to learn what they are capable of. Mistakes will definitely occur along the way. While you will want to fix things, fight that urge. Walk beside and guide your child through dealing with the consequences of mistakes and failures. Allow these to be teachable moments where children can learn valuable problem-solving skills. Don't be afraid to point out your own mistakes and explain/model how you have handled and dealt with your own shortcomings.

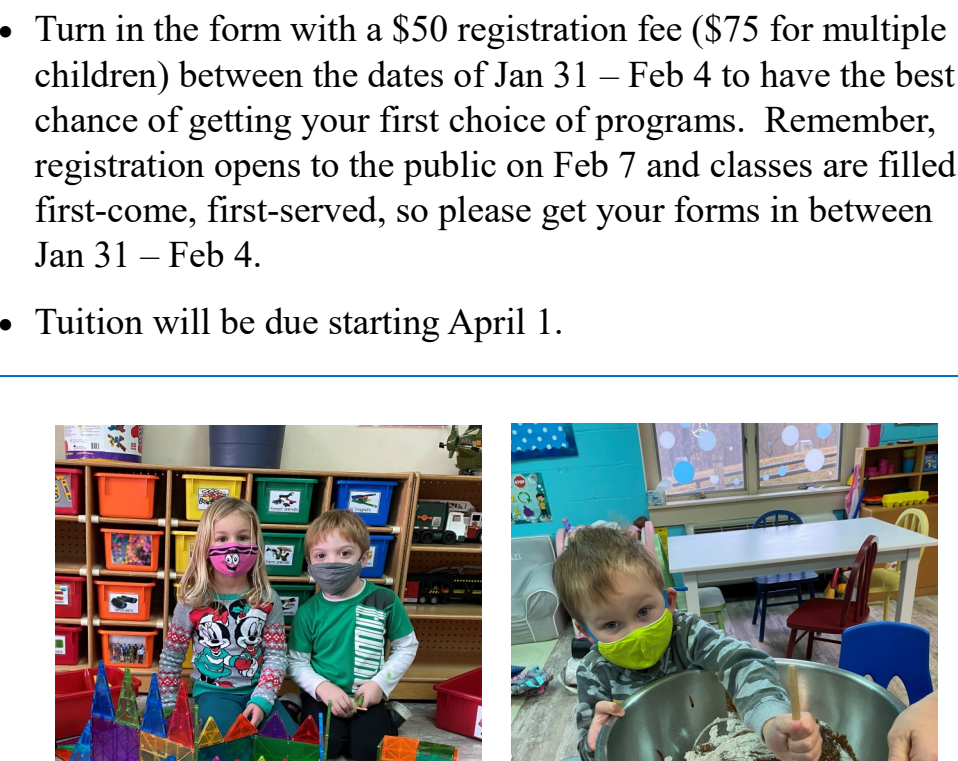
Be Optimistic and Encourage your Child to do the Same - Focusing on the positive is far from easy, especially when the world around you is caught in chaos, division and challenge. Being optimistic doesn't always come naturally. Try to see the good in everything and encourage your child to do the same. Reframing your thoughts and looking for the good in each moment will provide more hopeful and positive thinking.

Teach Self-Care and Nurture a Positive Self View - The best weapon in the battle for resilience is being in a healthy place and believing that you can overcome. Teach your child from a young age that rest, healthy eating habits and exercise are necessities. The world around us moves at a fast pace and we can only keep up if we are taking care of our basic needs. Help your child to see the challenges they have faced in the past and remind them of how they overcame those challenges. Show them that each time they face something difficult they learn something that will help them to face future hard times. Encourage your child to trust themselves and remind them that they can solve problems and make hard decisions.

While life has thrown more at us over these last two years than many of us ever imagined facing, we have been able to make it through and that is something to be celebrated. We have learned to persevere and be resilient because it is what life has demanded of us. Using our experiences and some of the ways listed above, we can hopefully encourage this same resilience in our children. Children learn best by watching the ones that they love and trust. Continue to be strong and your modeling of resilience may be the best lesson for your children so they can do the same.

Resilience in Children: Strategies to Strengthen Your Kids by Psycocom <https://www.psycocom.net/build-resilience-children>

Resilience Guide for Parents and Teachers by American Psychological Association <https://www.apa.org/topics/resilience/guide-parents-teachers>



The 2's classes experiment with texture and patterns while playing with shaving cream. The photos placed in the article above show children and parents enjoying our 2 & You classes.

Registration for the 2022-2023 School Year

Registration for our next school year begins at the end of this month, on January 31. We give our currently-attending families one week to register before opening classes to new families. Classes are filled first-come, first-served – please get your registration forms back to the office as quickly as possible after January 31.

Parent/Teacher conferences are scheduled for the week before registration opens: Jan 24 – 28. Conferences are optional for all families, but encouraged for parents with children in the 3's & 4's classes, and are by request only for 2's. Once you've completed your conference, please feel free to stop in the office or contact any of us in the office with questions regarding registration. We work very hard to try and give all our families their first choice in programs, so the more information we have, the better.

How to Register:

- Complete your parent/teacher conference if you choose to schedule one.
- Contact office staff with any registration questions
- Complete and sign your registration form – be sure to label 1st and 2nd choices
- Turn in the form with a \$50 registration fee (\$75 for multiple children) between the dates of Jan 31 – Feb 4 to have the best chance of getting your first choice of programs. Remember, registration opens to the public on Feb 7 and classes are filled first-come, first-served, so please get your forms in between Jan 31 – Feb 4.
- Tuition will be due starting April 1.



A few scenes from our busy 3's class — building, baking and boating!

Warm Clothes, Please!

Please check/restock your child's change of clothes at school. Long pants, long sleeves and socks are needed. Sometimes the children need to change clothes after playing on a muddy playground. Also, mittens, hats and extra boots will make playground visits much more enjoyable for your child.

Mark Your Calendars

Please mark your calendars for the following important dates:

- January 17 – School Closed for MLK Jr. Day
- February 24 – School Closed for President's Day
- April 9-18 – School Closed for Spring Break
- May 25 – Last Day of School

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