

Incline Village Nursery School Newsletter

April 2019



Director's News

Spring in the Sierras has finally begun, and we are already down to the last few months of school. I can't believe the year has gone so quickly. We have some exciting events planned in May, and I'm sure they will be posted in the next newsletter, but I just wanted to remind you all that our **Mother's Day Tea Parties will be held on May 9th and 10th, and our annual Art Show will be held the evening of May 17^h.** Save the dates for both of those important events please!

If you are moving on to Kindergarten in the fall, please make sure to register your child at a local school NOW. Do not wait to register at Incline Elementary as it greatly hinders their opportunities to keep needed teachers on staff.

I want to thank you for registering early for the coming school year. It really helps us to plan and budget for the school year and we appreciate your timeliness in getting your forms in. For next year we're officially fully enrolled to 20 in our MWF class and already have 1 family on the wait list. We have only 13 registered for our T/Th class, so if you have friends with a 3-year-old (or almost 3-year-old) we still have enrollment opportunities in that class. Send them in for a visit!

Don't forget that we're closed for Spring Break next week. I hope you all enjoy a few days adventuring with your families.

Enjoy spring!

Nicole

We need each child to bring *one shoebox lid* (just the lid) and *3 empty plastic water bottles* to school for an art project! Please bring these items to school by **Friday April 19th.**

Do you want to be more involved with the program and decisions for IVNS?

Join the Board of Trustees!

We need 3 new members to join us

In The 2019-2020 school year. Open positions will be: President, Secretary, and Events and Marketing Chair.

Meetings are once per month.

Participation is fun, easy, and requires no experience. If you're curious and want to join a 'test' meeting, we welcome you!

**Our next Board Meeting is
Wednesday,
April 17th at 5:30pm**

Reminders

Please help us out!

- Parking is **STILL** not allowed in the lower parking lot. We've noticed a few parents are parking in the back daily. Just because the chain is buried doesn't mean you can park in the lower lot. **PLEASE PARK IN THE UPPER CHURCH PARKING LOT OR THE SIDE SPOTS.**
- Please continue to send snow clothes every day! The playground does not have **ANY** ground cleared yet and your child will be cold and wet without snow clothes.
- Snack sign-ups have some openings available - if you have not brought snack in a while it's your turn to sign up.



April Birthdays

None.....
that's odd!



Art Show Volunteers

In preparation for the Art Show we would like to invite any of our parents to come help us create a group project that we could display at the show. Do you have a great idea for something you saw on Pinterest? Or do you just want to come join us to get messy for some splatter painting? Maybe you can help to make some snacks for the evening. There are many ways for you to get involved and we would happily accept any sort of participation. I'm looking forward to creating some beautiful new artwork together. Let us know if you're interested!

Fire Safety Visit with NLTFD

On Wednesday April 3rd and Thursday April 4th North Lake Tahoe Fire Protection district will be visiting our classroom for a fire safety lesson. They will come into the classroom and talk to the students about campfire safety, matches, lighters, other open flames, staying low below the smoke, where to look for exits, and what to do in a house fire emergency. They will put on their gear and talk to the kids about not being afraid if they need help and they see a firefighter in their helmet and mask. This brings up a great opportunity for you to also talk about what to do in a fire emergency at your home. One of things they ask the kids is to talk about a "safe spot" which is a planned meeting place outside of your home that you and your family members will meet at in the event of a house fire. Please talk about this with your child and help them practice getting out of your home from a secondary exit, and meeting at your 'safe spot'. This is something that should be discussed frequently and reiterated with your child frequently.

Parenting in Public: Tips for Preventing Negative Behavior

From: Bright Horizons Family Solutions E-Family News – April 2016

http://www.brighthorizons.com/family-resources/e-family-news/parenting-in-public-preventing-negative-behavior/?utm_source=efamily&utm_medium=email&utm_content=efamparentinginpublic&utm_campaign=efam_readmore_parentinginpublic

We've probably all had the experience of dealing with a crying or angry child in a public setting. Your face flushes, your heartbeat quickens, and you may feel unsure of how to handle the situation, especially if you feel that all eyes are on you. Dealing with temper tantrums is only one potential pitfall when you're out and about. Read on to learn about preparing for outings, teaching appropriate behavior, and dealing with safety concerns. These negative behavior prevention tips can mean the difference between an enjoyable day out and a harrowing experience!

Be prepared when taking your kids out.

As Benjamin Franklin said, "Failing to prepare is preparing to fail." Whether you're running to the store for milk or taking a day trip across town, a little preparation can fend off public parenting disasters. Make sure the diaper bag is stocked with all the essentials – diapers, wipes, an extra change of clothing, a few snacks, and a toy or book. Toddlers and preschoolers can usually tell you when they're hungry, but they don't always recognize thirst. Dehydration is a common cause of irritability so be sure to pack a water bottle. Tell your child what to expect and how to behave. For example, "We're going to the grocery store. You can walk next to me or you can sit in the cart. We need to be quiet so we don't disturb the other shoppers. You can pick out one box of cereal and some fruit." Talk with your child about basic etiquette and even practice at home. Preschoolers can learn to say please and thank you. Older children can learn how to greet people, shake hands, open a door, and participate in conversations. Understanding social expectations will increase your child's confidence in public situations. It's also a good idea to practice safety rules, such as crossing the street and staying with an adult before these skills are needed.

Anticipate your child's needs.

You strategically plan your drive to work to avoid rush hour traffic, you buy movie tickets ahead of time to avoid the line, and you've switched to a drive-through pharmacy. Apply the same efficient mindset to public outings with your young child. Avoid going out when your child is hungry or tired. Hit the grocery store, museum, zoo, or other venues when they're least crowded, typically mid-afternoon. Visit child-friendly restaurants early in the evening. Pay attention to cues that your child is becoming tired or overstimulated and don't be afraid to bail out early.

Set behavioral expectations for your child.

It's unreasonable to expect children to tolerate shopping for hours on end, but early, purposeful guidance can make outings more enjoyable. Make sure you've set reasonable, age-appropriate expectations and communicated them clearly, e.g., "We walk and use a quiet voice in the library." The first time your preschooler runs or yells, stop, get on eye level and repeat, "I need you to walk and use a quiet voice." If the behavior continues, take your child outside or otherwise remove her from the situation. Repeat the request again. "You must walk and be quiet in the library or we will have to go home." If your child repeats the behavior, calmly say, "We're going to go home now. We'll try again another day." By setting expectations and consistently following through with a kind but firm consequence you are teaching your child that you will be there to guide her to appropriate behavior. Don't forget the power of positive encouragement when your child gets it right. "You walked and you used a quiet voice. You understand the library rules." This approach requires extra time and attention initially but pays off later.

Parenting in Public (continued)

Handling Public Meltdowns.

In spite of your best efforts, your two-year-old is in full meltdown mode in the middle of the grocery store. Now what? First, try to keep your sense of humor. This is one moment in the parenting experience and is not a reflection on your child or your parenting ability. Most people will be sympathetic to your situation, but ignore those who might be less gracious. Your focus right now is on your child's needs, not on what others may think. In general, trying to talk your child out of a meltdown in public doesn't work. Instead, go to your car or a quiet place, hold your child, and wait for the storm to pass.

Parenting in public tends to bring out our insecurities as parents. Consciously acknowledging this not only diffuses anxiety, but sets you on the path to intentional teaching and preparation.

6 Ways to Defuse a Child's Tantrum in Public

POST BY AMY, NOURISH MOM – BRIGHT HORIZONS FAMILY ROOM BLOGGER

1 – Keep Calm and Try Not to React. After experiencing what feels like a million public outbursts by my children, I've learned that one of the most effective ways to defuse a meltdown is to stay in control. A big reaction may teach your child that this is the right way to get mom or dad's attention. You definitely don't want to go down that rabbit hole. I've been there – it's not pretty. For some children, you may want to react opposite to how they expect. For instance, start acting silly or telling a joke. That doesn't work for all but it's worthy of a try to find out.

2 – Focus on Your Child. This one was the hardest for me to learn. When my now 9-year-old was a toddler and prone to tantrums in public, I was more concerned with the witnesses around me. Nowadays, I ignore everyone except my out-of-control child, get down to his level, and try to connect with him. For us, validating his feelings seems to help break the tantrum "zone out" and allows me to redirect him (see next tip) or find a solution together.

3 – Give Them a Task. Once you can reason with your child, giving him or her a task is a great way to survive the remainder of your public outing. At the grocery store: "Can you help me find the apples and put 4 in a bag?" At the doctor's office: "My change is all mixed up. Can you organize it by coin?" Anywhere: "I have this really cool pretend hat but don't know where to put it. Can you show me? How about this tie/coat/pants/etc.?"

4 – Delay the "No." A common source of tantrums is when children don't get what they want. No matter if you set expectations before heading out, kids' requests can come out of the blue and cause parents real trouble. A good strategy is to delay the request. If your child is asking for candy at the store, for instance, try this: "Candy is a great treat! Let's get our groceries first and tonight, after dinner, you can choose one special treat for helping me today." If begging ensues, I say, "You can have candy as a special treat later or none at all." That typically seals the deal.

5 – Consider a "Yes." Depending on the request, you may consider the child's request. I'm not saying give into them when they are begging or whining for candy – that has pretty poor success rates for future outings. But what about those requests that are really not that bad? For instance, Owen recently asked if he could ride under the shopping cart (Superman style) after his shopping patience limit was stretched thin. Despite getting looks – both good and bad – it didn't hurt anyone and we survived that trip without a meltdown.

6 – Walk Away and Try Another Time. Sometimes the best bet is simply to walk away, end the outing and call it a day!

Finally, and most importantly, treat yourself to some much-deserved "me" time – organize a parent's night out, date night with your partner, or lock yourself in your bedroom with Netflix



April Stars of the Week

Week of 4/1: Jacob (MWF Class) and Sage (T.Th Class)

Week of 4/15: Maverick K. (MWF Class) and Noelle (T.Th Class)

Week of 4/22: Ryker (MWF Class) and Jack (T.Th Class)

Week of 4/29: Lucy (MWF Class) and Emmet (T.Th Class)

We would love it if parents came in during their child's star week to read a special story or two. You can schedule this during the last 10 minutes of class on any day that works in your schedule. Just let us know what day you would like to come read!

April 2019 Classroom Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Letter: X Theme: Eric Carle			NLTFD Visit @ 10:00	NLTFD Visit @ 10:00		
7 NAEYC Week of The Young Child	8	9	10	11	12	13
14	15	16	17	18	19	20
Letter: Y Theme: Easter		Yoga with Becca @ 11:00	Yoga with Becca @ 11:00 Board Meeting @ 5:30		Cross Fit Kids @ 12:15	
21 Easter	22 Earth Day	23	24	25	26	27
Letter: Z Theme: Earth Day & Recycling					Cross Fit Kids @ 12:15	
28	29	30				
Letter: Theme: Space & Planets						