

Lil' People's World Newsletter

SEPTEMBER/OCTOBER/NOVEMBER
2022

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Featured Family, Staff of the



Importance of Routine with Children

Research shows that routines support healthy social emotional development in the early years. Children with regular routines at home have self-regulation skills, which are building blocks to good mental health later in life. Children are more likely to identify feelings and have skills to manage feelings when they are overwhelmed.

We want our children to be able to adapt to everyday challenges and stressors and new expectations that they will come across throughout their life. Kiddos are not going to learn they skills all at once and parents can help build they skills over time.

Below are some ideas on how to assist in skill building with your child.

Routines and Rules- Children need to know what to expect each day. It is important to keep some daily routines at home. Make sure at least one meal a day occurs at the same time, and family can sit together with no distractions. Think carefully about household rules. Rule charts created together are great visuals about what is important for your family. It is important to stay firm with rules that matter the most in long term for your family.

Relationships- Children don't need perfect parents to thrive, but they do need predictable parents. While you might be spending lots of time with your children, consider how predictable your focused attention is for them. Think fewer but more focused moments of positive interactions than attempts at sustaining distracted attention throughout the day. Likewise, managing your own worries in order to support their mental health does not mean suppressing your feelings. Rather, think about your own stress and coping as a complete loop. Show children that they can count on you to feel what you feel and transparently adopt healthy coping strategies to manage those feelings when they come.

Rituals- Many families already have rituals in place without realizing their power: Taco Tuesdays, Church, Park on Saturdays. Rituals occur daily or less frequently. If you have one in place, take a moment to observe its impact. Do you notice more of a family connection during this time? Invent some new rituals. It is key that they occur at the same time, that they involve the entire family, and they impart a positive emotional connection. Rituals show that they buffer the impact of stress and trauma on mental health. Furthermore, rituals connect children to previous generations may be particularly impactful. It's a great time to reinvent a special ritual from your own childhood with your child.



Featured FALL Art



Metropolis School Age
Cultural Art Displays
Left to Right

*A Carnival Mask

*Indigenous
Australian Art

*Colorful Self Portrait

Upcoming Events

- Donuts and Coffee for Parents!- Stop by the Lobby and grab a donut and coffee to go on us! Thank you for being amazing LPW families. September 21st 7am to 930am.
- Portfolio Review/Multi-Cultural Night- October 21st our center will be open from 3pm-5pm. Parents are welcome to bring a family traditional dish to share with others while they look through their child's Portfolio.
- Halloween Parade- Monday October 31st at 3pm we will be hosting our annual Halloween Parade. Parents are welcome to attend.
- Turkey Lunch- Wednesday November 23rd Kiddos will be enjoying a wonderful Turkey Day celebration Lunch.

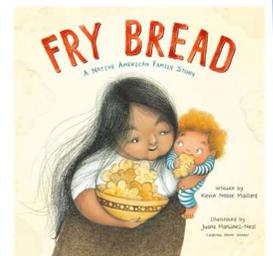
Center Closures

- SEPTEMBER 5TH-Labor Day
- OCTOBER 21st- IN-SERVICE DAY
- November 11th- Veteran's Day
- November 24th & 25th- Thanksgiving

What LPW KIDS love about Fall!



- Vera G Loves Fall Because... “It has Halloween which means lots of candy and that’s also fun because we dress up.”
- Evie F Loves Fall Because... “I can’t wait to start school and I like the renaissance festival.”
- Aria B Loves Fall Because... “I do like school a lot and I like to hang out with my family and stuff.”
- Grant K Loves Fall Because... “ There’s Halloween and you get to get candy and you also get to dress up in costumes and get candy and eat it.”



Here’s a fun FALL book for family fun inside:

FRY BREAD

By Kevin Noble Maillard

An evocative depiction of a modern Native American family, vibrantly illustrated by Pura Belpre Award winner and Caldecott Honoree Juana Martinez-Neal.

“ Fry bread is food. It is warm and delicious, piled high on a plate.

Fry Bread is time. It brings families together for meals and new memories.

Fry bread is nation. It is shared by many, from coast to coast and beyond.”

Happy Anniversary to these amazing Teachers!!

SEPTEMBER- Miss Mistii- 1 year! Miss Diana-4 years!



LPW Featured Family: Shah Family!



Hi there! My name is Niam Shah (aka the little goober). I'm in the Meadow classroom with Ms. Dani, Ms. Erica, and Ms. Misty! But there are so many other teachers who come take care of me too. It takes a village to raise kiddos like me. You'll recognize me by my long hair! I absolutely love going to school at LPW, it's my favorite thing to do on the weekdays. On the weekends, I have a momma and a daddy who love taking me on adventures. This summer we went hiking with my PEPs friends, camping with my Seattle family at Lake Wenatchee and Millersylvania, and swam in various pools and lakes. I do really love splashing and kicking my legs in the water. Eating sand and rocks are cool too. I've recently gotten into real food! So far I've really loved eating naan, roti, potatoes, zucchini, strawberries, mangos, and some Ellenos unsweetened yogurt. OoOo popsicles are my favorite! I also really love playing with grown up toys (versus my own) such as my mom's swiffer mop, the dyson vacuum, my dad's electric toothbrush, and the menu at a restaurant (I've gotten pretty good at taking noodles from my mom's plate)! I've been trying really hard to stand by myself since I was like 3 months old..it hasn't worked yet. However, I've started to move around...gotta keep my parents on their toes! ;) When I'm not attached to my parents, my 4, 5, 6 and 7 year old cousins love to play with me. That's all for now. See you around the LPW!

Recipe of the Quarter

Cinnamon Apple Pie Bread

Ingredients:

- *1/3 cup brown sugar
- *1 tsp ground cinnamon
- *2/3 cup white sugar
- *1/2 cup salted butter (soften)
- *2 Eggs
- * 1 1/2 tsp vanilla
- *1 1/2 cup Flour
- *1 3/4 tsp baking powder
- *1/2 cup milk
- * 1 Apple (peeled and chopped)



Directions:

1. Preheat oven to 350, grease and flour 9x 5 loaf pan. Mix Brown sugar, cinnamon together. Set a side.
2. Beat white sugar and butter until smooth. Beat in eggs, then vanilla.
3. Combine flour and baking powder. Mix in milk until smooth.
4. Pour half of batter into loaf pan. Then add diced apples on top and layer brown And cinnamon mixture. Swirl through apples.
5. Bake for 30 minutes and enjoy. 😊

**Featured
Employee of the
Quarter**

**Congratulations
Miss Michaela!**



We are so excited that Miss Michaela's team nominated and voted for her to be our Summer Teacher of the quarter. We are so grateful to have her smiling and joyful presence in our Alpine Toddler classroom. She strives to make everyday energetic and engaging environment for our very active Alpine kiddos. Thank you for all you do at our center and the world you create for our team, kiddos and parents! 😊