



APRIL 2019

Connecticut Farms Church Nursery School

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Dear Families;

Registration:

Has begun for the 2019-2020 School Year!

If you haven't registered your child, please do so as soon as possible. Spaces are filling up. If you would like to give a registration form to a friend, let us know and we will be happy to put one in your child's folder.

Kinder Kamp information went out and registration has begun! Kinder Kamp will be held from June 17th-28th and July 1, 2, 3 - July 26th from 9:00am to 1:00pm. You have a 3 day or 5 day option. Classes are filling up, so don't delay in signing up. Weeks 4 and 5 are already full.

Lunch With Friends: Is being offered every day from 11:30am to 12:30pm. Sign Up sheets are located in the hallways outside your child's classroom. The cost is \$8.00.

Thank you to all who participated in donating PJ's. We collected 33 pairs to give to the **Pajama Program**. Your donations are greatly appreciated!

Reminder: Please change out your child's extra clothes. With the nicer weather coming they will need lighter clothing.

Tuition Reminder!

Tuition is due before our Spring Break

Thurs., April 11th & Friday, April 12th

Our April Themes: Transportation, Easter, Plants, and Earth Day

The Union Twp. EMT's and Police will be coming on April 4th and 5th with an ambulance and a police car!

Mark Your Calendars:

Spring Break: April 15th - 19th and Monday, April 20th. No School

Special Persons Day: May 9th and 10th

Please think about who your child can invite. We would like each child to have someone to celebrate Special Persons Day! More details to follow.

Parent/Teacher Conferences:

Pre-K: May 13th & 14th

Preschool: May 15th, 16th, & 17th

Watch for more details to follow

Graduations:

Graduation for Pre-K: will be held on Friday, June 14th at 9:00am.

No School for Pre-K on Thursday, June 13th

Graduation for Preschool classes: (Ms. Lisa's)

Last day of school for Ms. Lisa's classes will be June 12th

MWF Class-Graduation will be held on Thursday, June 13th at 9:00am

T&Th Class - will be held on Thursday, June 13th at 12:00pm.

Please go to our Facebook page and see all the exciting things your children are doing. Please **Like Us** and add a review of the school. It would be greatly appreciated! ☺



Cheryl Burger - Director

9 Positive Child Rearing Tips

Here are **nine child-rearing tips** (from kidshealth.org) that can help you feel more fulfilled as a parent — and enjoy your kids more, too.

Step 1 – Nurture Your Child’s Self-Esteem

Kids start developing their sense of self as babies when they see themselves through their parents’ eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else. Praising accomplishments, however small, will make them feel proud. Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don’t love their behavior.

Step 2 – Catch Kids Being Good

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well intentioned? Make a point of finding something to praise every day. Be generous with rewards- your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are “growing” more of behaviors you would like to see.

Step 3 – Set Limits and Be Consistent With Your Discipline

Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults. A common mistake parents make is failure to follow through with the consequences. You can’t discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect!

Step 4 – Make Time for Your Kids

It’s often difficult for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Here are a few suggestions: get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner, create a “special night”, or put a note or something special in their lunchbox. Kids who aren’t getting the attention they want from their parents often act out or misbehave because they’re sure to be noticed that way. Don’t feel guilty if you’re a working parent. It is the little things you do – making popcorn, playing a game, taking a car ride – which kids will remember.

Step 5 – Be a Good Role Model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: is that how you want your child to behave when angry? Be aware that you’re constantly being observed by your kids. Studies have shown that children who hit usually have a role model for aggression at home. Model the traits you wish to cultivate in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Above all, treat your kids the way you expect other people to treat you!

Step 6 – Make Communication a Priority

You can’t expect kids to do everything simply because you, as a parent, “say so.” They want and deserve explanations as much as adults do. If we don’t take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Step 7 – Be Flexible and Willing to Adjust Your Parenting Style

If you frequently feel “let down” by your child’s behavior, perhaps you have unrealistic expectations. Parents who think in “should” (for example, “My kid **should** be potty-trained by now”) might find it helpful to read up on the matter or to talk to other parents or child development specialists. Kid’s environment have an impact on their behavior, so you may be able to modify that behavior by changing the environment. If you find yourself constantly saying “no” to your 2 year old, look for ways to restructure your surroundings so that fewer things are off-limits. This will cause less frustration for both of you. As your child changes, you’ll gradually have a change your parenting style. Chances are, what works with your child now won’t work as well in a year or two.

Step 8 – Show That Your Love Is Unconditional

As a parent, you’re responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it. When you have to confront your child, avoid blaming, criticizing, or fault-finding, which undermine self-esteem and can lead to resentment. Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better behavior next time, your love is there no matter what.

Step 9 – Know Your Own Needs and Limitations as a Parent

Face it — you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities — “I am loving and dedicated.” Vow to work on your weaknesses — “I need to be more consistent with discipline.” Try to have realistic expectations for yourself, your spouse, and your kids. You don’t have to have all the answers — be forgiving of yourself!