

APRIL'S NEWSLETTER

Building Information:
399 Washington Street
East Greenville, Pennsylvania
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www.lifespanchildcare.org
[Facebook](#)

1.

Important Dates

April 6th-12th- Week of the Young Child

April 8th- PJ Day

April 9th- Wear tye dye

April 10th- Wear your favorite's sports teams jersey

April 11th- Wear you favorite hat

April 12th- Dress up like your favorite character

April 22nd- Earth Day

May 1st & 2nd- Picture Day



2.

April's Tip of the Month: 8 Mental Health Tips for Parents



How can parents and caregivers check on their own mental health so they can be there for their children? Connecticut Children's pediatric psychologist Bradley S. Jerson, PhD, joins the Growing Healthy blog with tips.

1. Focus on your relationship with your child – and don't worry about the other stuff.

Maybe your family is going through a stressful time, and as a parent, you may feel like you need to keep everything together, from school to work to sports to meal planning. But it's impossible not to let something slide. So focus on what's most important: your child's well-being, and their connection with you.

In other words, if your child is having a hard time at school, don't worry so much about their grades. Focus, instead, on their mental health and well-being. Youth will actually perform better in school when there is less achievement-focused pressure. Give yourself a break and check the school grading app only once per week and do it with your child. If you notice surprising grades, use this as an opportunity to connect with your kids and problem solve with the school to identify more supports. Look for clues that they be struggling with depression or anxiety.

2. Give yourself permission to do a "good enough" job as a parent.

Recognize that your "best" may be different than your own expectations of yourself. That's okay. Use this moment in time to model how important it is to be balanced. Be aware of not setting unrealistic goals for yourself or your child.

3. Stop the comparisons.

Every family's journey is unique. Don't compare your family's experience to anyone else's, and don't measure yourself as a parent against anyone else. Have compassion for yourself.

Read tips 4-8 here: <https://www.connecticutchildrens.org/growing-healthy/8-mental-health-tips-parents>

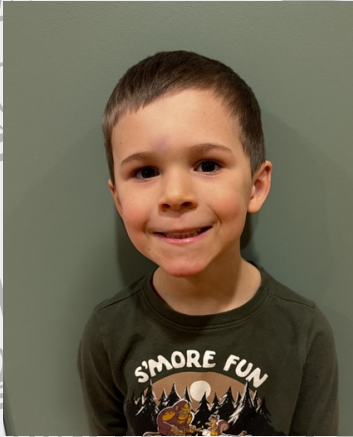
3.

Other Information



- ~ Don't forget to check out our LifeSpan Facebook page and website.
- ~ What information would you like to see on the newsletter? Let me know at kparis@lq.org
- ~ Please be sure to bring your child weather appropriate clothing ie: jackets may still be necessary on the chilly mornings or sunglasses and hats for the sun. Please also be sure your child is wearing closed-toed shoes. Our policy is to take the children outside between the real feel temperatures of 25 and 90 degrees. Please label all your children's belongings.

Happy Birthday



LUCA
APRIL 2ND



LANDON
APRIL 6TH



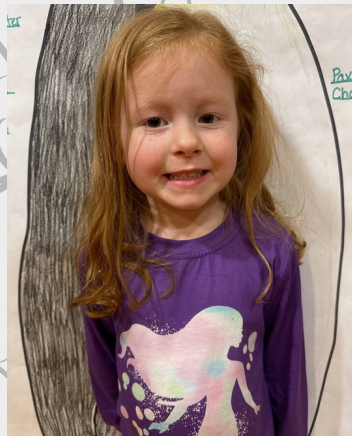
ADALYNN
APRIL 12TH



SCOTTLYN
MARCH 17TH



OLIVIA
APRIL 3RD



MAGGIE
APRIL 8TH



COLLINS
APRIL 16TH



CAYDEN
APRIL 23RD



DECKLYN
APRIL 3RD



JACE
APRIL 10TH



CHRISTIAN
APRIL 29TH