

# MARCH'S NEWSLETTER

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[Facebook](#)

# 1.



## Important Dates

March 1st- Mr. Hunter's Open House: Seussical The Musical

March 4th- Dress like what you want to be when you grow up

March 5th- Wear your favorite Hat

March 6th- Wear Mis-matched clothing

March 7th- Wear red or blue

March 8th- PJ Day

March 10th- Daylight Savings and Ramadan begins at sundown

March 17th- St Patrick's Day

March 19th- 1st Day of Spring

March 24th- Palm Sunday

March 29th- Good Friday & LifeSpan will be CLOSED for staff inservice

March 31st- Easter



Meet  
Mr.  
Zach



You will see Mr. Zach downstairs, in the mornings. He is currently working towards his bachelors in Education.

# 2.

## March's Tip of the Month: Running Errands with your Toddler in Tow.

Ways to keep your kids calm, happy, and hissy-fit-free as you check off your to-do list

You do the steering. "Parents need to be what I call the 'Captain of the Ship' for their child, and sail around storms rather than scramble to figure out how to handle one when it's already begun," says Susan Stiffelman, author of *Parenting Without Power Struggles* and a mom of one in Malibu, California. "Don't take a tired toddler on 'just one more errand' if your instincts tell you she's going to crumble. Keep your eye on the horizon and steer accordingly."

Give info up front. "I have three toddlers, and although I try to avoid running errands with all of them in tow, sometimes it just has to happen," says Jessica Watson, a mom of five in Lake Orion, Michigan. "I outline expectations in a way my kids can understand before we step foot out of the house—I tell them where we're going, what we're doing, and that they're going to sit in the cart, hold Mommy's hand, or sit in the stroller." Helping kids anticipate transitions is a very effective tactic, says Eileen Escarce, Ph.D., a psychologist and family coach in Santa Monica, California: "Knowing what's happening next makes kids feel calm."

Use the drive-through option. "Consider using a drive-through wherever you can—to pick up prescriptions, dry cleaning, dinner, and so on," says Denise Fields, co-author of *Toddler 411*. "Getting in and out of the car more than three times with a toddler is asking for trouble."

Ask for help. "Some grocery stores will pass balloons out to kids, if you ask," says Brittany Tuttle, a mom of two in Longmont, Colorado. "Those balloons have saved my day more than once."

Have a plan in place. "I have a plan of attack for the grocery store, which includes snagging every freebie we can get—cheese at the deli counter, a cookie at the bakery—and a visit to the lobster tank," says Meagan Vanover, a mom of two in New Haven, Michigan. "We also use the self-checkout, so my kids can help scan items and shoot them down the 'runway.' We allow one special treat per store, usually cool fruit snacks or granola bars, but that can be revoked if they don't stay in the cart. I stick to the system, and it works!"

This tip comes from: <https://www.huggies.com/en-us/resources/parenting/family-and-home-tips/running-errands-with-kids>

# 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](mailto: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



LUNA  
MARCH 1ST



CALEB  
MARCH 17TH



STELLA  
MARCH 29TH



BRADLEY  
MARCH 12TH



CASEY  
MARCH 18TH



CHARLOTTE  
MARCH 29TH



ROWAN  
MARCH 25TH



COLE  
MARCH 15TH



SHANNON  
MARCH 25H



HUNTER  
MARCH 315TH