

February 1, 2024



St Patrick's Preschool

February 2024 News

Does your child melt down when they get home from school?

If the answer is yes you are not alone. Melting down, not listening, and pushing limits, are all common after school behaviors. Young children have to work very hard to listen, follow directions, and share their teacher's attention at school. They spend a lot of emotional and mental energy just trying to "be good." Much like adults, they keep it together when they need to, but often vent and act out when they get home and are around the people who make them feel the safest.

Here are a few strategies to make the afternoons a little bit easier:

- Try and refrain from asking 100 questions about their day. Bombarding your child with questions can be overwhelming. Instead, tell them how happy you are to see them. Ask them if they would rather tell you about their day now, or at dinner. When they are ready to talk, ask open-ended questions, "What was your favorite part of the day? What did you learn today?"
- Feed them! When their stomach is full, they are less likely to be frustrated and angry. Giving a healthy lunch or snack with lots of water will definitely help.
- Try to give some "down time." Let them play and let loose. If you can, avoid running errands right after school.
- Be consistent with rules and consequences. Children thrive in situations when they know what is expected of them. Be understanding, tell them you know it's been a long day, "But it's still not ok to hit your brother and you will need to take a short break."
- Find time (even 10 min.) to put down your to-do list and connect with total focus on your child.

Here are a few helpful parent articles:

After School Restraint Collapse

<https://www.todayparent.com/kids/after-school-restraint-collapse-is-a-real-thing-heres-how-to-deal-with-it/>

Setting Healthy Boundaries for Kids

<https://www.verywellfamily.com/whos-the-boss-how-to-set-healthy-boundaries-for-kids-3956403>

Registration is now open to the public!

We are accepting registration for fall 2024 and summer camp. If you have not claimed your spot please follow the links below. Spread the word about our program to family and friends!

Summer Camp Registration:

https://schools.mybrightwheel.com/sign-in?redirect_path=forms/8a014f3c-d817-495f-83d6-fd-dee18fc918/self-service

2024-2025 Registration:

https://schools.mybrightwheel.com/sign-in?redirect_path=forms/05e5557b-b715-4b0c-bf26-ac4444ebc7b2/self-service

Upcoming Events:

- February 9th- Teacher Work Day **NO SCHOOL**
- February 14th- Valentines Day, bring a valentine for your classmates
- February 26th - Visit from a dentist
- March 4th - Teacher Work Day **NO SCHOOL**
- March 25th/26th - Spring Photos
- March 29 - April 5th - SPRING BREAK



Mooresville Happenings in February:

Feb. 13 - Preschool Art in the Park
Selma Burke Rec. Center @ 10:00 am.

Feb. 14 - FREE Car Seat Check. Mooresville Fire and Rescue Station 1, 457 N. Main (3 to 5 pm)

