

Worcester County Judy Center Early Learning Hub

November/December 2022 Newsletter



Judy Center October Recap

The Judy Center was busy during the month of October! Staff participated in Mother Goose on the Loose training. We hosted Muffins with Men at Snow Hill and Pocumoke Elementary School, had a home education field trip to the Adkins Farm Pumpkin Patch, as well as some fun filled story times! Be sure to check out our upcoming events so you don't miss out on the fun!



Upcoming Judy Center Events

- **JUDY CENTER STORY TIME**

Come participate in our weekly story time for children ages birth to 4, who are not currently enrolled in school.

SNOWHILL ELEMENTARY

Mondays at 9:15AM

POCOMOKE ELEMENTARY

Fridays at 9:15AM

Parents, be sure to bring your ID to check in. Contact the Judy Center for more info.

- **NOVEMBER FAMILY ENRICHMENT NIGHT**

Join us for our family engagement night where we will be creating a meal prep for families to prepare and take home.

SNOW HILL ELEMENTARY

November 16th from 5-6:30PM

POCOMOKE ELEMENTARY

November 17th from 5-6:30PM

- **DECEMBER FAMILY ENRICHMENT NIGHT**

Join us for our family engagement night where each family will receive a gingerbread house to complete & decorate.

SNOW HILL ELEMENTARY

December 8th from 5-6:30PM

POCOMOKE ELEMENTARY

December 6th from 5-6:30PM

4 Mindful Tips to De-Stress This Holiday Season

1. Accept Imperfection

Can good be good enough? "As we gear up for the holidays, we often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations," says Gould.

Before you start preparing, acknowledge that things may not go exactly as planned. "It's OK if it's not perfect. Imperfection is healthy and normal. For some of us, it might just take a little practice," reminds Gould.

2. Don't Lose Sight of What Really Counts

With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself:

- Where does this fit in the grand scheme of things? If you're frustrated by the long grocery line you're standing in, remember that it is just a long grocery line — nothing more. Don't let it spoil your afternoon.
- Can I use this moment of frustration as an opportunity to reflect? While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.
- Even if this moment seems stressful, can I find a way to make it pleasant? Connect with someone else in line with a compliment or kind gesture, or notice what's around you with fresh eyes and an open mind.

3. Respond with Kindness

You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations:

- "Whenever I encounter a difficult person, I tell myself, 'this person is suffering, and that's why they're acting this way.' It softens my frustration, helps me be more compassionate and reminds me that it's not personal," says Gould.
- Keep in mind that the holidays are especially difficult for those who are alone. See if you can extend an act of kindness to those you know are without family and friends during this time of year.
- If things do get tense with someone, take a few deep breaths. "Those few breaths can shift things and give you new perspective," says Gould.

4. Rethink Your Resolutions

"Typical New Year's resolutions set you up for failure," warns Gould. If you want to better yourself in the New Year, follow these tips for success:

- Start small. Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Try to eat more veggies during your first month and gradually cut back on sweets throughout the next, suggests Gould.
- Be kind to yourself. If you didn't achieve last year's resolution or stray from the path this time around, let it go. "We often contrive these stories ('I'm never going to quit smoking!') that only add to our distress," says Gould. "With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame."

Source: Johns Hopkins Medicine

Staff Spotlight

Jahniqua Johnson, Family Service Coordinator

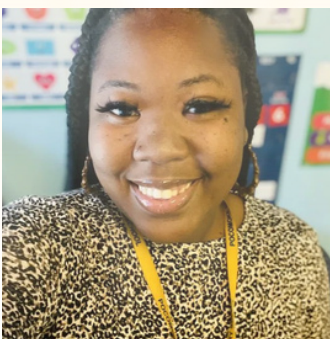
Meet Ms. Johnson, The Worcester Judy Center's Family Service Coordinator. Ms. Johnson coordinates all the Judy Center events, oversees the Frog Street Home Education program, and helps assist local families in need. Ms. Johnson has been working for the Judy Center since September 2013.

Some things about Me:

Last book read: Around The Way Girl & Pete The Cat I Love My White Shoes

Favorite Hobby: Traveling

My favorite thing about working at the Judy Center is serving my community, hosting events, and meeting new families.



Peanut Butter & Chocolate Acorns

Source: Through Her Looking Glass



Ingredients:

- Nutter Butter Bites
- Hershey Kisses
- Mini chocolate chips

Instructions

- In a microwave-safe dish, melt about 1/8 cup mini chips to use as "glue"
- Dip mini-chips in melted chocolate and attach "acorn stems" to Nutter Butter bites.
- (It may be easier to use (sterilized!) tweezers than your fingers to attach the mini-chocolate chips - they're so tiny!)
- Use peanut butter cookie filling to "glue" Nutter Butter Bite or half Nutter Butter Bite onto Hershey Kisses.
- Let chocolate harden a few minutes and serve.

