



Wee Welcome Newsletter

August 2020



To existing clients:

If you recommend someone to us and they enroll for 4 or more weeks you will get one week free for one child. What a deal!

With the new Sussex Village Park playground we area are fortunate to have it so close. There will be many trips there as the children really enjoy the new equipment and seeing some of their friends from school. We have found out that if you have a group of 10 or more you must make a reservation for the splash pad. Watch for upcoming news on this as we will book a couple days for a small fee per child.

6 Back-to-School Tips for Parents and Kids

1. Be Prepared When Transitioning Back-to-School

Start your back to school shopping ahead. Purchased your school supplies early, so you are not stressed as the summer wraps up.

2. Schedule Your Days

Implement a schedule a 1-2 weeks before school starts to get your children back into the habit of going to sleep at a designated time and waking up earlier. The goal is to help them readjust their evening and morning routine.

3. Do Not Panic About School Starting

Remember, the first week of school is always an adjustment period for everyone. During the first week, both the school and home environment will require some tweaking and modifications. So, if you feel some anxiety about it, remember you have an additional week after school starts.

4. End Lousy Summer Habits

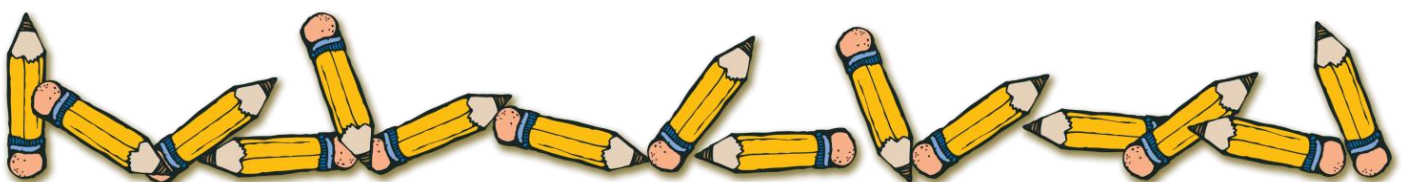
It is easy to get into bad habits and hard to break out of them. Patterns such as staying up late, to unhealthy eating can be complicated to break. Start slowly, create a more structured meal plan and start incorporating healthier snacks to keep in the house, while purging the bad ones.

5. Screen Time

Decrease your screen time slowly before school starts, also have a conversation about how the rules are different, and they may not even have an allotted time for screens during the school week.

6. Do Not Overcommit

Each year, offer the opportunity for children to learn from the previous mistake. If your child was struggling to complete home and extracurricular activity last year, do not commit them to more activities. Give children time to adjust to the new school term, before adding on additional tasks.





Jaxson

Emma

Ana

Jenna

Nico

Anisa

Emmett

Have a great day!!!

Ben



We are so happy to have you
with us!

Molly , Aubree, and Gunnar

