

## Wee Welcome Newsletter

June 2021







With summer fast approaching please send your child with a weather appropriate change of clothes, a swimsuit and towel for water play, and a labelled water bottle for those hot days ahead!!

Things in the communities seem to be ever changing. While some places are making masks optional, at this time we ask that you continue wearing masks in accordance with DCF protocol. Watch the front door for updates, our web page - <a href="https://www.weewelcomeinn.com">www.weewelcomeinn.com</a>, or our Facebook page.

Tips to get your kids through the end of the school year

It's almost the end of the year and the kids are getting restless. Here are some ways to keep them (and you) happy through the home stretch.

## Stick to routine

As tempting as it is to slip into summer-relaxed mode, don't abandon the routines and structures you've relied on all year. Now that it's light outside later, the kids may be clamoring for you to move back bedtime, but they still need to be tucked in at a reasonable hour. If kindergarten-aged kids don't get enough sleep, they cry, they're cranky and they can't do their work." The same holds true for older kids—and exhausted parents.

Regular routines, including healthy snacks and lunches, also help kids cope with the excitement of movie days, field trips and other end-of-school treats and activities. It helps to reinforce that although things may be a little more free-form at school, your expectations and the teacher's expectations for behavior are still the same.

## Take it outside

Research shows that spending more time outdoors improves children's concentration in school, lessens aggression and improves their ability to cooperate. Try moving homework outside whenever possible-kids will enjoy the novelty and be less likely to complain. Draw math equations in chalk on the driveway, act out a history lesson in the local park or curl up on the front porch to read aloud. "If you give kids lots of opportunities to be outside after school and in the early evening, they won't be looking out the window as much during the school day thinking, 'Oh, I wish I was out there,'" says Mayne. All that fresh air and the opportunity to let off steam also makes tackling any remaining after-dinner homework and bedtime easier.

## Plan ahead

Get a head start on preparing your child to make the transition from one grade to another, and from inschool learning to summer learning. If you're planning a trip, pick up a few books about the places you'll be visiting. Tying your vacation to literature—literature to your vacation—is a great way to encourage reading in those last few weeks of school and into the summer.





Alyx

Gracie

Jackson Ada Amelia

Have a fun filled day!!!



We are so happy to have you with us!

Amelia, Sophie

