



WEE NOTES

March 2017

Dear Parents,

No parent wants to see their child struggle. We often want to help our children avoid uncomfortable and frustrating situations. We may solve their problems or do things for them that they are capable of doing themselves. By stepping in too soon, we are preventing our children from developing resiliency.

Resilience is the ability to adapt well to adversity or recover easily from something stressful, unpleasant, or traumatic. Resilience helps children overcome adversity with courage, skills and faith. When a child is resilient, they can “bounce back” from a disappointment or failure and move on or try again.

How can adults promote resilience in children?

Positive relationships and environments that support healthy spiritual, cognitive, social, emotional, and physical development provide the foundation for children to develop skills they need to cope and adapt to adversity in childhood and the rest of their lives.

- Exercise your faith in God in view of your children
- Model a caring, loving attitude
- Tell and show a child that he is loved
- Acknowledge what he can do
- Encourage his independence
- Support and praise his attempts and failures
- Model struggles and overcoming failures

We can't prevent our children from stressful situations but we can equip them to successfully navigate the ones they encounter and help them develop the internal adaptive resources to cope with stress they encounter through our guidance, love, and reliance on God.

“Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken” Psalm 55:22 NASB

Blessings,
Ann

Calendar-At-A-Glance



Wednesday, March 15

*In House Field Trip –
Reptiles Alive!
11:00 in the Fellowship Hall*

Wednesday, March 22

Visiting Author

Wednesday & Thursday, March 23 & 23

Spring Pictures

Friday, March 24

*No School – FCPS Teacher
Workday*

Thursday, March 30

After School Session 4 Ends

Tuesday, April 4

After School Session 5 Begins

Friday, April 7

*Early Release 12:00, FCPS
Workday*

Monday April 10 – Monday April 17

*No School – Easter Holiday,
Spring Break*

Just Ahead

Reptiles Alive! On site Field Trip

Wednesday, March 15

11:00

Students will meet amazing live animals without any bars or glass blocking their view. The wildlife educators will capture the attention of our students and entertain them while educating them as well.



Visiting Author! Wednesday, March 22



Adam Lehrhaupt tells a tale of the power of color in this exploration of creativity that is sure to inspire readers and budding artists!

Isn't it fun to color? Every color has a feeling, just like we do. Yellow makes us feel happy. Dark blue can make us feel sad. Red can seem angry. Black can look scary. What color do you feel like today?

Parents will have an opportunity to pre-order an autographed copy of the book.

Picture Days

Wednesday & Thursday, March 22 & 23

We will take individual pictures of each student and class pictures. We will also take pictures of siblings together on either day. If you would like to include your other children who do not attend the WEE Center, please contact the office.



News and Notes

Pastor Mike's Blog

During this Lenten season, as we prepare for Easter, check out Pastor Mike's Daily Lenten Blog.

<http://parkwood.dreamhosters.com/blog/>



Classes for Parents

Language Development

March 7, Dunn Loring Center
2334 Gallows Rd. Dunn Loring, VA

Play and Social Skills

March 8, Rocky Run,
4400 Stringfellow Rd Chantilly, VA

Understanding your Childs Behavior

March 9, Virginia Hills,
6420 Diana Lane Alexandria, VA

Sponsored by FCPS Early Childhood Identification and Services.

These FREE classes are from 6:00 – 7:30 & childcare is provided. Register at 571-423-4121

Registration Update

Age by 9/30/17	Days	Spaces Available
15 Months	Wednesday / Friday	4
2 Year Olds	Tuesday / Thursday Monday/Tuesday/Thursday	4 2
2 ½ - 3 ½ Year Olds	Wednesday / Friday Monday/Wednesday/Friday	5 2

If you haven't registered yet, please do so before the classes fill up. Also spread the word to your neighbors and friends.

We currently have space in our 2 ½ and under classes.