



The Little School at
Memorial Drive Presbyterian Church
11612 Memorial Drive
Houston, Texas 77024
713-490-9267



SEPTEMBER 2017 NEWSLETTER

Welcome to the new school year! We are excited to finally start the semester and get to know your children!

Our hearts and prayers go out to those families affected by the hurricane and subsequent flooding. Please let me know if you have been affected and what the church can do to help!

Please know that we will provide a loving environment for your child and are already settling into our routine!

Please always know that if you need to talk or have a question about anything, just give me a call or email me! I must apologize for my delayed responses right now - it's been a little busy but I am work-

ing hard to catch up! Please bear with me!

Always check the calendar section below for up-to-date event information! Remember, we will take the very best care of your child and we are always here for you!

Love, Candice

Upcoming Events and Special News

Upcoming Events and Special Days

- September 11th - First Day of School
- September 26th – Room Mom Training for our New Room Moms—Summit Room
- October 9th – TLS (The Little School), YS, and MDPC closed – Columbus Day
- October 10th and 11th – Individual pictures
- November 15th - Online registration for families new to Little School and Yellow School for Fall 2018

Important Reminders

Please label everything that you send with your child's first and last name (licensing regulation)

Remember that we are a **peanut and nut free school**-no peanut butter or peanut snacks

Always bring your purse in with you from your car

Tuition is due by the 10th of each month (we don't send bills) - please make checks payable to MDPC

Please do not bring your child to school if he/she has had a fever, diarrhea or vomiting within 24 hours of attending

If you have not already provided us with updated immunization records (or other forms), please do so as soon as you can!

Hurricane Harvey Refunds

I know that you have all been eager to know about September tuition! The church has approved for us to do a two week refund/credit for our Yellow School and Little School families. If you have not yet paid September tuition, just pay half of your normal tuition! If you have pre-paid tuition, I will be issuing refunds to you! Automatic Withdrawals of tuition will begin in October!

Early Bird and Extended Day

Our early bird class allows for early drop off before the regularly scheduled class time. Children using this program are dropped off between 8:30 and 9:00 a.m. Just check with Allie in the office

to see which classroom your child will go to! Their classroom teacher will pick them up a few minutes before the program officially starts. Please drop off the child's belongings in front of their classroom door.

Our extended day allows for an extension to the school day to either 3:30, 4:00 or 5:00. The classroom teachers will transfer the children to the extended day rooms. The older children have a snack and play outside on the playground. If weather is not permitting, they will play in the motor skills room (119/120).

If you are interested in using one of our extended care programs please be sure to make a **reservation before leaving your child**. We will take reservations on a first-come, first-served basis (so plan ahead if you can!).

Our extended programs are very popular and book up quickly so please be sure to contact us if you would like to schedule your child.

The fee for using the early bird program is \$8, and the

extended day program is \$12 until 3:30, \$16.00 until 4:00 and \$21 until 5. Payment is due upon reservation. For more information, please call The Little School office.

Parents' Night Out

Hosted by Child Care Plus (CCP)
PAJAMA PARTY

DATE: Saturday, October 14th
TIME: 4:30 P.M to 8:30 P.M

COST: \$20.00 for the first child and \$15.00 for each additional child. This fee includes dinner (pizza) and materials for the crafts your child may use while in our care.

Registration: ccp.mdpc.org



HARVEY HELP

Individual Counseling

This is on-going here at the church and we have a wide referral network for those seeking help. We can also help family members find bilingual therapists or find care for their children and teens. Please contact [Amanda Grace Caldwell](#) at 713-490-0931.

Support Groups

MDPC will begin our first phase of support groups in late September. Additional groups will be offered at a later time, as grief often comes in waves and people will be in different places in their grief process.

The first two groups will begin in late September. Both will offer childcare. Contact [Amanda Grace Caldwell](#) at 713-490-0931.

- **Tuesday Group:** September 26, October 3, & October 10 | 11:00 AM-12:30 PM (Facilitated by Brett Hurst and Amanda Grace)
- **Wednesday Group:** September 27, October 4, & October 11 | 6:30-8:00 PM (Facilitated by Michelle Collins and Marsha Timby)
- **Tuesday Group:** October 24, October 31, & November 7 | 11:00 AM-12:30 PM (Facilitated by Nancy Cofran and Phyllis Wells, both LPC-Interns)

Parenting Tips

Tips for Easing Drop Off

As summer comes to an end, the idea of school routines, new teachers and classrooms can trigger worries in a lot of kids.

If your child struggles to leave you during drop off or you dread leaving them each morning, here are some tips to help with process:

- **Engage/ play** with full attention with your child 10 minutes before getting in the car and 10 minutes after they get home. Creating these moments can meet their needs for connection and soothe their nerves.
- **Establish a consistent caregiver** who will engage with your child right away when you leave. This should be the same person each time and someone who can spend time soothing them and easing them into the activities in the classroom.
- Give your child a **transition object** to buffer the goodbye process. This can be a lovey, stuffed animal, small toy... anything your child is attached to. Have the caregiver engage with them and this transition object.
- For smaller children, whenever possible, go into the classroom with them and **put them on the floor/ table** instead of handing them to a caregiver. Sit with them and play for **1-2 minutes** to show them you feel safe and trust the environment. The floor is a buffer of the transition to the caregivers and allows them to accept the environment before being taken away from you.
- Establish a goodbye routine. And **keep it SHORT**. It can be as simple as a hug and a kiss or a phrase.
- After the goodbye routine, **leave the room**. Don't give extra hugs, don't come back in to check on them. This is THE HARDEST PART. But doing

these things only confuses your child and makes the transition to their new caregivers even tougher. They learn that if they cry hard enough or hold on long enough, mom will come back and rescue them. Teachers will let you know if your child is struggling an abnormal amount. Teachers are experienced and more often than not, your sweet baby will be fine in 2-3 minutes after mom/ caregivers have left.

- Speak positively about the school and **remind them of fun things** about their teachers. They pick up on your anxiety, so if you show worries about leaving them, they will also struggle to feel safe.
- By- Michelle Collins, LPC, CCTP, M.Ed,
Mom of 2 toddlers