



Keeping the Whole Child in Mind

Brenda S. Metzler

As parents, you are committed to promoting the healthy growth and development of your child. That pledge entails so much—meeting your child's physical, social, emotional and cognitive needs. Although some days it may seem that your child will *never* grow up, childhood somehow manages to pass by in a flash! In the business of everyday living, a lot of learning takes place. Take time to think about the childhood your child is experiencing.



As critical as it is to meet your child's physical needs—nutritious food, plenty of rest and exercise, regular medical care—it is equally important to attend to their social, emotional and cognitive needs. In fact, lessons learned and good habits formed in one area can positively impact the healthy development of all other areas.

Kids need lots of opportunities to be physical! Get them outside as often as possible. Take a break from electronica, get up, be active, and join your kids. Go out in every season, all kinds of weather. Introduce them to activities you enjoy as well as following their lead.

Kids need lots of opportunity to hang out with their family—with you! The first place that children develop their sense of self, who they are, is within their family. As a member of a family—however you define it—children begin to find their place in this world. Time spent eating together, playing together, talking and listening, working together, just *being* together teaches valuable social and emotional skills.

Kids need a safe place to make mistakes, a place to explore who they are and who they want to become. Time spent together as a family offers the opportunity for children to learn how to hear another's opinion, how to work as a member of a team, how to productively resolve conflict, how to manage powerful feelings, how to trust, how to take turns, and how to have fun.

Kids need lots of opportunity for unstructured play! Play takes on different forms at various ages. Make sure your children have *time* for play. This is separate from playing on a team or sitting at a computer or thumbing the latest electronic device. Unstructured play allows children to explore and experiment in self-discovery. It helps them to process the stuff of their lives. In open-ended play, the child gets to be the director of all of the events.

Kids need down-time! Overscheduled children are not happy children. They are stressed. The stress from being stretched too thin—even as a child—can get in the way of healthy development and even cause burnout. As kids grow and mature and take on some of the responsibilities for their own schedule, they still need time to chill, relax, hang out. Establishing a healthy dose of down time in their younger years helps them to recognize and appreciate the value of it throughout life, and makes your home a happier and more relaxed place for everyone.

Spring Classes

Staff:

Elaine Guenet, Exec. Director
Hoyt Bingham
Ariel Cahn-Flores
Sarah Canterbury
Kimberly Colson
Debbie Cushman
Anne-Marie Darsney
Julia Dickenson
Ashley Dickenson
Prudence Fisher
Kelly French
Joanna Hamlin
Marla Ianello
Meghann McDonald
Jeanne McMahan
Tonya McMurray
Helene Meloche
Brenda Metzler
Dianne Norton
Katie Ouelette
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Sarah Schneider
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Peter Rutledge
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Cooking with Preschoolers: making and eating fun and tasty food with three and four year olds

Wednesday April 15 10:00-11:30

At The Family Place

One parent or care-giver required to participate.

\$10 fee is for each parent and child

Call 802-649-3268 ext 125 to **register early** as space is limited!

We'll prep it, cook it and eat it!

Stewards of Children: Child Sexual Abuse Prevention Training

Wednesday April 15 6:30-9:00

At the **Montshire Museum of Science** in Norwich VT

This training is FREE.

To register contact The Child Care Project at Dartmouth:

(603) 646-3233 • (800) 323-5446

Light refreshments will be served.

Infant Massage with Sarah Canterbury

Saturdays April 18 and 25 10:00-11:30

At The Family Place

The class is FREE, but please call 802-649-3268 ext 125 to pre-register.

Childcare not available.

Parent Talk with Nancy: Parenting the Young Child

Tuesdays May 5, 12, 19 6:30-8:30

At The Family Place

Fee: \$24 Please call 802-649-3268 ext 125 to register.

Sorry, no child care is available.

Chatting with Nancy

Nancy Rosenblum is a seasoned educator of young children. She got involved professionally when her own children were in preschool – first as a board member, then as a volunteer, and finally as a preschool teacher. When their children were young, Nancy and her husband participated in parenting classes, and “appreciated the support from other parents and the information we gained from the courses we took”.

Despite the fact that she has retired from the preschool classroom, and her own children are 26 and 28 years old, Nancy continues to be passionate about teaching and parenting. “*The Family Place* is a caring and logical place to continue teaching.”

Nancy deeply appreciates parenthood and would love to share personal glimpses of the “fabulous, heart-warming and challenging” endeavor that it is. She “absolutely loves children, loves families!” She welcomes your active participation in her upcoming class at *The Family Place* – **Parent Talk: Parenting The Young Child**.

Outside of the classroom, Nancy especially enjoys spending time with her family, scrapbooking, quilting and being in her yard.

If you haven't already, please call Brenda at 802-649-3268 ext 125 and register for this exciting series!