

# Using Our Words

January/February 2017 • Issue 27

*For many, January 1 signifies an opportunity to start anew. We set goals, intentions and resolutions and reenter the world with a new mindset. I encourage you all to benefit from this resetting mode, but to remember that if you break from your goals, every day can be New Year's Day.*

*Similarly, I often tell the children, "Don't look back, you're not going that way." I do this for two reasons. First, the children literally do tend not to look where they are going. This results in many "oh dear!" moments, as they are known in Elliott's Classes. Secondly, and more importantly, the message is to look forward and not dwell on the past as we cannot change it. Live in the present and move towards the future, letting go of yesterday's mistakes and taking control over your destiny.*

*If there is a theme to this newsletter, it is to live for the moment and deal with issues or conflicts immediately. This applies to everything from how you discipline your children to how you prioritize your time to embracing new experiences. We look forward to joining you on your journey through 2017!*

## Programming Notes:

### Kids in Bloom Camp Registration is Open!

**Ages:** 2+ (diaper-friendly)

**When:** June 5<sup>th</sup> – September 1<sup>st</sup>, 9:00 – 11:30 or 9:00 – 1:00

**Where:** Kids in Bloom pre-school alternative space, rooftop garden and Central Park (based on session time).

**Description:** "Kids being kids" is the motto of our summer camp. With flexible times and days, children will get their hands dirty in fresh air, while enjoying art, fitness and science activities rooted in nature and water play.

**Email [elliottsgymnastics@gmail.com](mailto:elliottsgymnastics@gmail.com) to enroll!**

**Due to popular demand indoor/outdoor options will now be available for all summer classes/camp!**



## ASK ELLIOTT

**When I discipline my child, he proclaims it the worst day ever and acts out until the sun sets. I think it's important to discipline children, but how do I do so without ruining our entire day?**

Children are by nature immediate gratification seekers. This also holds true when applying discipline. I believe it is important to harness the power of now. Handle the inappropriate behavior through a timeout or taking away a favorite toy or activity, but do so immediately. Once it has been dealt with, ensure that the child understands why he/she was disciplined and move on with the day.

To illustrate this, if a child acts out in the beginning of one of our classes and told that they will not be able to participate in trampoline time at the end of class, the child may sulk and act out for the remainder of the session. Similarly, the threat of going to bed early handed in the morning can lead to the attitude that the day is now ruined. You've now lost any leverage because a punishment is looming regardless of how the day transpires. Deal with the issue and move on. Teach children that they always have the power to turn the day around!

To submit a question to "Ask Elliott", please email [elliottsgymnastics@gmail.com](mailto:elliottsgymnastics@gmail.com) or on Facebook.



## LESSONS FROM THE FARM

It was a white Christmas break out here on the farm this December. All told, we ended up getting one foot of snow. We were stuck in a beautiful snow globe. At the end of several days, I got on my tractor and plowed a path so that we could escape the snow globe, which lost its initial luster, so that we could get some air!

Before I made a path for our great escape, however, I took this time of involuntary enclosure to catch up on all of the indoor organizational projects that have been weighing on my shoulders over the past year. At the end, I felt productive and accomplished. This time reminded me not to stress over the many projects that inevitably pile up. There will always be an opportunity to do them. It also reminded me not to take the beautiful outdoors for granted and when the weather allows us to freely run outside, we should flee the comforts of air conditioning or heat and do so!

## GET MOVIN' IN 2017

Each New Year's finds hordes of grown-ups flocking to new gyms, seeking new diets and cleanses and committing to new fitness regimes. Placing a priority on fitness is also a goal that could be incorporated into your child's resolutions for 2017. While weight loss or body image archetypes are never something we want to bring up to children, instilling the importance of health and fitness is a positive practice. The habits we develop as a youth remains with us throughout our lives. Being fit and striving to move every day keeps our bodies strong.

Not every child, however, views themselves as athletic or sporty and may show resistance to participating in activities they view as such. The wonderful thing about the city we live in is that we have options. Encourage your child to step out of his/her comfort zone and do trials of non-traditional athletic classes. Typical sports like baseball, basketball or soccer do not appeal to every child. Think outside the box and introduce children of either gender to active activities such as gymnastics, dance, yoga, martial arts, swimming and more. There are so many options!

And, don't forget playground goals! NYC kids are blessed with a treasure trove of obstacle courses featuring unique and creative configurations every few blocks. Encourage your child to set goals for themselves whether it's climbing higher, running faster or swinging higher. Provide them with positive reinforcement and praise when they meet their goals!

## EN ESPANOL

At Elliott's Classes, learning to use our words productively is a major focus. Furthermore, we try to foster a bilingual culture so that children learn two ways to use their words. Try these words of the month at home!

1. hoy = today (pronounced "oy")
2. ayer = yesterday
3. manana = tomorrow (pronounced "mahn-YAH-nah")
4. Que vamos a hacer hoy? = What are we going to do today?
5. Que hiciste ayer? = What did you do yesterday?
6. Fue ayer = It was yesterday.
7. Va a ser hoy = It's going to happen today.
8. Sera manana = It will be tomorrow ("SehrAH mahn-YAH-nah")

## FOR GIGGLES

**Elliott** (reviewing *alphabet with class*): That's the letter "U".

**William** (age 3): That doesn't look like me!