



Using Our Words

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NEWSLETTER

ISSUE 46

LETTER FROM ELLIOTT

As we enter the New Year, many are eager to leave 2020 behind like a bad dream. I, however, propose doing the opposite! Let's take a collective breath before ushering in 2021 and take time to reflect. Celebrate the unpredictable ways we grew and adjusted to accommodate the challenges of 2020. We went through difficult times, are still wading our way through and are making it, while guiding our children along the way. We've strengthened our emotional muscles - now, it's time to flex them! Wear your 2020 badge with pride.

Life is presenting us with uncomfortable situations, but it's not all bad. We are learning to navigate the tough times and relish the good moments. And, we are gaining coping skills that allow us to distinguish between what's dangerous and what's simply unpalatable.

Our children are watching and learning and I've found myself turning to my Ph.D. in child psychology more than ever. A mom recently

shared the all too common heartbreak of watching her six-year-old struggle, missing the school setting as he worked remotely. It's always hard to see children suffer and it's our instinct to rescue them, but this is how we build character. Let's acknowledge our children's feelings and applaud them when they can articulate those thoughts. Provide them with affirmation that this is a struggle, but give them the security to know that we will get through it together, reaffirming your constant love for them and pride in their perseverance.

Harness the lessons of 2020 this year. Empower your children to define and label their own feelings and focus on the victories. There are just so many. On behalf of the entire team at Elliott's Classes, we are so excited to continue a path of positivity with you as we get through this time together!



HAPPY NEW YEAR



FOR GIGGLES

Coach Beata: What's your name?

Nora (age 2.5): Nora!!

Coach Beata: And what's your name?

Ezra (age 2.5): Ezra.

Coach Beata: Very good and what's yours?

Spencer (age 2): ME!

ON THE MENU

On the next snow day, in lieu of going grocery shopping, collect your ingredients outside your own window with this frosty treat!

Snow Ice Cream

1. Whisk 1 cup of milk or heavy cream with 1/2 cup of sugar and 1 tsp of vanilla extract.
2. Divide 4 cups of fresh snow into 2 bowls.
3. Pour the sweet, creamy mixture from Step 1 over your snow bowls and eat before it melts!

Credit: *Milk Bar: Kids Only*

LESSONS FROM THE FARM

As I conducted an inventory of the recent work I had accomplished on the farm this New Year, I had an epiphany. I built and repaired a deer fence, tree wall, rock wall and chicken coop. The symbolism was hard to miss and I reflected upon how I have been engaged in building walls both literally and emotionally throughout 2020. As I look to the future, I'm filled with confidence in the strength I've gained and eager to take down some figurative walls. I hope you too can take down some walls and join me in the space between us.

POSES OF THE MONTH

This winter, get moving at home with some of our favorite moves. Clockwise from 1 to r.:

1. Hee-Ha: parents hold child's ankles, lifting head off floor
2. Seal Stretch
3. Handstand: feet on the wall

