



# Using Our Words

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NEWSLETTER

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## LETTER FROM ELLIOTT

This spring, the latest fashion is eye contact in a live setting! The season brings with it a massive readjustment as we slowly and safely transition away from the isolation that characterized this past year. While the pandemic has had many silver linings, it's been a trying time with parents actively working to diminish stressful situations for our children. As a result, they haven't encountered many opportunities to independently manage social conflicts, particularly since we can now tune people out by simply shutting off our devices.

It's time to start flexing our social muscles once more. This means looking one another in our masked faces, expressing our feelings and dealing with conflicts without the cushion of an escape hatch. Ease children back into the world by reintroducing them to structured activities that previously brought them joy. As a parent, your responsibility is to identify those opportunities, bring them there and communicate any struggles

your child is experiencing to the leader. The child's responsibility is to participate, interact with the group and explain their behavior or challenges to the appropriate individual. Acknowledge that this may be uncomfortable, but that this discomfort will pass as we work towards our commitment to resuming life. Our goal now is singular - it's not to become the best gymnast, soccer player, artist, etc. It is simply getting comfortable interacting with other people again. We may not always agree with those people or even like them in some moments, but we will learn to reintegrate within social environments.

Remind your children of how proud we are of how they've adjusted and that as we readjust, you will be there, poised to support them. Together, we have surmounted the insurmountable and together, we are ready to bloom.







## FOR GIGGLES

**Aria:** Althea, do NOT jump on the spring board from here.

**Althea (age 3.5):** *Ignoring instructions, jumps again.*

**Aria:** Althea, DO NOT JUMP on the spring board from here!

**Althea:** *Poises to jump again.*

**Aria:** GIRL! Stop please. Look at me. What did I say?

**Althea:** *Sassily,* You said, 'Don't jump on that spring board BAY BEE!'

## COACH'S CORNER

For the first time ever, our longtime instructor, Coach Beata, will be joining us during the summer! Her classes will be guided by her four season, philosophy, "Children are like butterflies in the wind. Some can fly higher than others, but each fly as best it can. So, why compare them to the rest? Each is different, each is unique, and each is beautiful."

## LESSONS FROM THE FARM

Before you break out those gardening gloves, set your seeds up for success! Prior to planting, place them in a ziplock bag filled with potting soil. Keep the bag in the refrigerator for up to three weeks (the smaller the seeds, the longer they should sit). This stratification process gives the seeds the experience of winter, kicking in their nature to sprout for spring. Just a reminder that all living things need a degree of nourishment to bloom!

## PIC OF THE MONTH

Back in 2019, our free infant class was soaking up the warmth and building a community of new parents. We are excited to relaunch this free 30 minute, no obligation class! Check our website for the most up-to-date schedule.

