



# Using Our Words

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NEWSLETTER

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## LETTER FROM ELLIOTT

There's no place like home for the holidays. Having just returned from my own home town, I can attest to that. Reconnecting with family and friends can, however, bring a range of feelings. Over time, you've changed and so have your relationships - some of those relationships may no longer serve you. It's not always possible to recreate the magic from a different time. Go in with no expectations, accept the changes and cherish those memories, remembering that sometimes the past in meant to remain in the past.

With inflation at a high this holiday season, I've been talking to many families about finding ways to celebrate while minimizing expenses. When it comes to gifting, it truly is about quality, not quantity. Engage your family to design your holiday card together, bake cookies, share them with neighbors and bring a smile to one another's faces. Teach kids the gift of giving and savoring the small moments.

In the spirit of acknowledging small moments, this Thanksgiving, I've compiled a list of five things I'm most grateful for:

1. **Feeling all the feelings.** Even the sad ones because that's what makes me human and allows me to appreciate the happy moments.
2. **Healthy competition.** Challenging play keeps me motivated. Remembering that the opponent is not the enemy keeps it fun.
3. **Support from our community.** Hearing from parents, past and present, who continue to include me in their lives is a constant source of joy.
4. **Nature.** Learning to enjoy a simple life has brought me a new level of peace.
5. **A positive outlook.** I am excited to move forward into the future that we've worked hard to create.





## FOR GIGGLES

**Aria:** Okay Hudson, just checking in that we don't really have to worry about lions or tiger attacks here in NYC, right?

**Hudson (6):** Nope.....now, in Miami that's another story!

## ASK ELLIOTT

**Q.** How can you give advice on children when you don't have any of your own?

**A.** I've been privileged to have been involved in the development of so many children through my roles as a child psychologist and educator. I'm in the unique position to give impartial advice that isn't colored by my own experience. I can see a situation from many different angles and approach each child as an individual.

## LESSONS FROM THE FARM

Recently, the duck eggs hatching on our farm mysteriously disappeared. Naturally, we suspected the culprit was our local barn cat and assumed the baby ducks met an early demise. Later, we returned to the scene to find the alleged perpetrator surrounded by the baby ducks, who were in fine form and snuggling the cat for warmth. It was a reminder to never make assumptions regarding someone's nature - even in nature!



### PIC OF THE MONTH

Gymnastics friends are the best friends!!!

To submit your own picture of the month, email us at [elliottsgymnastics@gmail.com](mailto:elliottsgymnastics@gmail.com)