



LYSB'S GROWING TREE



FEBRUARY 2021 · EARLY CHILDHOOD NEWSLETTER



LYSB Winter Early Childhood Programs

Registration is now open!

All programs are held indoors under strict COVID protocols, but we will be outside as much as possible.

Registration numbers are limited to ensure social distancing.

Masks are required for ages 2 and up.

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Mondays

Bundle Up Outdoor Music & Movement II

2/22-3/29 from 10-11 a.m.

Tuesdays:

Adventures in Book-land

2/23-3/30 from 10-11 a.m.

Wednesdays:

Curious Wildcat Explorers (at South Champlain Open Space)

2/24-3/31 from 10-11 a.m.

Thursdays:

Magical Kingdom

2/25-4/1 from 10-11 a.m.

Bundle Up Music & Movement III

2/25-4/1 from 11:30-12:30 p.m.

Fridays:

Free Friday Groups

10-11 a.m.

2/26: **Crafting Your Homemade Watercolors**

3/5: **New Parents Stroller Meet Up**

3/19: **Spring Cork Garland**

3/26: **New Parents Stroller Meet Up**

For more information and to register visit

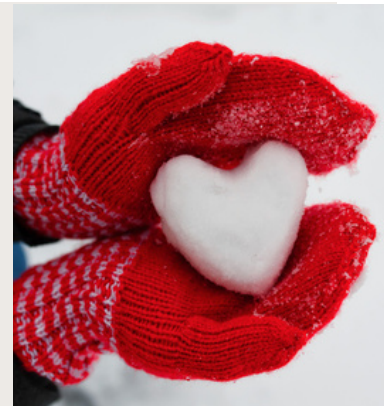
www.lysb.org

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LYSB Coronavirus Relief Fund

LYSB established the Lyme-Old Lyme Coronavirus Relief Fund to provide financial support to vulnerable residents of Lyme and Old Lyme, whose lives have been affected financially by COVID19.

In partnership with the Towns of Lyme and Old Lyme, this fund is supported by generous donations from the community. We have been helping residents with requests such as food, rent, fuel, bills, and other basic needs. Some residents were fine at the beginning of the pandemic, but long term job reductions have taken its toll. Our communities are working together in unprecedented ways, and it is the hope that this fund will support our vulnerable residents on a path toward stability and recovery. We want to remind all residents that we are here to help. Any resident of Lyme and Old Lyme who needs assistance may contact Social Services or LYSB, or submit a confidential request at www.lysb.org/covid19 All inquiries are confidential.





What Do You Look Like When You're at Your Most Cared For?

This is an important question to ask yourself when exploring your self care journey. Oftentimes, we focus on what we look like as our least cared for selves; all the ways we're doing it wrong. But by re-framing our mindset, and figuring out what we look like as our most cared for selves, we establish a baseline of happiness and health, set on your terms and no one else's. To explore the idea of what you look like at your most cared for, it helps to start by asking yourself these questions:

- What did it look like when you were last at your healthiest mindset?
- How were you functioning? Specifically, what were you eating? When were you eating and sleeping? How much were you eating or sleeping?
- How much were you laughing or smiling?
- What were the things that you were doing that brought you joy?
- How were you talking about yourself to other people?
- How were you letting people talk to you?
- How were you talking to yourself?
- Who was in your life at that time?
- What kinds of things did you do to take care of yourself or celebrate yourself?
- What was your everyday routine like? It might also be helpful to sit down and map out your ideal day. Not in a "go on vacation" kind of day, but a day-to-day life kind of day. Think about every little detail; do you shower in the morning? Is the water hot? Do drink coffee? Are you reading a book? How do you feel going throughout your day?

This helps get you thinking about your priorities and values. Once you've done some reflecting, it is now time to plan ways to incorporate these things into your day to day life. Think about some things that make you smile and laugh. How can you incorporate these in your day to day? Or perhaps you figure out a schedule that allows you to get the rest you need? Maybe you start setting boundaries in ways that support you again? It's important that you break these down into small goals. Breaking bigger goals down into smaller goals, makes them seem more attainable, and increases your motivation. Make sure these small goals will help you make progress towards your bigger goals, and not just movement that doesn't really accomplish much. Remember you have a lifetime of experience in your own self care to guide you when making steps towards being your most cared for self.

(Source: theshineapp.com)



Lymes' Youth Service Bureau
59 Lyme St. Old Lyme, CT 06371
(860) 434-7208
www.lysb.org



Valentine's Bubble Foam Sensory Play

- tear free bubble bath
- water
- red food coloring
- hand mixer
- large bowl/bin

1. Mix 2 parts water to 1 part soap in your bowl/bin.
2. Add a few drops of food coloring and use the hand mixer on medium-high for 1 minute.

Enjoy!

Source: busytoddler.com



PAPER PLATE HEART VALENTINES HOLDER

- 2 paper plates
- pink or red paint
- paint brush
- stapler
- hole punch
- yarn or string
- heart & alphabet stickers

1. Put the paper plates together and cut a heart shaped slit out of the top.
2. Paint the plates and let them dry.
3. Staple the two paper plates together. Only staple about half way up to leave room for valentine's to be put in through the top.
4. Decorate plates with stickers, markers, etc.

They are now ready to put Valentine's in!

Source: iheartcraftythings.com