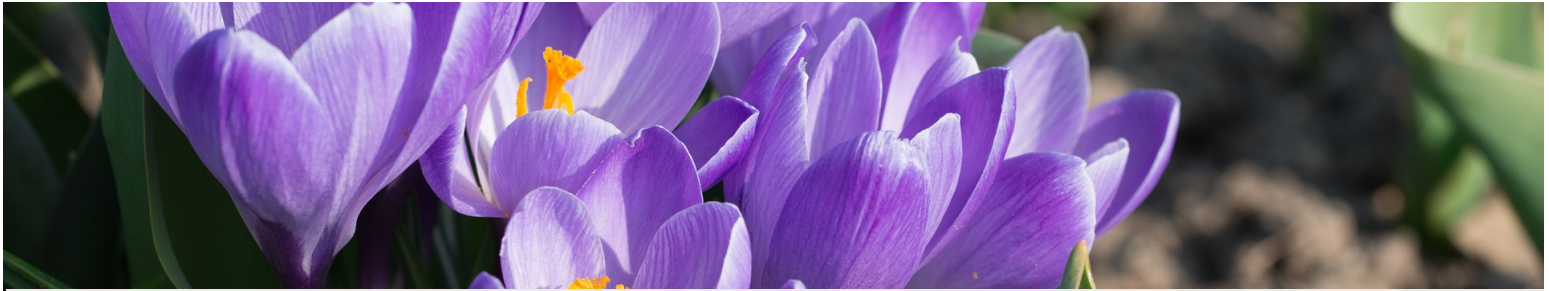




LYSB'S GROWING TREE



APRIL 2021 · EARLY CHILDHOOD NEWSLETTER



LYSB Spring Early Childhood Programs

All programs are held with strict COVID protocols. Registration numbers are limited to ensure social distancing. For our indoor programs, we try to spend as much time outside as possible. Masks are required for ages 2 and up.

Mondays:

- Exploring Colors
April 19th-May 10th from 10-11 a.m.
- Montessori Motor Skills Centers
May 17th-June 14th 10-11 a.m.

Tuesdays:

- Fabulous Free Tuesdays
April 20th-June 15th from 10-11 a.m.

Wednesdays:

- Wildcat Explorers! (at South Champlain Open Space)
April 21st-May 19th from 10-11 a.m.
- Wildcat Explorers: On the Go!
May 26th-June 16th from 10-11 a.m.

Thursdays:

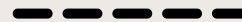
- Planes, Trains, Automobiles, and More
April 22nd-May 20th from 10-11 a.m.
- Outdoor Music and Movement
April 22-May 20th from 11:30-12:30 p.m.

• Pollinator Superheroes

- May 27th-June 17th from 10-11 a.m.
- Outdoor Music and Movement
May 27th-June 17th from 11:30-12:30 p.m.

Fridays:

- Nature Connections
April 23rd-May 21st from 10-11 a.m.
- Simple Summer Fun
June 4th, 11th, &/or June 18th 10-11 a.m.

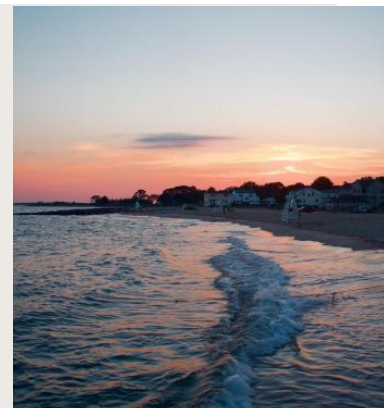


For more information and to register visit
www.lysb.org



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.





How to Build Self Trust

When you're feeling doubtful, focus on self-trust.

Self confidence is something we talk about often, but self trust is important, too. Self trust is our ability to count on ourselves and our instincts. It's this gentle understanding that we know what we are doing and we have everything we need to do it. This applies to the hard moments like a career change or parenthood, but the simple moments, too, like choosing what color to paint your walls or sticking to an exercise program. When we don't have this self trust (a faith in ourselves and our abilities), we start taking our cues from others or we listen to our doubts.

Self trust isn't something so people have and others don't. It's like a muscle that we need to flex to get stronger. We can do this through practice and some perspective changes.

Start by taking a moment to simply pay attention to how your body works. Sit in stillness and take a few deep breaths. Listen to your breathing. How incredible our bodies are! If we trust our lungs to expand as we breath in and our hearts to continue beating, can't we trust that our minds are capable of making sound decisions?

Talk about your accomplishments. Research has shown that by actually saying your accomplishments out loud, to yourself or a loved one, can really help you experience the weight of those accomplishments. It can give you the perspective you need that "Hey, I am capable of accomplishing a lot, I still am!". It helps give you the perspective that you need to trust yourself.

Make a "DONE" list. We all have to-do lists, but what about a done list. At the end of your week, write down all of the things you accomplished that week. Not just the big things, but the little things, too. Having that physical reminder of all you've accomplished can help you feel their significance and remind you that you've got whatever is thrown your way! Leave it somewhere you'll see so you are reminded of your abilities and power.

Focus on CONSISTENCY, not consistent GREATNESS. Aim to be consistent, but don't expect a big success every day. It is unattainable and you will begin to not trust yourself. Adjust your expectations. Be consistent without the expectations for your day. Some days are just not going to go as planned.

Practicing making, and keeping, the promises you make to yourself. Just like you come through for your loved ones, do the same for yourself. Maybe you make a promise to yourself that instead of picking up your phone to scroll social media, you pick up a book. It's a manageable promise, but requires some follow through. When you DO follow through on that promise, it reminds you that you can trust yourself. This takes practice, and sometimes you might slip. Just remember to be consistent and try again tomorrow. You will build this skill over time.

(Source: Shea, Molly. 2021. How to swap self doubt for self trust. theshineapp.com.)



Lymes' Youth Service Bureau
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(860) 434-7208
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Outdoor Potions Making

Fun, Messy, Science

This idea comes from Busy Toddler. Their site is a very valuable resource for hands on learning for your kids.

With this activity, kids will make a huge mess, but a fun, engaging mess. So if you're okay with a mess, proceed! Important note: this activity is best for little ones that aren't putting everything in their mouths.

Kids love open-ended experimenting. It is the foundation for science exploration. It is serious, significant learning for kids.

What's great about a potions station is it involves so many concepts at the heart of science exploration; experimenting, imagining, problem solving/critical thinking, and curiosity.

Here are some suggestions you can include in your potion station:

- dish soap
- baking soda
- white vinegar
- water
- shaving cream
- measuring cups
- peri bottles
- syringes
- plastic jars with lids

You can have any amount you'd like of each, just make sure to have some variety and types (ex: some ingredients, some bottles, some containers, etc).

Before you begin:

Make sure you have clean up supplies nearby. Think about what you will need based on the ingredients you decided to use.

Towels, both dry and wet are helpful.

Perhaps a hose to spray down the area?

Something to clean the kids off?

Be aware that these materials may kill the grass, so if you can, try to do it on a driveway or patio area.

Once you are ready with your potion supplies and clean up supplies, just let the kids at it.

It brings hours of fun for your little ones.

(Source: busytoddler.com)