Winter Wonders

This is such an exciting and stimulating time of year, especially for the kiddos in our lives. For many, it also comes with lots of treats, gifts, and special memories. Which brings up great opportunities to model and practice gratitude!

Did you know that researchers are now telling us that consistent expressions of gratitude help our brains to notice MORE things to feel thankful about? Gratitude helps wire our brains to notice more things to feel thankful about and feel better – complaining helps wire our brains to notice more things to complain about – and feel worse.

If you’d like to read more, check out the article Love and Logic: The Gift of Practicing Gratitude.

Kindergarten Parents: Head’s Up!

One of the things we love the most is watching the children in our program learn and grow. This entire semester we have been walking the Kindergarteners to and from their classrooms.

Starting the second week of January we will be having them walk to and from their classrooms independently. Please contact me if you or their teacher have any concerns about this!

Warm Holiday Wishes!

As this semester, and 2021 wraps up, we want to wish you and your family safe, joyful and peaceful holidays. We look forward to seeing you again in 2022!