


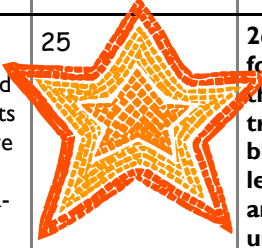


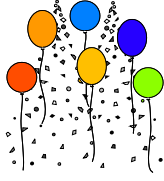


# Rays of Resili- ence

## a Sunshine School Calendar

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p>1 This calendar is dedicated to making the most of December's teachable moments for building family bonds that will help your child feel happy and secure.</p>	<p>2 <b>Begin the month with a family meeting.</b> Write out the expected events on a calendar. Help children who have to share households know what the expectations may be and support them in making transitions.</p> 	<p>3</p>	<p>4</p>	<p>5 <b>Marsh kids</b> are learning to take a breath before deciding what to do when they're under stress. Practice at home!</p>	<p>6 Learn about each other by asking everyone to name their favorite seasonal treat or tradition. Repetition of family rituals builds a sense of continuity and security. It makes happier children and adults!</p>	<p>7 <b>Start a new tradition:</b> shall we get a winter bird feeder? Shall we make our own Christmas cards? Shall we try a new cookie recipe? Have a family cookie decorating contest? Build a snow fort?</p>
<p>8</p> 	<p>9 The inexpensive gift suggestions offered here will actually make kids smarter and happier for much longer than video games and DVDs.</p>	<p>10 What talent can you nurture with a gift? Would your music lover like a little keyboard? Your thinker a construction toy? Would your writer like a composition book and fancy pens? Your mover a basketball hoop?</p>	<p>11 Inexpensive and important:— purchase a large magnifying glass as a gift for your child this year. Go outside together and examine snow. Create a "wonder box" for collecting natural treasures.</p>	<p>12</p> 	<p>13 Share your family memories! What was grandpa like as a boy? What was the silliest thing that happened in your childhood? Who was the family trickster? The hero? The helper?</p>	<p>14 Kids want our time more than our gifts. Buy a family board game and make an effort to play it together often during Christmas vacation.</p>
<p>15 Board games Kids love: *Chutes &amp; Ladders *Hi Ho Cherry-o *Candyland *Hungry Hungry Hippos</p>	<p>16 <b>Marsh Improvement Team meeting 11:15-12:15 Kindergarten rides the train in the afternoon!</b></p>	<p>17 <b>Preschool Christmas Programs at 10 and 2</b></p>	<p>18 If you are sharing custody, help your child prepare for transitions by marking visitation days on the calendar and counting them down.</p>	<p>19 <b>Kindergarten Christmas Programs—see your child's teacher for times</b></p>	<p>20 Create a costume box for imaginative play by "donating" scarves, hats, shirts and old Halloween costumes. What else can be used for props?</p>	<p>21 Children with secure attachments are allowed to love whoever they love, even if the adults don't get along. Help your child contact distant relatives by phone or email and support their excitement for their loved ones.</p>
<p>22 Does your child have a special place for quiet play?</p>	<p>23 Create a "cozy corner" together. A blanket, books, coloring pages and soft toys can help her regulate her moods.</p>	<p>24 Feeding birds and pets special treats on Christmas Eve can become a special family tradition.</p>	<p>25</p>  <p><i>Merry Christmas!</i></p>	<p>26 <b>Offer healthy foods alongside the seasonal treats to keep blood sugar levels steady and prevent unnecessary meltdowns.</b></p>	<p>27 Your child will enjoy drawing thank you pictures for family members who gave them gifts.</p>	<p>28</p> 
<p><b>Christmas Break</b></p>						
<p>29</p> 	<p>30 Build family memories by looking at last year's pictures together. What was each person's favorite moment?</p>	<p>31</p>  <p><b>Happy New Year!</b></p>	<p>December, a beautiful month full of celebrations, family visits and gift-giving, is also a challenging one for children and families. Along with winter beauty comes higher utility bills, family visits mean separations and travel stresses, gift-giving can mean stretching the family budget, which isn't easy! So we are filling our December calendar with ideas that may help. We hope a few of them will be helpful for our parents, who do a heroic job raising good kids in a very busy world. *Need help with food or gifts this Christmas? Call or stop by Mrs. Haslar's office! Many people Care!*</p>			
<p><b>Christmas Break</b></p>						

