

K-PREP NEWS

Sept 2023

Back-to-School Nights

Preschool and PreK classrooms will be hosting Back-To-School nights at pick-up the week of September 11th-15th. Pick an evening to get to know your child's new classroom and teachers!

K-Prep will be **CLOSED Monday, September 4th.**



Fall Soccer Shots

Thursdays at 3:15pm starting September 13th thru November 8th. Link below:

<https://lancasterlebanon.soccershots.com/p/d/1847/k-prep-learning-center-fall-2023>

Back to School



Book Donations

Board books in our toddler classrooms are loved hard. If anyone is looking to get rid of gently used board books, donations are always welcomed. We appreciate any and all contributions! Thank you!

New School Year

As we move into the new school year, we ask for patience as the staff and children adjust back to the school routines. Changes in staffing and classrooms can be stressful but know that we got this, and so do you! Remember, establishing a quick and consistent drop-off routine makes the morning separation easier. Growing pains are a normal part of the process, so don't feel discouraged if there are tears. If you have any questions or concerns, don't hesitate to reach out to Ms. Sam at director@k-prep.com. We look forward to another great school year!

Setting Healthy Boundaries

Did you know that children not only *need* boundaries, but they crave them? It is important for children to know what they can and cannot do, what is expected of them, and to learn to recognize authority. It sets them up to be successful and *safe* in future settings and relationships with adults and peers.

“Please” & “Thank You” are our POWER WORDS!
<https://vimeo.com/623439233>



IMPORTANT BOUNDARIES:

- **Waiting** – Waiting their turn during games, for attention, while you finish a task or conversation, etc.
- **Manners** – “Please” and “thank you” go a long way. Encourage requests over demands. “May I please have...?” versus “I want it!”
- **“No”** – It’s hard not getting what we want, but that is an important life lesson.
- **Following adult direction** – Recognizing authority figures and complying with directions helps keep our children *safe*.

Setting Healthy Boundaries

SOME WAYS TO SET AND MAINTAIN BOUNDARIES:

- Be clear and direct – Use fewer/simpler words that they understand.
- Be consistent – Parents, teachers, and family members should know the rules and expectations, and do them the same way every time.
- Follow through – Do not make idle threats or promises. It is important to follow through with rewards and consequences that you establish. “Say what you mean and mean what you say.”
- Say No – It really is okay to say “no.” We don’t get everything we want as adults. It’s an important lesson for children to learn at any age.

Give your child the
gift of “No.”

<https://www.youtube.com/watch?v=VyhwsGoSeeM>

GoSeeM

THINGS TO REMEMBER:

- As adults, *we* set the rules – We need to set boundaries to help children learn realistic expectations. As adults, we don’t always get to do what we want, sometimes we’re disappointed, and we have to do things we don’t like, too.
- It’s okay if they cry and/or feel mad – It won’t last forever, they don’t really hate you, and *they will be okay*.
- You are helping them – It may not feel like it sometimes and parenting guilt is real. Just remember that you are setting them up for success.
- No one said it would be easy. We’re all just doing our best, so give yourself a break!