



JUST LIKE HOME - WEST

APRIL 2019

BIRTHDAYS:

Kade - April 12 - turning 3
Nathan - April 14 - turning 4
Fiona - April 14 - turning 2
Violet - April 21 - turning 1
Caroline - April 26 - turning 4
Jack Z. - April 26 - turning 2
Henry H. - April 30 - turning 3

Ms. Angel - April 1
Ms. Alaina - April 11
Ms. Tally - April 16

NEW MENU

We have created a new menu! Please take a look and let us know what you think! We are getting away from beef and processed foods. We are going as fresh as we can with all meat, fruits, and veggies. We are also looking at sweetening foods with honey (with older kids). If you have any objections, please get a hold of Lynn or Amy.

SUNSCREEN

We are quickly approaching sunsreen season. We do provide sunscreen for all children. We use Blue Lizard with SPF 30. The teachers will put on sunscreen both in the morning and afternoon before outside play for the Spring, Summer, and Autumn months. If you would like to provide personal sunscreen for your child, you are welcome to bring it in and fill out a medication form with your child's teacher.

PICTURE DAY

Spring pictures are Monday, April 1st and Wednesday, April 3rd. On Monday Ashley Lewis will photograph Infant 1, Infant 2, and Infant 3 classrooms, as well as siblings. This means that if you have an infant and an older child, they will have thier individual and sibling pictures on Monday. On Wednesday Toddler 1, Toddler 2, Preschool, and Pre-K classrooms will have their pictures taken. If both of your children are on the Toddler side of the building, their sibling pictures will be Wednesday. These classes will also have thier individual pictures Wednesday too.

QUESTIONS OR CONCERNS?

If you need to get a hold of the office, stop in, call, or email us! We are available to help you whenever you need us!

p: 479-595-8033

e: lynn@justlikehomechildcare.info
amy@justlikehomechildcare.info
wade@wwrightlaw.com

NEW FACES

Please join us in welcoming some new teachers to our team! There's Ms. Sheila in Infant 1, Ms. Skylar in Toddler 2, and Ms. Alaina is returning to us after taking time off to attend the University of Arkansas!

EASTER EGG HUNT

We will have an Easter Egg hunt on Friday, April 19th. Please be sure to send an Easter basket with your child. Parents and families are encouraged to attend! More info will come as we get closer!

THE STRUGGLE IS REAL

Heather Shy, LPC is a parent here at JLH and she is also a licenced counselor. She has created a newsletter of her own and its on the back of this one! Go ahead and take a peek!

The Struggle Is Real - Emotional Intelligence

“The ability to be aware of, recognize and understand our own feelings and those of others and to constructively manage those emotions in ourselves and in our relationships.” (Dr. Gary Oliver, Ph.D.) Emotions are the motivating forces in our lives, driving us to go ahead, pushing us backward, stopping us completely, determining what we do, how we feel, what we want, and whether we get what we want. Our hates, loves, fears, and what to do about them are determined by our emotional structure. There is nothing in our lives that does not have the emotional factor as its mainspring. It gives us power, or makes us weak, operates for our benefit or to our detriment, for our happiness or confusion. Emotions, in and of themselves, are not good or bad. They are a source of information. And, of course, it is what we do with them that may take on a certain value or function in our lives. Emotions are a mental state that can arise spontaneously or through conscious effort. They involve a cognitive impact, behavioral impact, and a physiological impact. There are over 600 words to describe emotions. There are 42 muscles in our face that we use to express them. They are a great resource for information. What we feel influences what we pay attention to, what we hear, how we think, what we remember, how we make decisions and the quality of those decisions....

THE NEUROLOGY OF HEALTHY RELATIONSHIPS:

The emotional brain helps us to make quick decisions. The Amygdala, a part of the brain located in the frontal portion of the temporal lobe, stores partial memories of threatening and painful events. Its job is to keep us alive. The amygdala is our Department of Homeland Security, our Emotional 911. It sounds an alarm, activates the fight, flight, or freeze response. It releases chemicals throughout our entire body. It reacts rather than responds. It does not distinguish between real or imagined threats. It does not distinguish between physical, emotional, or social threats. (Real or imagined, a threat is a threat.) Sound the alarm, all hands on deck, get ready to react. The Rational Brain helps us make sound decisions. The emotional brain processes information in 2 milliseconds while the rational brain processes information in 500 milliseconds, which is 250 times longer. Once the amygdala is triggered, it is difficult to call those neurotransmitters off and remain calm. Why are emotions so important? Research tells us that our emotional self-awareness, emotional self-control, and empathy skills contribute to the quality of our leadership, our relationships, and the overall quality of our life.

How do our emotions affect us?

1. Emotions tell us we have a need.
2. Emotions affect our thoughts.
3. Emotions prompt us to respond.
4. Emotions inspire responses from others.
5. Emotions communicate what words cannot.
6. Emotions give meaning to our thoughts.

What are some key characteristics of Emotions?

1. You can have strong emotions and not be aware of them.
2. Emotions are hardest to observe while experiencing them.
3. Emotions have a stimulus/response effect. In other words, almost always what we think leads to what we feel.
4. Emotions have a physical effect.
5. Feelings don't always equal facts. Just because I feel something does not necessarily mean it is true.
6. If we don't stay aware of and control our emotions, they will control us.

Again, emotions are giving us information about ourselves. Ignoring our emotions is ignoring a part of our reality. Listening to our emotions can help create change in our lives that can be very beneficial. Change occurs as we become vulnerable and brutally honest with ourselves. If you would like consultation regarding how to effectively listen to and utilize/regulate/process your emotions, reach out. I am here.

Sincerely, Heather L. Shy, LPC