



# Endless Discoveries

## PARENT NEWSLETTER

GLEN ROSE

JULY 2022



### Persevering with Tweens



Pre-teen years can be challenging for parents as children are striving for more independence. One thing that's really important is a nutritious diet, and it's especially critical for a tween's overall physical and mental health. Pre-teens often have fluctuations in appetite, so try to provide a variety of healthy foods, and let them make choices on their own. Limit the snacks in the pantry, and encourage your tween to drink water instead of soft drinks.

Try to have dinner together every night, and you might see that your tween does better in school and is less likely to experience depression or anxiety. Encourage positive conversation without devices.

Talk about how eating certain foods makes them feel so they can develop a healthy relationship with food. Avoid using food to bribe or reward, and try not to make an issue out of their eating habits. Too much focus on food can increase the risk of eating disorders and negative body image. The most

important part of teaching your child the importance of a good diet is modeling good behavior.

Check in with your tween every single day by spending some private time together. A few minutes at bedtime is beneficial, but car rides allow kids to feel less threatened when you aren't looking directly at them.

Schedule regular alone time, but don't expect them to volunteer a lot of personal information each time. If you listen and show that you're interested in what's on their minds, you'll experience a closer connection.

### New Staff

We would like to welcome three new teachers to the Endless Discoveries - Glen Rose team:

Ms. Amanda - Lead Teacher  
Ms. Amira - Assistant Teacher  
Ms. Kelsea - Assistant Teacher

We look forward to working with these three ladies and supporting each other to provide the best possible care for all of our children.

### July Birthdays

Karson - July 3; Beckett - July 13;  
Gentry - July 13; Jonathan - July 15;  
Grady - July 23; Kallin - July 23



Remember that Endless Discoveries will be closed on Monday, July 4, for Independence Day.

Join us at the Glen Rose Home-town 4th of July Parade starting at 9 a.m. Monday. It will run through the streets of Glen Rose and finish up in the Historic Downtown Glen Rose Square. Following the parade, local businesses and organizations will offer free family friendly games and activities!

### July Spotlight

Staff shout out to Baylee, Nicole, Tiffany and Brandi for pursuing their CDA credentials.

What is a CDA credential? The Child Development Associate Credential is the most valued credential in early childhood education. It is an opportunity for educators working with children from birth to age 5 to demonstrate and strengthen their knowledge, understanding, and practices when teaching in early education.

Congratulations, Ladies, for your commitment to your profession as Early Childhood Educators!