



# Endless Discoveries PARENT NEWSLETTER

SAGINAW

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.

### Staff Birthdays

Ms. Daniella - July 12  
Ms. Bethany - July 15  
Ms. Nia - July 27

### Staff Anniversaries

Ms. Tina - 12 Years - July 13  
Ms. Makayla - 2 Years - July 14  
Ms. Kristi - 1 Year - July 23

### Welcome New Staff!

Ms. Bethany  
Ms. Latoya  
Ms. Madalyn

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



## Teacher of the Month



Ms. Angie is in our Infants classroom, and she is truly a teacher that you feel the love she has for her babies.

She has been with Endless Discoveries for about three months, and she has stepped up in her role as a teacher. She is always going above and beyond with a smile on her face, and her infants love her!

### July Birthdays

James - July 3  
Noah - July 6  
Trenton - July 12  
Gavin - July 13  
Penelope - July 14  
Adrian - July 15  
Marcus Jr. - July 15  
Connor - July 17  
Nolan - July 17  
Gryffin - July 19  
Miley - July 24  
Layk'n - July 25

### Important Dates

Independence Day - July 4  
National Ice Cream Day - July 18  
Parents' Day - July 24  
Hot Dog Month  
Blueberries Month  
National Parks Month