



# Endless Discoveries

## PARENT NEWSLETTER

HICO

JULY 2025



## Helping Your Child Manage Anger

### Tips to Release Emotion in Positive Ways

How does your child handle a bad day? Tantrums? Stomping? Throwing toys? Anger and frustration are normal healthy emotions.

So how can we teach our kids to deal with those emotions in positive ways?

- (1) Count to 10; (2) Walk away from the situation;
- (3) Breathe slowly and deeply; (4) Clench and unclench their fists to ease tension; (5) Talk to a trusted person; or
- (6) Go to a private place to calm down.



### Important Dates

July is Hot Dog Month

Independence Day - July 4  
(*Endless Discoveries will be closed.*)

National Ice Cream Day - July 20

Parents Day - July 27

### Fun Celebrations

Teddy Bear Picnic Day - July 10  
(*We will have breakfast outside!*)

Blueberry Muffin Day - July 11  
(*Muffins for breakfast!*)

Art Show & Ice Cream - July 31  
4:30 - 6:00 pm

### July Birthdays

Paisley W. - July 7

Bennett B. - July 10

### Student of the Month



Scarlett G. is our Student of the Month for July! She is a great helper and always shows kindness to all of her friends.

## Teddy Bear Picnic Day

Thursday, July 10

