



Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

NOVEMBER 2022



Finding a Work/Family Balance

Is it possible to have a career and be actively involved with your family? Many moms have proven this is not only possible but also rewarding. Here are a few tips to make the "juggling act" a little easier.

- Don't feel guilty for the choices you make. Be confident that you can be successful in finding a balance that benefits your whole family.
- Find ways to save time, such as ordering groceries online, using curbside pickup and preparing lunches the night before.
- Reduce distractions and time wasters. Limit socializing, social media scrolling, phone calls and television so your time is focused on the important things.

- Plan special family activities that everyone can look forward to and create memories that last forever.



- Stay organized using calendars and lists and plan ahead to avoid last-minute panics.
- Share the housework, with even the youngest in the house pulling their own weight. Everyone

wants to feel useful and valued.

- Learn to turn down some activities if they cause more anxiety than enjoyment. Overbooking takes all the fun out of an experience.
- Lower your expectations and know that you don't have to be perfect all the time. Find time for yourself to rejuvenate.
- Don't forget that you can trust Endless Discoveries to provide the best possible care for your child while you turn your full attention to your job. With our flexible hours, low teacher-to-child ratio, and clean and safe environment, your child can benefit from learning through play with friends.

November Birthdays

Jace W. - 11/2
Elanie V. - 11/4
Henderson G. - 11/7
Charlie M. - 11/7
Teagan T. - 11/8
Quinton G. - 11/10
Ellis T. - 11/10
Graceyn G. - 11/18
Archer G. - 11/18

Character Trait

This month's Character Trait is Perseverance, doing what's right even when others are not and pushing to reach your goals. The best way to teach your child about perseverance is to model good behavior.

Staff Birthdays

Ms. Tiffany - 11/24
Ms. Christine - 11/25

Happy Thanksgiving



This month's theme is "It's Chow Time." We will be talking about healthy eating, family traditions and being thankful.

Our Thanksgiving Feast will be on Friday, November 18, at 11:30. Parents are welcome to join us.

Special Holidays

Veterans Day - November 11
World Kindness Day - November 13
Thanksgiving - November 24

Reminder

We will be closed on Thanksgiving Day and the day after, November 24 & 25.