



Preschool

Word To Parents

Mount Dora Christian Academy

December 20, 2018

The holidays are here! Sometimes the hustle and bustle can catch up with your child. Here are some tips to keep your little one jolly.

- **Stick to your child's schedule as much as possible.**

It's OK to relax the rules a little bit during the holidays, but kids still need structure around meals and bedtimes. Too much stimulation and not enough rest can lead to meltdowns at the most inopportune times.

- **Be intentional and prioritize what's important.** Decide what memories you want to make this season and make sure to plan those events in advance.
- **Involve your kids in holiday planning.** Let them help wrap presents (or at least put on the bows), cook a dish for the family, or decorate part of the house. They are more likely to let you finish a task if you engage them in it.
- **Send the kids out.** Sometimes you do need a few minutes of quiet, which can be hard in a house full of kids. Set up a play date or have them stay at a friend's house for a few hours, but don't forget to return the favor.
- **Remember that when children are involved, things may not go as planned.** Things may not go exactly as you wanted. Simply focus on enjoying the season and making memories with your family.

Merry Christmas and Happy New Year!

Important Dates:

Winter Break
December 22-Jan 3
The Preschool will be open Jan. 4.

January 23
No School
MLK Jr. Day

Lunch Menu
Friday, January 4
Pizza
Cheddar Chex Mix
Bananas
Milk

Lunch Menu for Week of Jan 7-11

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburgers Potato Wedges Blueberries Milk	Spaghetti Garlic Toast Green Beans Pears Milk	Mini Corn Dogs Chili with Beans Oranges Milk	Chicken Tacos Refried Beans Corn Strawberries Milk	Pizza Cheddar Chex Mix Bananas Milk Menu is subject to change due to availability.