

# September 2019

Opportunities for parents and care givers to network with others for free,  
 while enjoying their children's safe play.  
 For children birth to age 5.







**9:00 Welcome**    **9:15 Activity**  
**10:00 Snack**    **10:45 Story**

## Giggles 'N Grins

**Lakes Region Community Services**  
**Family Resource Center**  
 719 North Main Street  
 Laconia, NH 03246  
 603-524-8811



Giggles n Grins is a  
 Peanut-free area.  
 Thank you.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>Labor Day</b> FRC <b>Closed</b>	3 9-11AM Playgroup Playdough	4 9-9:45AM <b>Happy Sounds</b> Sharing Music & Movement	5 9-11AM Playgroup Apple pizzas	6 9-11AM Playgroup Apple Sorting	7
8	9  <b>Traveling Playdate</b> Meet us at Opechee Park Playground 9-10AM Weather Permitting	10 9-11AM Playgroup Apple Lacing	11 9-9:45AM <b>Happy Sounds</b> Sharing Music & Movement	12 9-11AM Playgroup Apple Volcanoes	13 9-11AM Playgroup Poking Bin	14
15	16  <b>Traveling Playdate</b> Meet us at Wyatt Park Playground 9-10AM Weather Permitting	17 9-11AM Playgroup Tear & Paste Creations	18 9-9:45AM <b>Happy Sounds</b> Sharing Music & Movement	19 9-11AM Playgroup Bobbing for Apples	20 9-11AM Playgroup Apple Stamps	21
22	23  <b>Traveling Playdate</b> Meet us at Tardif Park Playground 9-10AM Weather Permitting	24 9-11AM Playgroup Leaf Printing	25 9-9:45AM <b>Happy Sounds</b> Sharing Music & Movement	26 9-11AM Playgroup Apple Playdough	27 9-11AM Playgroup Peeling Tape	28
29	30  <b>Traveling Playdate</b> Meet us at Leavitt Park Playground 9-10AM Weather Permitting					

LRCS is proud to be a smoke-free, substance-free campus. Thank you for helping to keep our building and grounds a safe & healthy environment for all.



## *A little bit of this and a little bit of that* Helpful Tips and Ideas for Parents

### Back-to-School: Switching Gears Smoothly

Wasn't it just yesterday that summer began?! Like it or not, the long hot days of beach splashing, sandcastle building, and drippy popsicle-ing are almost over. But with every ending comes an opportunity for a new beginning. Here are a few thoughts that may make the back-to-school transition a successful one for the whole family:

- Routines (like bedtime) will likely need to be adjusted...start a few weeks ahead and make small changes slowly.
- Leave time for a healthy breakfast every morning.
- Create after-school routines that offer a balance between structured and unstructured time. Avoid "over-scheduling" children with too many extra-curricular activities.
- Recognize that your child may have mixed emotions about the new school year. Encourage him to share his feelings and talk about strategies for coping with them.
  
- Establish an open line of communication with your child's teacher early in the year...you're all in this together!
- For more information, "Aha Parenting" offers a great article, "Preparing Your Child for the New School Year" at:  
<http://www.ahaparenting.com/Ages-stages/school-age/Preparing-kids-child-New-School-Year>



### Picky Eaters

Are you pulling your hair out trying to please a picky eater in your household? Try these tips!

- Look for patterns in what your child will/won't eat...it may have less to do with flavor and more to do with texture. Does she only eat foods that are crunchy/soft/warm/cold? Use those patterns to broaden your child's selections.
- If your child tends to snack between meals, offer healthy choices (fruits, veggies, cheese, nuts, etc.) rather than empty fillers. He may eat less at mealtime, but achieve a healthy balance across the day as a whole.
- Increase your child's "buy-in" by letting him help you plan the menu, shop for ingredients, and prepare the food. Check out this great video clip for more helpful tips!  
[https://www.youtube.com/watch?v=xSRbj\\_LICro](https://www.youtube.com/watch?v=xSRbj_LICro)



YOU CAN'T POUR  
FROM AN EMPTY CUP.  
YOU HAVE TO TAKE  
CARE OF  
*yourself*  
FIRST