



**EMPLOYEE OF THE  
MONTH**



**Clyde Calloway, SRNA**

**Employee  
Anniversaries**

Kacy J.      5 yrs.

Nicole C.    1 yr.

Morgan F.   5 yrs.

**February  
Children's  
Birthdays**

Mayllin



**Employee  
Birthdays**

Claire S.      2/11

Glendale F.   2/26

February 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Instruments Week →	8	9	10	11	12	13
14 Songs Week →	15	16	17	18	19	20
21 Sound/ Movement Week →	22	23	24	25	26	27
28 Dance Week →	February Theme: Music					



# Building Resilience

During the COVID-19 pandemic there has been a lot of uncertainty. There has been disruption in our everyday lives. This affects adults as well as children. Here are some tips to help get through these tough times.

Scan for additional information about parenting during this tough time:



**Learn to forgive yourself.** Focus on the good and realize that perfection is not an option here. By modeling this behavior, your child will learn to be a bit gentler on themselves.

**Learn to empathize.** Try to genuinely understand someone else's point of view. This is a great way for children to gain this perspective by witnessing it first-hand. When you work to understand your child's feelings and thoughts you are building up their empathy for others.

**Process and release emotions.** Children learn from us that emotions are normal and talking about them is necessary to heal.

**Create a safe haven within your home.** With peace in our homes, we can better handle the outside world.

**Be a calming presence for others.** A reassuring voice can make all the difference.

**Maintain your physical health and you will strengthen your emotional health.** Strong bodies support our minds to navigate the issues we face.

**Do not think worst-case scenario, stay present and live-in reality.** Let children know that they will get through this, with you by their side.