

## Important Dates

April 2: Summer Camp Registration Begins (Early Bird Pricing).

April 2-6: Spring Break at Douglas Glen.

April 13: Last Day for Early Bird Pricing.

April 20: PD Day. No School.

April 30: Summer Camp Registration Opens to the Public.



March has come and gone and despite yet more snow in the upcoming forecast, the weather is starting to be more amicable.

We have sent out the summer camp packages and expect camp spaces to fill up quickly. If you are in need of summer care we suggest getting your registration in as soon as possible. We are accepting registrations starting April 2 and registration opens to the public on April 30th.

We had a great time at Cardel Rec on March 23 and have lots of fun activities planned for spring break. Follow us on Facebook for program updates, volunteer opportunities, and pictures of the things we get up to.



April is Stress Awareness Month and often as adults we tend to view the world of children as happy and carefree, but every child has worries and feels stress to some degree. Stress can affect anyone who feels overwhelmed — even kids.

Many kids are too busy to have time to play creatively or relax after school. Kids who complain about all their activities or who refuse to go to them might be overscheduled. If stopping isn't an option, explore ways to help manage your child's time to lessen the anxiety.

Kids' stress may be intensified by more than just what's happening in their own lives. Children will pick up on their parents' anxieties and start to worry themselves if they hear their parents talking about troubles at work, worrying about a relative's illness, or arguing with their spouse.

World news can also cause stress. Seeing disturbing images on TV or hearing talk of natural disasters, war, and terrorism may cause worry about their own safety and that of the people they love.

Things that aren't a big deal to adults can cause significant stress for kids. Let your kids know that you understand they're stressed and don't dismiss their feelings as inappropriate.

Children who are stressed may begin to lie, bully, or defy authority. A child who is stressed may overreact to minor problems, have nightmares, become clingy, or have drastic changes in academic performance.

If you need help finding resources for your child, consult your doctor, teachers at school, or an early childhood professional.