



May 2015

### Message from Head of Center

***“We cannot always build the future for our youth, but we can build our youth for the future.”***  
*— Franklin D. Roosevelt*

*Dear Parents,*

*We have now begun our summer vacation and we hope you are all having a wonderful time. Although the holidays are meant to be for relaxation and rejuvenation, they can bring varying degrees of stress to parents. The routines that organize our lives will diminish once schools close. Bedtime grows later, and playtime grows longer. This tends to bring about a certain deal of stress to all parents, as they feel the need to change and adapt to the shift in routine. In order to help you cope with the holiday stress, we have put together a few tips that will make these holidays as productive as possible for both you and your children.*

***Leave the rule book at home while travelling:** When parents travel to spend the holidays, they sometimes try to use "home" rules for parenting. But children and parents both experience very different demands than when at home. Grandparents want to stay up and talk to the little ones. Aunts and uncles spoil children with candy and attention. Parents can find joy by leaving the rule book at home. Relax and allow the laughter and smiles from your children become more important than keeping order.*

***Give kids some down time:** Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book.*

***Sleep is important:** While it may be exciting to stay up late, lack of sleep often leads to increased irritability. Make sure your child gets the adequate amount of sleep, which will help them stay active and refreshed throughout the day. Also consider the option of afternoon naps.*

**Encourage Activities:** Summer vacation is an excellent time for children to explore topics that interest them, but that they may not have the opportunity to delve into during the school year. Arts such as music, dance and painting may be interesting. Sports are important too as they offer physical exercise to your child's body. Reading is a very important and enjoyable aspect of the holidays. Encourage the children to accompany you to the library and pick up books that they might enjoy reading. You may even chalk out a reading list with them, and allot time during the day when they can do it, such as before bedtime, after a morning sport, etc. Learning a new language is another culturally engaging activity.

**Involve your child in minor chores:** Expecting your child to wake up like they do during school time would be unreasonable, so set a schedule that involves some minor chores. Explain that if they pitched in, you could have less to do around the house, and possibly enjoy some family time together later in the evening by catching a movie or just hanging out at the park or the mall.

**Insist on physical exercise:** Vacation time is when kids develop inclinations to turn into couch potatoes. Shove them out of the house to pursue physical activities. It could be swimming, or a neighborhood cricket match, or even a dance class. Whatever keeps them more active and less sloppy!

**Lay out a balanced diet:** Children are highly prone to incline towards junk food during the holidays. It is better not to leave bags of chocolates and chips lying around the house. Make sure your child's everyday meals include a wholesome and balanced combination of protein, vitamins, fibers, minerals and carbohydrates. Make fruits and vegetables as palatable as possible. However, do not get too strict with their diet plans, as they are in fact, on vacation, so the occasional ice cream or pizza may be allowed.

***Don't over schedule:** You may not be able to see everyone or do everything that you had planned out. Kids can easily get burned out, overtired and cranky during the holidays. You may sign them up for summer classes or camp, but make sure you don't burden them with activities they won't enjoy.*

***Pay Close Attention:** Parents find themselves scattered over the holidays. Sometimes we forget that children need our time more than ever when things become hectic. We can give the gift of attention every day, without paying a penny to a toy store. Parents will find joy in the way a child's eyes light-up during the 15 to 30 minutes set aside to read together or play a simple board game. Those few minutes lay the foundation of connection to children, and show love more than any train set or teddy bear.*

*We hope these parenting tips assist in letting you have a stress-free holiday and your children in having a complete, fulfilling and enjoyable one. We also encourage you to cultivate moral values in your children during this period. Staying at home may make them prone to irritability and temper tantrums. Make sure you inculcate patience, tolerance and spiritual beliefs. Explain to them the importance of praying every day, or doing a good deed. Instilling such values help the children grow into stronger, more socially conscious individuals.*

*That said, we would once again like to wish you a very happy holiday! We will see you all again upon re-opening, hopefully refreshed and rejuvenated from a relaxing vacation.*

*Sincerely  
Kiranmayee*