

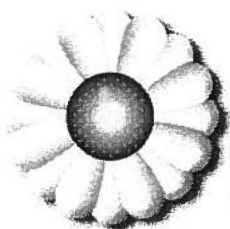


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Child Development Center

Newsletter

JULY 2013



HOME—SCHOOL—CONNECTION

CONTACT INFO:

FAMILY SERVICES

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Child Development Center

(951) 304-1623

Room 4: ext. 2112

Room 5: ext. 2113

Room 6: ext. 2114

Room 7: ext. 2177

Room 8: ext. 2115

Room 10: ext. 2176

Room 11: ext. 2168

Room 12: ext. 2167

Room 207: ext. 2128

UPCOMING EVENTS

July 4 - HOLIDAY

No School.

Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at www.murrieta.k12.ca.us under Family Services Department



10 Tips for a Single Parent

- 1. Take Care of Yourself**—Single parenting is tough work. It can often feel like you have no life. Part of being a good parent means feeling good about yourself, so don't neglect your own needs.
- 2. Accept Help**—You simply can't do everything by yourself. Have your family and friends help when they have time to help. Try not to feel guilty about things you can and can't do without a partner in your life.
- 3. Hold On To Family Time**—One of the best things you can do for children is to spend time with them. Even if you are busy juggling work, school and home, try to take time out every day for your children no matter what.
- 4. Listen To Your Children's Feelings**—Give them one-on-one time to talk to you. Be honest with them and let them know what's going on with the family. Provide a loving, supportive home. It is the most important thing you can do to help children grow up well-adjusted and happy.
- 5. Be Happy About Having Children**—Parenting is a hard but rewarding job. Even if you are single, you can still be excited to have children to bond with, to love, and to watch them grow.
- 6. Keep Structure In Your Lives**—Children thrive on routine which makes them feel secure. So have a regular daily routine as well as a regular bedtime. Stick to your rules, and set a good example yourself.
- 7. Discipline Your Children**—Discipline means to teach, not punish. Be consistent, and set limits.
- 8. Let Your Children Be Kids**—Children need to have a childhood and to develop naturally. Don't push them into being little adults because you need them to be.
- 9. Be Optimistic**—Children are affected by your moods and attitude. Don't take frustration out on them. Take a day or a week at a time, and deal with immediate issues.
- 10. Manage Your Money**—Lack of money is often stressful for single parents. Write out a budget and see exactly what you need to live on. Consider renting out a room if you have the space.

Resources: www.noodlesoup.com



Ms. Laura

Hi. My name is Laura Smith, and I've been working at MVUSD since August 2012. I was born and raised in Indiana before moving to California in 2008, due to my husband's military career. I'm passionate about Psychology, spiritual truth, and overall health & well-being. So, my career goal is to work at my church as a Marriage & Family Therapist. I hold a Bachelor Degree in Psychology, and I hope to pursue a Master Degree in Clinical Psychology next year, in order to reach my goal. In my free time, I love spending time with my husband and friends, reading, working out, cleaning, organizing, and pursuing my passions.