



# PGLC FEBRUARY NEWSLETTER

## Conscious Discipline Focus: Calm Breathing

At school, children are practicing calm breathing to help them feel safe and relaxed when emotions feel big.

### Try This at Home

#### Balloon Breathing

1. Pretend your child's belly is a balloon
2. Breathe in to fill the balloon
3. Breathe out slowly to let the air out

#### Name the Feeling

Say: "I see you're feeling upset. Let's take three deep breaths together."

#### Model Calm

Let your child see you take deep breaths when you feel stressed.

## Upcoming events

- February 2<sup>nd</sup> - Fundraiser starts
- February 6<sup>th</sup> - Date night (Grand Chute location)
- February 12<sup>th</sup> - Valentine's Day parties
- February 13<sup>th</sup> - First reading base due
- February 20<sup>th</sup> - School-Age summer interest forms due
- March 2<sup>nd</sup> - 6<sup>th</sup> - Read Across America Week

## Center News:

We're excited to share a few updates happening around the center! Fang's Reading Club is in full swing! Remember to keep track of the number of books that you are reading with your children to get those free tickets for our May game! We're also kicking off our Little Caesars Fundraiser, which will help support upcoming programs and activities—thank you for your continued support! This will go from February 2nd–March 4th. Lastly, Summer Interest Forms for school-age children are due by February 20th. Please be sure to return your form by the deadline so we can plan appropriately for summer programming.

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Check out our new website!  
<https://www.playandgrow.net/>

