

Y-KIDS' Club Family Newsletter

February
2009

Is it really February? Of 2009?

If you are like me you are probably just now adjusting to writing '09 on checks and paperwork. And now we have to put 02/09 on everything instead of 01/09!

Transitions

I want to apologize for the lack of newsletters these past two months. I have been going through a lot of transitions. To name a few, still adjusting to this new position, having our first child, which leads to becoming a parent and being on maternity leave. I have also watched a dear loved one go through her last days battling cancer. December and January have had me on my toes and running around like crazy. You should expect a monthly newsletter from now on—arriving on the last week of the previous month.

The Love Month

February is known for Valentine's Day and we think of it as the love month. Becoming a parent has showed me a whole new depth of love and I can't wait to see how that will grow and change as my son grows.

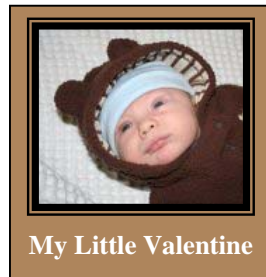
You know they love you but do you ever feel like your spouse or child doesn't love you or that they don't appreciate or really feel your love?

There's a book by Gary Chapman, called "The Five Love Languages." Check it out at the library for some insight into the different ways people express and receive love. You will be surprised to see how close it hits home and how practical it is.

Spend some quality time this month to intentionally speak to your child's "love language."

Have a wonderful Valentine's Day!

Alana Murphy



Important Dates:

- Feb. 3—**WES site in gym due to DARE graduation**
- Feb. 12—**12:30 PM Dismissal remain at regular sites**
- Feb. 13—**Full day @ YMCA**
- Feb. 19—**Full day @ YMCA**
- Feb. 20—**Full day @ YMCA**
- Feb. 26—**WES site relocate to the YMCA due to Early Education Center function**
- March 16-20—**Spring Break**
We will run over Spring Break if we have enough families that sign up. The sooner everyone RSVPs to the site the sooner we can get the word out as to whether we will have the program or not.

Important Numbers:

Site Phones

EES Site: 620-245-1892

WES Site: 620-245-1894

Program Director, Alana Murphy

Office: 620-241-0363

Cell: 620-245-4142

Valentine's Day Family Fun

Making V-Day Special for Your Child

Start with the Bathroom Mirror

The bathroom mirror is the first thing most people see in the morning. Take some time the night before and write a special greeting for your child in lipstick or dry erase marker. "Your are my Love", "Happy V-Day" or "I love you Kiddo" all make perfect greetings.

Valentine's Day Breakfast

Make a special set up on Saturday morning. Cover the table with a sheet then sprinkle it with the Valentine's Day cards your child received at school and conversation hearts. Make toast, pancakes, or French toast and cut them into heart shapes.

Quality Time

Try to block out an hour or two where you can have some one on one time with each of your children. Read a book together, walk in the park, play a board game, anything that shows them that you love them.

What if I'm not a mushy & emotional person?

You can pretend can't you? The cheesier the better! Just kidding. Spending time with your child is the most important thing! I don't remember (and you probably don't either) the exact details of family memories and your kids won't either. Your child will remember your special V-Day for a long time and look forward to it next year!

Our Gift To You!

In collaboration with the McPherson Family Life Center the Y-KIDS Club is going to host a series of parenting classes for Y-KIDS parents on Mondays in March and April.

Suggested topics include Discipline, Step-Family Dynamics, & Marriage *After* Children.

Please let me know if you would be interested (*or are not interested*) in these parenting workshops by emailing or calling me with your response as soon as possible.

Visit www.MacFamilyLife.org for more information about the McPherson Family Life Center and classes that are coming up.

Contact Jodi Dykesinger at 241-9590 at the Early Children Center for a class starting Monday, Feb. 2 about Step Family Dynamics.

