



Saint Luke's Children's Center

Happy May,

First of all, a big thank-you to all our families for following the weekly new set of rules from the governor on keeping everyone safe. Please keep wearing masks when you come in with your children and take their temperatures every morning prior to leaving your home.

Unfortunately we are unable to celebrate our normal events for May and now this includes the month of June. Our wonderful performances by the children for their Mother's Day's program, Graduation, Vacation Bible School, Trike-a-Thon for St. Jude's and Father's Day breakfast will be missed. Hopefully soon things will get back to a somewhat normal status and we can enjoy our traditions with the children once again.

We hope all is well with you. We also hope during these unsettling times you find a way to make the most of watching your children develop into their own magical little blessings.

Please if you have any questions or concerns contact me through our email: director@stlukeskids.org

Sincerely,

Diane Van Horn

Center Director



SLCC SOCIAL BUZZ

May 2020

Issue 33

DATES TO REMEMBER

May 1—Pajama Day

May 4—Star Wars Day

May 5—Teacher Appreciation Day

May 15—National Pizza Party Day

May 25—MEMORIAL DAY, CENTER

CLOSED

May 26—Summer Camp Starts



Out of the Mouth of Babes

Child 1: I can spell my mom's name!

Teacher: Oh, yeah? How do you spell it?

Child 1: M-O-M

Child 2: That's how you spell MY mom's name too!

Stress Management and Prevention

"Psychological First Aid Kit"

Build a psychological kit: What are you going to do when you feel stressed? (The goals are: feelings of safety, calm, connection, efficacy, and hope.)

Look for reminders of your safety. Only check news sources once a day and limit it to the same news source to avoid overload.

Block out times during the day where you don't think about what is stressing you (example, corona virus), staying off social media, email and texts and take care of yourself (and your family).

Do things throughout the day which calm you, and get enough sleep at night. Meditation and deep breathing are also stress relievers.

"Efficacy" - do something you can accomplish to ensure a feeling of efficacy. Gardening, organizing parts of your home, organizing areas of your office, classroom, etc.

Helping others -- Donate blood, donate your time as a volunteer, help an elderly neighbor (when it's safe to do so).

Inspire hope within yourself -- Recognize that a going through a hard time is a type of a grieving process and you will pass through it. Share positive stories with others, look for humor in situations, do something which encourages connection with others. Choosing these things facilitates your brain looking for the good in situations.

Ms. Karen Kramer

Taken from: <https://www.outsideonline.com/2411905/psychological-first-aid-mental-resilience>



THIS MONTH'S IDEA COMES FROM **MS. KAREN!**

PLEASE EMAIL DIRECTOR@STLUKESKIDS.ORG WITH ANYTHING YOU WOULD LIKE TO SHARE
WITH OUR OTHER FAMILIES! THANK YOU!