



# OPT Newsletter

*The mission of the Organization of Parents and Teachers is to strengthen the parent-teacher connection and assist with the children's overall preparation for success*

Young Horizons Child Development Centers Long Beach, CA [www.younghorizons.org](http://www.younghorizons.org)

## OPT News

The month of April has ended and we are so amazed and appreciative for all the support from parents, board members and community members.

In the month of April, Young Horizons was able to take more than 300 children on very special field trips to the California Science Center, the Aquarium of the Pacific and the Cabrillo Marine Aquarium. All of this was possible with the fundraising that parents, staff and community members were able to help us with. Also, we truly appreciate our parents' help for participating as chaperones on field trip days.

On April 20<sup>th</sup> we had our fundraising night at Chuck E. Cheese's in Downtown Long Beach. We were very happy to see so many families from all YH centers participating. We will be receiving a final check from the Chuck E. Cheese's restaurant in about 2 weeks and we will be sharing the results. I would like to personally thank the OPT Board for choosing this type of fundraiser and bringing our families together.

It is already May and Preschool graduations are just around the corner. We have placed the cap and gown orders and will be distributing all orders during the last two weeks of May. We would like to thank parents for submitting their orders in a timely manner and Site Supervisors for working with parents to complete the orders.

Another important and fun event that is coming up is our Annual Family Picnic at Recreation Park on June 3<sup>rd</sup>. Be sure to join us for a Saturday of food, fun and entertainment. We welcome your favorite dish to this potluck-style event and hope you can join us. Flyers will be at the centers very soon.

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All centers will be closed on Monday, May 29<sup>th</sup>, 2017 in observance of Memorial Day

## Monthly theme: "Wonders of the Sea"

May 2017

Did you know there are 1 million known species of plants and animals living in the ocean? Did you know that experts believe there are more than 9 million new species to be discovered?

This month's "Wonders of the Sea" theme is a favorite among the children at Young Horizons. We will be "diving in" to the sea to learn about the creatures and plants that live there and how we as humans may affect the places where they live.

The children will be singing *Slippery Fish* to discuss the seashore, coral reef, tide pools and sea animals that can be seen in the ocean so the next time they visit the beach they will have a better understanding of the habitat's functions.

### Fun Fact:

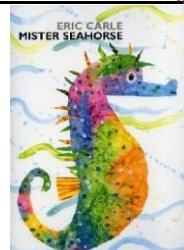
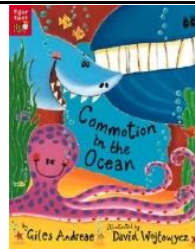
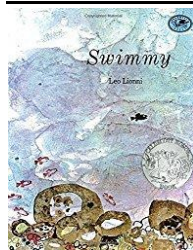
Life in the ocean depends on energy. No animal can move or grow without energy. Most ocean animals get their energy by eating plants or other animals. The connection between organisms based on the transfer of energy is called a food chain or a food web.

Recommended books for the month of May include the following:

*Commotion in the Ocean* by Giles Andreae

*Mr. Seahorse* by Eric Carle

*Swimmy* by Leo Lionni



## Week of the Young Child 2017



### Cooking Experience

May 23<sup>rd</sup> Snack: Gone fishing (Yogurt, pretzels and fish crackers)



## Your Past, Your Parenting

Does the stress you experienced as a child affect your parenting? It certainly can, according to the Centers for Disease Control (CDC)-Kaiser Adverse Childhood Experiences Study.

More than 20 years of studies found that early stressors — known as ACEs, or adverse childhood experiences — are linked to challenges later in life. Those challenges include higher risk for issues including depression, struggles with alcohol and other substances, experiencing violence and having difficulty with trusting relationships later — all of which can impact parenting. People who were stressed at an early age are also more likely to develop a wide range of physical illnesses as adults.

ACEs are traumatic — and common, with more than 60% of adults surveyed reporting one or more stressful experiences as young children. ACEs include experiencing or witnessing physical, sexual, and emotional abuse and/or neglect; having a family member who is depressed or addicted to alcohol or other substances; and losing a parent to separation, divorce, or another reason.

Understanding your own past can help you become more conscious about parenting. According to a recent ZERO TO THREE National Parent Survey, 90% of parents report that the way they were raised influences their own parenting. And about half say that they are more positive and present with their own children, using less harsh discipline.

How do you want your child's experiences to be different from your own? While ACEs can impact generations, parents who once experienced ACEs can change their own response to stress through self-care. Despite the past, you can become healthier and less stressed through exercising, eating nutritious food, getting enough sleep, having positive relationships with others, getting support and help when needed, and parenting the way you always wanted to.

**Talking with someone.** Experiencing ACEs as a child makes the difficult job of parenting even more stressful. And it can feel isolating: About half of parents say they don't get the support they need when they feel stressed, according to the ZERO TO THREE survey. But counseling can help. If you had a tough time as a child, speaking to a professional to process your experiences is a big step in feeling less stressed — and becoming a great parent.

## OPT Annual Family Picnic 2017

Recreation Park

4900 E 7th St, Long Beach, CA 90804

10:00AM-2:00PM

Bring your favorite dish!



Have you received a text message from Young Horizons? We will now be using Remind to contact our parents for important announcements.

Stay up to date by texting your center's keyword to **81010**

Kohn Center: **@yhkohn**

Central Pacific Center: **@yhcentral**

North Pacific Center: **@yhnorth**

Ludloff Center: **@yhludloff**

Grisham Center: **@yhgrisham**

Questions: Call Javier Zamorano at 562.437.8991 x14

Happy  
Teacher  
Appreciation  
Week!



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