

1. Make gifts utilizing inexpensive supplies.
2. Do something nice for an elderly friend or neighbor.
3. Send greeting cards or letters expressing good wishes to people in the military.
4. Do a kind deed for someone who is ill.
5. Let your child help you with some of the responsibilities of the holiday season.
6. During the holidays have your child talk to older relatives about traditions from their childhood.
7. Give your child a coupon to give another person that notes a task he/she will do for that person.
8. As a family, choose and attend a special holiday event together.
9. As a family, discuss what you can do for others during the holiday season.
10. Encourage your child to invite a friend to participate in some of your holiday activities.

CHILLY WEATHER – As the weather gets colder, please remember that we go out to outdoor recess when the temperature is 32 degrees or warmer. Please have your children dress warmly enough to be outside during the chilly weather.

SCHOOL BUS RULES – Here is a quick review of some bus safety tips. Please discuss these safety rules with your children. Students should exhibit the same conduct on a school bus as they do in the classroom. Cooperation with the bus driver is expected just as it is with the teacher. Bus drivers and school officials are the only ones who can assign specific seats to students.

At the bus stop, students should:

- Arrive five minutes before the scheduled time and board promptly without pushing or shoving
- Be considerate of adjacent yards, driveways, houses or buildings
- Stay out of the roadway
- Move toward the bus only after it stops and the door is opened
- Ride only the bus to which they have been assigned

YMCA WORKSHOPS –

Dealing with a Strong Willed Child

Do you sometimes feel your child is more determined, more sensitive, more argumentative, more volatile than others? Come and learn how to turn these strong characteristics into positive attributes and make day to day family living more tranquil. Monday, January 11 7:00 - 9:00 p.m. Free. Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Ten Reasons Children Don't Succeed... and Eleven Things Parents Can Do

Come to this parenting skills workshop to discover common pitfalls of parenting that deprive children of the opportunity to succeed with daily tasks of living. Parents will learn strategies for helping kids become more confident, courageous, capable and caring. Wednesday, January 20, 7:00 – 9:00 p.m. Free. Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

Parenting Without Threats and Bribes

Parenting tools will be the focus of this how-to workshop. While the use of rewards and threats in disciplining may be effective in controlling behavior in the immediate situation, over time it can decrease mutual respect in the relationship. Come learn alternative approaches. Tuesday, January 26, 7:00 - 9:00 p.m. Free. Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda

Choosing, Making and Keeping Friends

Parents will learn how to help their child assess social situations, strategize ways to have more positive interactions, recognize and read social cues, and feel better about him or herself. Monday, February 1, 7:00 - 9:00 p.m. Free. Donations appreciated. Potomac Library, 10101 Glenolden Dr., Potomac

SPECIAL TIGER TAILS THANK YOU TO:

- **Nina Seibert** for helping out in the health room!
- **Melissa Tritto, Alison Glaser, and Michelle Birnbaum-Daoust** for providing sweet treats for staff!
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- **Shelly Shapiro and Margie Lazzaro** for the amazing Sally Foster sales!