

CONNECTIONS

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What Children Learn from Us

Adapted from Hey Sigmund, May 2018

Kids don't miss a thing. Not a single thing. At the top of their job description is to learn as much as they can about the world around them and they do this beautifully. As much as they are sponges, they are also mirrors. One day you go to redirect or correct them and you realize, "They learned that from me" - the good things and the not-so-good things. I didn't tell them. I didn't teach them. I just "did".

Watching the way we relate to the waiter, the person who gives way to us in traffic, the person who doesn't, the people with influence, and the people with none, will help them realize the power of their own humanity, and that they are a part of something bigger, not above it, and not separate from it. It starts with an attitude that they'll pick up from us - that everyone matters, or not. This will filter through to the way they respond to the world, and whether it's with kindness, generosity, empathy and compassion, or with arrogance and indifference.

All of us have moments (days? lives?) where pride, grace and dignity take a battering. Sharing our own stories about when things don't go as planned will help strip the shame from theirs, making them

less critical and judgmental of themselves, and others.

What we attend to is what will become important for them. If we lose it when they bravely fess up to a stupid mistake, keeping secrets will become more important than honesty and courage. It means we must respond to what they do in such a way as to reinforce the values we want to teach. Sometimes that might mean letting go of what they've done wrong, in favor of reinforcing what they've done right.

Bad days are inevitable, but they don't mean a bad life. Let them see how you deal with your bad days. If they can see you acknowledge them, move through them and get back up, then they'll be more ready to do the same with theirs, without being crumpled by the heaviness of it all.

Do you laugh with them? At yourself? Are you silly with them sometimes? Spending time with your children demonstrates their value to you. It is who or what you spend the most time with that demonstrates what your priority is. Hopefully it is them and not your phone/computer, the television or chores.



Summer Session Lottery

Monday, June 18

12:00pm

Our Summer Session will be held from July 2-August 9.

Our schedule is enclosed and will also be posted on our Facebook page. Please contact Joan at

(781) 925-4400x1108 or jmacdonald@town.hull.ma.us with any questions.

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Published by Joan F. MacDonald

Coordinated Family and Community Engagement Grant



Tee Ball sign-up has started for children ages 3-5 years.

Games are every Tuesday & Thursday from 6-7pm from July 10-August 14 at Friends Park. Register online at

<http://hullteeball.org/>



Soccer sign-ups for next fall and spring are under way!

Children must be 3 years by September 1, 2018 to sign up for the once per week Guppy Soccer program. The program will meet for 6 weeks in the Fall 2018 and then 6 weeks in the Spring 2019.

<http://tshq.bluesombrero.com/Default.aspx?tabid=2291962>

How To Make The Best of Summer

Adapted from Creative Child, May 2018



Great summers are a mix of creativity, adventure, togetherness, and downtime, and it all begins with a good plan. Here's how to make the most of summer with your kids. Start planning now! Get out your calendar and pencil in your big to-dos like that beach vacation or concert you don't want to miss. Look around locally for summer happenings and add what interests you to your calendar. Block out a few days for a road trip to nowhere (or somewhere!) and then intentionally shade in a good amount of free, no-plan, no-fuss days.

Plan at least one unforgettable adventure! Take a road trip. Nothing screams adventure quite like throwing a few packed bags in the trunk and hitting the open road with your family - windows down, music up. If you have a destination in mind, great! But sometimes the grandest adventures are spontaneous. Go where the road looks the most interesting. Stop at small bakeries and new parks. Visit other beaches, playgrounds, and hiking trails. Sit on the hood of your car with a pizza and watch the sunset. Sleep under the stars. Wander where the Wi-Fi is weak!

Make a memorable bucket list. Making a bucket list ensures good amount of togetherness and summer fun while giving the kids lots to look forward to and check off. It feels good to check something off a list! Since children are visual, an easy way to do this is to hang a poster board on the wall and draw a line down the middle. On the left, write TO DO and on the right, DONE. Write your ideas on post-it notes and place them all on the TO DO side. Simply move them over as you complete them.

Keep busy boxes handy. It's good to be bored sometimes. That's where curiosity is often born! But no parent wants to hear, "I'm so bored" on repeat. Make up a few busy boxes for "emergencies." Depending on the age of your child, one box might include craft supplies, another box could have a new coloring book with crayons, and another might have play dough or baggies of LEGO bricks to create from. Making a few busy boxes up before summer arrives will save a bit of your sanity this summer!

Leave lots of space for free time. In between adventures, stargazing, roller coasters, and lemonade stands, save a good amount of summer hours to do absolutely nothing but unwind and just be. That way, in between all of that summer discovering, kids can have time to discover themselves.

Hull Family Network

Note from the HFN Coordinator:

Joan F. MacDonald, jmacdonald@town.hull.ma.us

June is the start of summer and I am ready after a cool spring. I am hoping for sunshine and a good beach crowd to support our participation in Hull's Kitchen and HK Too's Wacky Wednesday. Every Wednesday from May to mid-August they will donate 10% of their sales to a non-profit from Hull. If you enjoy lunch or dinner out, please consider going there on Wednesday, June 20th. Thank you and thanks to them for the support.

We are waiting to hear on the grant approval and its final amount, but anticipate it will be for the same amount as last year. This will mean that we will be fundraising during the summer and fall to fully fund the program for the year. This is a result of a 5% cut last year following several other cuts over the past 16 years.



Parenting Differences

Adapted from Grandma Says, Growing Together, May 2018

There is no question that fathers and mothers generally have different approaches to parenting, and this is, in fact, a good thing for children, not something to be changed arbitrarily.

Because of the biology behind the mother-child relationship, mothers often adopt a gentle, caring relationship with their children, being very tuned in with them emotionally, and protective both physically and emotionally.

Fathers generally adopt a bigger picture stance, being somewhat more demanding and offering real-world high expectations. Their interaction with their children may involve more risk-taking and more physical rough and tumble.

Naturally, these are generalizations, and may vary widely depending on individual personalities and circumstances. In addition, each partner brings their own life experiences and role models as they formulate their characteristic ways of behaving and views about parenting. All of these contributions work to support the healthy growth of children. Children need both the daring of physical risk and the security of caring nurturing, the challenges of meeting real world standards as well as unconditional emotional acceptance.

There is absolutely no one right way of parenting, and to try to impose changes on one parent because their choices or actions are different actually shortchanges children, as well as the parent whose style is being criticized.



Father's Day Make & Take

Monday, June 11th

11:30-12:15

Come make several different projects with your child to give to the special men in your child's life. Children should be 21 months or older.

Pre-registration is required at (781) 925-4400 x1108 or email jmacdonald@town.hull.ma.us



Visit Hull's Kitchen or
HK Too on
Wednesday, June 20
between

12-9pm

and 10% of your
purchase will come to
Hull Family Network.

No coupon or flyer
needed, just go out to
eat and we will benefit.

Hull Family Network

180 Harborview Rd., Rm. C101

Hull, MA 02045

Return Service Requested

Check our website for additional
events and information at

www.town.hull.ma.us



This newsletter is
provided by the
Hull Family Network, now
serving families with
children up to age 8
years.

Sponsored by a grant from the
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Early Education and Care

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What is the Hull Family Network?

The Hull Family Network supports all parents and caregivers who have children prenatal through age eight. Our goal is to help parents create and maintain a healthy family environment as well as to promote family well-being through parent education and community support.

Funded by the MA Department of Early Education and Care through a grant to the Hull Public Schools, the Hull Family Network provides playgroups, parent education workshops, parent support groups, family activities, as well as information on parenting and community resources. By providing family recreational activities and playgroups, we hope to help parents build connections that will extend beyond the HFN Center and be a support to them. By providing parent education workshops, support groups, and having an extensive parenting lending library, we hope to help parents enhance their child-rearing skills.

Our programs are free to all residents in the town of Hull who are pregnant or have children through the age of eight. Most of our programs are offered at our center which is located at 180 Harborview Road, inside the Jacobs School. We are open Monday-Friday and are always happy to meet a new family.

Balloon Paddle Game



You will need:

2 or more paper plates, red, white and blue paint, paint brushes, masking tape, large popsicle sticks and red and blue balloons

1. Have the kids paint red, white and blue stripes on the curved side of two paper plates. Using different paint brushes for each color
2. Once the paint has dried, place the plates under heavy books to keep them from curling.
3. Tape the popsicle sticks to the back of the plates using masking tape.



Blow up several balloons and try several different versions of games based on child's age & skill such as hitting the balloons back & forth to each other or over a net like in volleyball, or try to keep the balloons off the ground until they can make it to a basket to drop them into.