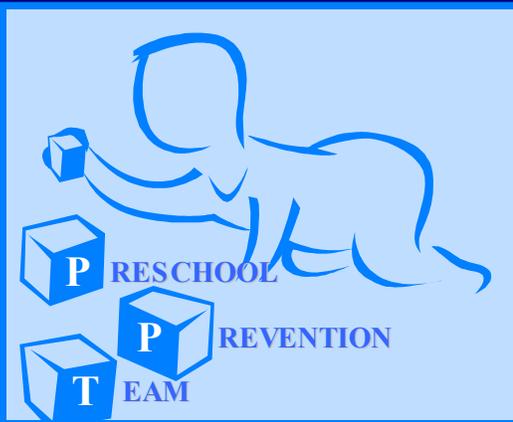


# PERSPECTIVES IN PARENTING

Summer 2010



## MANAGING TRANSITIONS

As summer arrives, it's time to prepare for vacations and the coming classroom transitions.

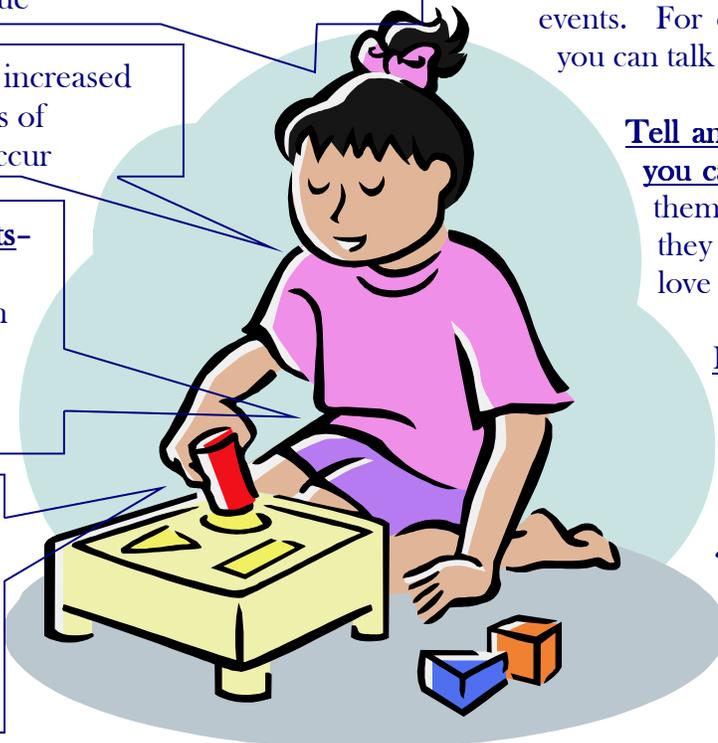
*Young children are still learning how to express themselves and have limited ways to cope with overwhelming feelings. What children can control is their body, so this is usually where they express their response to change. Be aware of changes in their:*

**Sleeping habits**- nightmares, restlessness, or increased fatigue

**Eating habits**- increased appetite or loss of appetite can occur

**Toileting habits**- toileting accidents, even for children already toilet trained

**Behaviors**- withdrawal, clinginess, moodiness, aggression, increased fear



Here are some simple strategies for supporting your children through anxiety surrounding transitions:

**Have a predictable routine** - Create a daily routine that works for your family and **STICK TO IT**. If your schedule changes for the day then let your children know so they are ready for the change.

**Prepare children for the transition** - Let children know that a change is coming. You can use a calendar to count down visually to upcoming events. For example, if you are going on a trip, you can talk about your destination together.

**Tell and show children DAILY how much you care about them** - smile at them, give them a hug, recognize the good choices they are making, tell them how much you love them.

**Let your children know it's okay to have big feelings, and that you are going to be there to help them.**

*Don't be afraid to ask for help if you are having difficulties handling your child's transition! Contact the CSB or your school's support staff.*

**Center for  
Alexandria's  
Children**

1900 N Beaufort St Suite  
200



The Alexandria Community Services Board is a group of 16 citizen volunteers appointed by the Alexandria City Council. Board policies and programs are implemented and managed by the Department of Mental Health, Mental Retardation, and Substance Abuse. It is a Board policy not to discriminate in the admission to its programs and activities on the basis of race, gender, handicap, religion, or national and ethnic origin. Please contact us if you require special accommodations, have any questions or complaints.



# SUMMER FUN

June 12

## **18th Annual Alexandria Armenian Festival**

Market Square, 301 King Street from noon - 5 pm

Sponsor: Knights of Vartan

For more information, call Ed Ketchoyian at 571.233.2909

June 13

## **10th Annual Arlandria Chirilagua Festival**

3700 Commonwealth Ave. from noon - 7 pm

Sponsor: Tenants and Workers United

For more information, call Monica Cevallos at 703.684.5697 x318

June 26

## **Civil War Camp Day & Skirmish**

Fort Ward Park, 4301 W. Braddock Rd. from 10 am to 5 pm

Sponsor: City of Alexandria

For more information, call Susan Cumbeay at 703.838.4848

June 26

## **4th Annual Del Ray Music Festival**

Join us along Mount Vernon Avenue from 10am to 10pm for a full day of free music featuring bands with roots in Del Ray.

July 10

## **234th Annual USA/261st Alexandria Birthday Celebration**

Oronoco Bay Park, 100 Madison St. from 4 - 10 pm

Rain Date for fireworks only July 11)

Sponsor: City of Alexandria

For more information, call the Special Events Hotline at 703.746.5592 or the Special Events Office at 703.746.5418.

August 7

## **Friendship Firehouse Festival**

Friendship Firehouse, 107 S. Alfred St. from 10 am - 2 pm

Sponsor: Friendship Veterans Fire Engine Association

For more information, call Bill Kehoe at 703.751.6416

August 7

## **Tavern Day at Gadsby's**

34 North Royal Street from 1 to 5pm

Experience life in the 18th century with continuous tours of the historic site by costumed guides. Learn to dance like George and Martha Washington! Great family fun for free.

August 14

## **Irish Festival**

Waterfront Park, 1A Prince St. from noon - 7 pm

For more information, call Pat Troy at 703.615.9453

August 21 (Rain date August 28)

## **One Love Community Festival**

Braddock Park, 1005 Mt. Vernon Ave. from noon - 8 pm

Sponsor: Operation Hope

For more information, call Lenwood Harris at 202.285.1240

August 22

## **Cambodian Day Festival**

Ben Brenman Park, 4800 Brenman Park Dr. from noon - 6 pm

Sponsor: Cambodian Community Day Committee

For more information, visit

[www.cambodiancommunityday.org](http://www.cambodiancommunityday.org) or call Somony Yann

703.957.9837.

## **SUMMER QUEST JUNIOR AT DUNCAN LIBRARY**

2501 Commonwealth Avenue

These programs are designed for children ages 0 to 5, accompanied by an adult. Call to register for each event, 703-746-1705. Events are at 1pm.

- \* Tuesday, June 29: Peter McCorry, One Man Band.
- \* Tuesday, July 6 : Kaydee Puppets brings us Jack & the Beanstalk and The Frog Prince.
- \* Monday, July 12: C Shells, musical duo, use their imagination and ours.
- \* Tuesday, July 13: Great Zucchini, magician with tricks and jokes to surprise.
- \* Tuesday, July 20: Classical Tales 'n Tunes tells stories through music.
- \* Monday, July 26: Oh Susannah leads us in musical numbers.
- \* Tuesday, July 27: GoodLife Theater brings us a puppet show, The One That Got Away: Fish Tales from Near and Far.
- \* Tuesday, August 3: Bill Jenkins leads us in hands-on music. For ages 1 to 5 years.