



# EHS NEWSLETTER

## DECEMBER 2019

December 2019

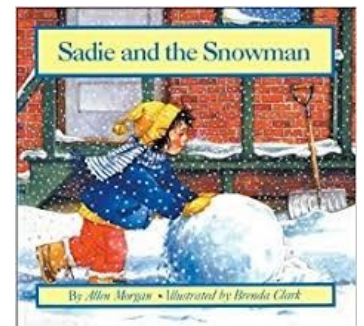
### A Precious Gift.....Unhurried Time in times of transition

Don't you hate those mornings when you have to rush, rush, rush? Everyone hurries to get breakfast; (if even) then rushes to the car, by the time you get to the end of the driveway you have realized the things that you have forgotten and no time to return. So the rest of the day continues hurry, hurry, hurry. We all know this story in the times that we all live in. We feel rushed, anxious and tired before we even get started. The return to school of our children whatever age that is, seems to add to the hustle and bustle, and keeps the wheels spinning.

We can't go back, or go forward in time, so we are HERE and NOW. There is no gift more precious than the time that we can give to our children, to ourselves, to our families. It can be simple things, like the time to smell the roses as we walk to the car, the time to cuddle before we walk out the door, a look in the mirror together as we get ready in the morning. Unhurried time produces those magical moments and emotional connections, when you know that you have connected with your child, your spouse, your sister, your mother, or yourself. It's the magical moment when you noticed that your child grew an inch and just realized it. The magical moments when you know things are good, and it's going to be OK. Please take advantage of those magical moments, because before you know it, the day is over, the week has passed and it's a new month.

Have a great unhurried New Year! Spend simple time with your loved ones.

Brenda



*Sadie and the Snowman*

*December READ!*

*Book of the Month*

*Kid Approved!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Socialization 11:00am Family Center</b>	4	5 <b>Playgroup Fremont County Family Center 10-11am</b>	6 Read a book to your child!	7 <b>Pictures with SANTA !!! 1339 Elm Ave 9am-11am</b>
8 Cook Potato soup for dinner! Ask your home visitor for the recipe!	9 Read a book to your child!	10 Read a book to your child!	11 Read a book to your child!	12 <b>Playgroup Fremont County Family Center 10-11am</b>	13 Read a book to your child!	14 Make flashlight snowmen- cut out paper snow- men and reflect on the wall using a flashlight.
15 Relax and watch movies together!	16 Read a book to your child!	17 Read a book to your child	18 Read a book to your child!	19 <b>Playgroup Fremont County Family Center 10-11am</b>	20 Read a book to your child!	21 <b>WISH FOR SNOW!</b>
22 Drink hot cocoa!	23 Read a book to your child!	24 Read a book to your child!	25 Read a book to your child!	26 Read a book to your child!	27 Read a book to your child!	28 Bake cut-out cookies together
29 Go for a walk together	30 Family Center Closed	31 Family Center Closed				