



River Valley Current

January 24, 2017 No. 466

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." — Martin Luther King Jr.

School Calendar

This Week

Thursday, January 26 <i>EC Parent Enrichment Evening</i>	6:30 pm
Friday, January 27 <i>A Midsummer Night's Dream</i>	7:00 pm
Saturday, January 28 <i>A Midsummer Night's Dream</i>	2:00 pm

Looking Ahead

Saturday, February 4 <i>3rd Grade Workday</i>	
Wednesday, February 8 <i>School Tour</i>	9:00-11:30 am
<i>Parent Council Meeting (Homestead)</i>	2:00pm
Thursday, February 9 <i>6th Grade Parent Evening</i>	
Friday, February 10 <i>Grade School Ice Skating Party</i>	
Monday, February 13-Friday, February 17 <i>Winter Break – No School</i>	
Monday, February 20 <i>Faculty In-Service – No School</i>	

How to Contact Us

info@rivervalley.school.org
lc@rivervalley.school.org
bot@rivervalley.school.org
pc@rivervalley.school.org



Friday, Jan. 27th at 7 pm
Saturday, Jan. 28th at 2 pm

Adults: \$12,
Children: \$6,
Family (parents and children) \$30

Tickets order forms are on the wall next to the office and tickets may be paid for with cash or a check.

Reservations will not be taken without payment.

Grade School Ice Skating Trip

On Friday, February 10th, the grade school will have their annual Ice Skating Party. This is a field trip for grade school students only. We ask families who have early childhood children to please send them to school as usual and not bring them on the ice skating trip.

There are many reasons for this. Most importantly, it is not safe for little children to be skating in between older, faster, more experienced skaters. Also, it is not fair to early childhood children who don't get to go, while some of their friends are off skating and they are not invited.

In an effort to avoid hurt feelings and hurt bodies and to give the younger ones something to look forward to when they are in the grade school, we ask that only grade school children come to the skating rink on the 10th.

There will be no pizza on 2/10 as stated on the order forms.

**GARDEN GATE,
CRICKET ON THE HEARTH AND
A 2-DAY NURSERY CLASS
NOW ENROLLING**
See "From Administration" for details.

**Upcoming Parent Council Meeting
Wed. Feb 8th at 2:00 pm at
Homestead General Store.**

Updated Calendar

Our RVWS Open House on March 18th and the Auction on April 1st have been added to the calendar. An updated version is attached to this week's Current.

February Pizza and Lunch Forms

An order form for the new session of pizza, which begins on February 24th, is at the end of this week's Current and is due on February 9th.

The February lunch form is attached to the email accompanying the Current and is due back on January 27th.

From Administration

GARDEN GATE & CRICKET ON THE HEARTH RVWS Parent-child Classes with Molly MacDonald Spring Session Now Enrolling!

Garden Gate: for children under 3 years, together with a parent or caregiver.

Spring session begins February 6, 2017.

Choose from Monday, Tuesday or Wednesday - 9 until 11:30am.

Class size is limited to 6

Tuition/fees are \$420

Garden Gate provides a warm, supportive atmosphere for children and adults alike. This welcoming environment allows children to develop their social capacities, expand their interests, motor abilities and problem-solving skills. Songs, games and parenting tips are part of the valuable exchange of ideas and information that is enjoyed by participating adults.

Cricket on the Hearth: for babies from birth up to pre-walkers together with a parent or caregiver, as well as expectant parents.

Spring session begins February 7, 2017

Class meets Tuesday from 12:30 until 2pm.

Class size is limited to 6

Tuition/fees are \$260

Cricket on the Hearth is all about our babies! It is also about self-care. Caring for an infant can be isolating and exhausting. A supportive community evolves out of discussions geared toward understanding and meeting the needs of your baby, feeling relaxed and confident in your parenting, healthy movement for your baby, and self-nourishment.

2-DAY DROP-OFF NURSERY CLASS IN THE SUN ROOM – starting in February!

Sun Room Nursery: 2-day, drop-off class for children 2 ½ to 3 ¾ years.

Begins February 2, 2017

Class meets Thursday & Friday from 8:30 – 11:30am.

Class size is limited to 8

Tuition/fees are \$1,125

A day in the Sun Room includes time to explore and play both within the classroom and substantial time out of doors. There is time for practical work and care for ourselves and our environment and a gathering time for finger games, songs and stories. Warm, wholesome snack-time is a favorite time for conversation and sharing amongst the group. This busy day wraps up in time for lunch and rest in the comfort of home.

Please contact Cindy Schretlen with any questions you may have, 610-982-5606 or email: admissions@rivervalleysschool.org

Birth Announcement

Congratulations to Logan and Brian Randazzo, Briar in the Acorn Room and her sister Willow on the birth of baby sister Aspen who was born at home on Wednesday, January 18th. We send a hearty welcome to Aspen and blessings to all.

Found

A gift bag with a very cute pair of children's pajamas was found in the 4th grade classroom. If it is yours, please email Ms. Howard (rhoward@rivervalleysschool.org).

Snow Day Closings and Delays

We would like to share with you the process we go through when there is inclement weather. As a general rule we follow what Palisades School District does however because our school community reaches far and wide there are occasionally exceptions

Cindy, Robbie, and Christina Hummel wake up at the crack of dawn and assess the situation based on weather reports and the decisions made by surrounding school districts. A call goes out as early as possible to the community followed by an email notification. The phone system sometimes has glitches so if you receive only part of a message or are uncertain, please check your email. Cindy updates the recording on the phone at school and our school closings are listed on Channel 6 ABC News and the WFMZ Channel 69 news and website. School buses follow what their district decides so if your child rides the bus check with your local district to find out whether there will be bus service.

If you are hesitant to drive on a day when school is open, please trust your instincts and do not bring your children to school. Most of all, we want to make sure everyone is safe.

Student Photos

Once again, Mr. Santiago's beautiful photographs of the grade school students are on display in the hallway opposite the All-Purpose Room. If you would like to order photos, there is a form at the end of this week's Current.

Early Childhood photos will be taken soon.

Capoeira Update

A new Capoeira registration form is at the end of this week's Current for classes from February 27th - April 3rd. There is also an opportunity to sign up for classes for the next two Mondays if you have not already done so.

From the Faculty

What the Children are Learning:

First Grade – Arithmetic

Second Grade – Math

Third Grade – Language Arts

Fourth Grade – Fractions

Fifth Grade – Mesopotamia

Sixth Grade – Business Math

Seventh Grade – Drama

Eighth Grade – Drama

TIRED OF THAT LONG COMMUTE? WOULD YOU LIKE TO BE CLOSER TO SCHOOL?

Our music teacher, Carol Diven, is planning to sell her beautiful home in preparation for her move to California. This lovely 3 bedroom, 2 bathroom house with a detached and fully finished studio space, set on an acre just one mile from school, is ready to move into and is a real gem!

If you are interested or know anyone who is looking for a home, please contact Carol at cdiven@rivervalleysschool.org or at (530) 209-2711. Thank you



From the Diversity Committee

The next Diversity Committee meeting is Tuesday, January 31 from 6:30-8:00 pm. Please join us! The Committee is proud to announce that our mandate has been approved by the school and we are now "official." Here is our newly mandated "Purpose:"

Create opportunities for our community to examine ourselves, our curriculum and our policies and practices to identify existing barriers that hinder and strengths that support diversity as an essential value in the advancement of the RVWS mission.

Work to create a school environment that invites, supports and celebrates diversity in all of its forms, including diversity in race, gender, ethnic heritage, culture, sexual orientation, socioeconomic status, age, and abilities.

Provide a safe, welcoming space for parents, faculty and staff to deepen their understanding about diversity within our school community.

Collaborate with the Board of Trustees, Leadership Council, Teacher Development Committee, Parent Council and Faculty of River Valley Waldorf School to achieve its mission.

For more information contact Holly Low at holly.k.low@gmail.com or 732-233-4136.

From the Community

Palisades School District and PACT Present: NAMI The Ending the Silence

A Free, 50 minute presentation designed to give students an opportunity to learn about mental health through an informative Power Point and short videos created by high school students. The presentation educates students about symptoms and being comfortable seeking help for themselves, friends, or family members. The presentation includes personal testimony from a young adult sharing his/her journey to recovery in an inspiring and relatable way.

Education and Awareness for Parents, Caregivers and Youth

The workshop will outline how teachers, professionals, and families can support students who might be struggling with a mental health issue. Statistics show 1 in 5 teens are living with or will be diagnosed with a mental health challenge by age 14. The take away will be how to normalize, reduce stigma and encourage students to recognize that getting help for mental health is as important as maintaining good physical health and wellness.

NAMI Pa, Bucks - The local organization of the National Alliance on Mental Illness, will offer The Ending the Silence presentation on Monday 2/6 from 7:00-8:30 p.m. in the Palisades High School Auditorium 35 Church Hill Road, Kintnersville, PA. Please RSVP Emily French ewfrench@verizon.net 267-377-7347 to register.

Need A Babysitter?

Marcella Harvi, a 16 year old RVWS alum from Easton, PA , with certified CPR training is available for \$10/hour. Call: 203-343-2500 or email: mharv.jp@gmail.com

"Into the Woods" at the Solebury School

This year's musical at Solebury School is Stephen Sondheim's "Into the Woods."

RVWS alumni Teva Rose Skovronek, Safwa Ozair, Ava Smith and Dominique Wander are all in the cast. The show will be performed on THURSDAY, FEBRUARY 16 2017, 7:30 PM — 9:30 PM; FRIDAY, FEBRUARY 17 2017, 7:30 PM — 9:30 PM; SATURDAY, FEBRUARY 18 2017, 2:00 PM — 4:30 PM; SATURDAY, FEBRUARY 18 2017, 7:30 PM — 9:30 PM; SUNDAY, FEBRUARY 19 2017 3:00 — 5:00 PM

For tickets go to: <https://solebury-school.ticketleap.com/>

German Club in Milford

This year's second round of German Club for 3rd-6th graders will begin after school on Thursday, February 2, at the Milford Presbyterian Church. The cost is \$150 for the ten week round, or \$15 per class, and car pooling may be available.

German Club provides an opportunity for kids to continue (or begin!) their enthusiasm for the German language, to learn about European culture, or to prepare for a family vacation abroad. There will be songs, stories, games, and activities that have delighted kids at River Valley and elsewhere for years. If there is interest, a second class in Milford or Buckingham for novices or more advanced students is possible. Contact: Peter Ray, peter.ray@comcast.net.

Yoga Loka

TRE With Bonnie Pariser 1/18 Wednesday and 1/27 Friday 11:00am-12:00pm TRE (Tension and Trauma Reducing exercises) provide the tools for you to become more resilience and peaceful.

Stress Reducing Clinic With Bonnie Pariser 1/19 - 2/23 Thursdays 6:15pm-6:55pm
Stress symptoms affect your body, thoughts, feelings and behavior. When stress is ignored it can contribute to health problems such as high blood pressure, heart disease, obesity and diabetes. 6 weeks

Introduction to Meditation With John Fagan Tuesdays 8:05pm-9:00pm 1/24 - 2/28 Bring your questions, your curiosity, even your frustration to Introduction to Meditation.

Introduction to Yoga Series for Complete Beginners

With Deb Kline Saturdays starting 1/28 11:45am-12:45pm

If you have ever wanted to start yoga in an intimate, comfortable setting, here is your chance

Yoga for People who have Never Done it but Always Wanted to Try

With Cindy Buckley 1/23 - 2/27 Mondays 6:30pm-7:30pm

If you have wanted to practice yoga, but you weren't sure if you were right for it, this class is for you!

Singing Workshop & Concert with Brendan Taaffe

Ottsville Traditional Arts Center

250 Durham Road, Ottsville, PA 18942

Wed. January 25th - 5pm potluck, 6pm workshop (\$10), 7pm concert (\$10), \$15 combined ticket

Crankies & Ballads, Appalachia & Africa

An acclaimed composer and song leader, Brendan's workshops create community through singing together, drawing on songs from American traditions (shape note, gospel, ballads) and his original compositions. The workshop is open to people of all experience and ability level—each part will be taught by ear, and you will be amazed at what we can create together.

On mbira, banjo, and guitar, Brendan blends Appalachian ballads with Zimbabwean rhythms, reimagining these songs in a way that invokes both Dock Boggs and Graceland. Steeped in the Shona tradition of Zimbabwe, his mbira playing has been hailed as 'something of a revelation' by fRoots magazine and the combination of that instrument's hypnotic lines with his lush tenor creates 'the kind of hushed, lonely warmth you experience sitting by a fire in a drafty house.' With his band, The New Line, Taaffe recorded *Can't Hold The Wheel* in 2013, a collection of these songs flanked by an all-star cast. Lauded by HuffingtonPost, Songlines, fRoots, and others, you can listen to it at brendantaaffe.bandcamp.com

Crankies are scrolling illustrations, hand-cranked in a wooden frame so that the image moves across a viewing screen. They are magic. Originally called 'moving panoramas' in the 19th century, this old art form is making a bit of a comeback now. Brendan's uses cut paper art that evokes the beauty of shadow puppetry to bring songs and stories to life. You can watch some examples of his crankies at www.brendantaaffe.com

Weekly Wednesday Jam Session

6-8pm every Wednesday: tunes and songs, \$5 suggested donation

Traditional music in a collaborative, judgement-free setting! All are welcome, even if you've never sung or been to a jam session before. If you want to come extra-prepared, check out our [website](#), where we post learning materials including sheet music, videos, and recordings ahead of time. Sheet music also available at the jam, but try playing by ear if you can!

The Learning Cooperatives Open House:

Hear from teen members, parents and staff mentor/teachers what it is like to be part of a self-directed learning cooperative. Tour our center.

Monday, February 20, 8:30-10:00am, Princeton Learning Cooperative, Princeton, NJ
info@PrincetonLearningCooperative.org 609-851-2522

Wed Feb 22, 7:30-8:30pm - Flemington, NJ

Teen Panel Discussion: Alternative Educational Paths

Local teens Miranda & Stephen Evarts, current and past members of The Learning Cooperatives, will share their experiences of living and learning without school. Teens welcome!

<http://raritanlearningcooperative.org/get-involved/events/>

Solebury School Summer Programs Fair

Sunday, January 29th 1-3pm

at the John D. Brown Athletic Center, 6832 Phillips Mill Rd,
New Hope, PA 18963

Learn how to send you kids to college without going broke. Representatives from a variety of local, national and international programs will be available to talk with interested students and their families. Programs represented include: Academic Classes, Domestic & International Travel, ESL & Foreign Language Studies, Gap-year Programs, Community Service, Sports & Arts Enrichment.

Blood Drive at Palisades Middle School

4710 Durham Rd, Kintnersville, PA 18930

(In the Cafeteria)

Monday, February 6, 2017 – 3:00pm – 8:00pm

Please register at redcrossblood.org. Enter sponsor code: palisades

Call 1.800.RED CROSS or email

edifilippantonio@palisadessd.org

Palisades Area Girls Softball League

Palisades Area Girls Softball League is a fastpitch youth softball league affiliated with the Amateur Softball Association. Our mission is to provide an opportunity for girls, ages 7 to 18 from the Palisades School District in Bucks County PA to participate in organized, recreational fastpitch softball. Teams are organized, coached and operated through PAGSL and its participating Athletic Associations in the townships of Bridgeton, Durham, Revere (Nockamixon), Riegelsville, Silver Creek (Springfield) and Tinicum.

Softball Registration per child is \$105.00 for the Spring 2017 season Additional players from the same household can be registered for \$80.00. Fees can be paid with a credit card or physical check-All registrations regardless of payment form should be made via our website. Eventzilla/Ebay's credit card processing fees will be applied above PAGSL's registration fee. Additional questions can be emailed to our website at pagsl@palisadessoftball.org. Go to www.palisadessoftball.org to register.

Silver Creek Athletic Association - Springtown, PA

*Co-Ed Tee-ball-5-6 years old

*Penn-Jersey Rookies, Minors, Majors-8, 9&10, 11&12

*Bushkill Valley League-13-16 years old

*Connie Mack League-13-16 years old

*Senior Connie Mack League-17-19 years old

*Travel Opportunities

To register go to: www.silvercreekathleticassociation.com

2017 Volunteer Opportunities are:

Spring Carnival

Wed, May 17, Thurs. May 18, Friday, May 19, 2017

6:00-10:00 pm

Saturday, May 20, 2017 4:00-10:00 pm

15th Annual Father's Day Car Show

Sunday, 6/18/17 8:00-Noon & 11:00-3:00 pm

Upper Bucks Code Blue Shelters

If you or anyone you know is lacking inside shelter in Upper Bucks County during periods of extreme, life-threatening weather (temperature or wind chill of 26°F or below) between November 15 and April 15, your neighbors and friends are ready with an Upper Bucks Code Blue Shelter at the Quakertown Masonic Lodge (501 W Broad St, Quakertown, PA 18951) from 9:00 PM to 7:00 AM the following morning. We'll have a hot meal and breakfast for you as well as shelter. Car rides will be provided from the following stops:

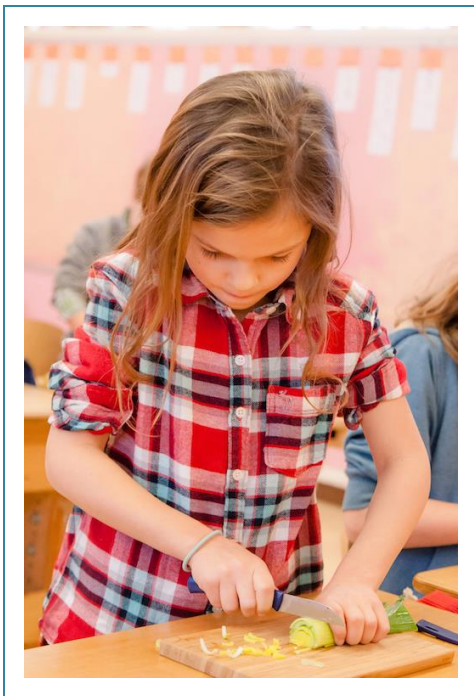
- Turkey Hill @ Ottsville/Harrow 8:20 PM
 - Perkasio Square Shopping Center 8:30 PM
- Call 267.450.5191 to request a ride

To find out if the shelter is open, contact the Code Blue Status Line: 267.450.5191 after 1:00 PM

The Upper Bucks Code Blue Shelter is a ministry of Advocates for the Homeless of Upper Bucks (AHUB)

River Valley Celebrates Martin Luther King Day

Students in all of the grades celebrated Martin Luther King Day as a day of service. These pictures, taken by Tiffany Robinson, give a sense of how the children spent their day. The 2nd graders prepared food for two families in their class with brand new babies and the 4th and 5th graders and their parents knitted squares for blankets for the *Linus Project* to be given to children in need.



PIZZA DAY! ROUND TWO!

Once again the 3rd graders will be offering pizza from **Galasso's** in Frenchtown as well as organic lemonade on Fridays, starting February 24th until June 9th.

Please return payment to the front office by FEB 9th with payment to RVWS.

This payment is for 13 weeks of pizza

***This is part of an annual fundraiser for our trip to Hawthorne Valley Farm
Thank you for your support! Sincerely, Mrs. Niemczura's 3rd Grade Class!***

Child's Name: _____

Grade and Teachers name: _____

_____ 1 slice & lemonade: \$52.00

_____ 2 slices & lemonade: \$84.50

_____ 1 slice/no lemonade: \$32.50

_____ 2 slices/no lemonade: \$65.00

_____ Lemonade Only: \$19.50

LAST DAY OF PIZZA - Friday June 9th

Gluten free pizza may be available if interested please email: ericakellyr@yahoo.com

Questions please contact Erica Nichols at 908-303-2255 or ericakellyr@yahoo.com

Pizza will be delivered to each classroom as ordered. The children are distributing the pizza and lemonade and have had a great time being involved in this fundraiser.

Pizza dates are as follows: 2/24, 3/3, 3/10, 3/17, 3/31, 4/7, 4/21, 4/28, 5/5, 5/12, 5/19, 6/2, 6/9

Dear Parents,

Euclides Santiago has once again taken our school photographs this year.

A package will cost \$30.00. The package consists of: one 5x7, 4 wallet size of your child and one 5x7 of the entire class. If you buy the package and would like an additional 5x7 print or set of 4 wallet size, you may order them for \$9 each. Individual prints will not be available to those who do not order the package. You may order one 5x7 of the class only for the cost of \$9.

Please return the slip below, with payment. The sooner your order is in, the quicker you will receive your pictures. There will be a folder on the door of the office. Please return a separate form for each child, as we will organize by class. In the case of two house families, each parent needs to fill out his or her own form.

Thanks!
Cindy

PAYMENT MUST BE INCLUDED WITH YOUR ORDER

I would like an individual photo package of my child _____ \$30.00
(includes 1 5x7, 4 wallet size and 5x7 class picture)

I ordered the package and would also like additional 5x7 prints _____ \$9.00

I ordered the package and would also like an additional set of 4 wallet size _____ \$9.00

I would like only a class picture. _____ \$9.00

Total Enclosed _____

Teacher's name: _____

Child's name: _____

Parent's name: _____

Please return this slip to the folder on the office door with payment - make checks payable to Euclides Santiago

RVWS After-School Capoeira Program

Open to grades 5-8

Monday afternoons from 3:30-4:30 pm

Capoeira at River Valley is taught by renowned Contra-Mestra Gata Brava (Leigh Robertson) from New Hope's Morro Verde. The art form of Capoeira combines elements of dance, acrobatics and music, all within the context of Brazilian culture. It traces its origins back to the 1600's when West African slaves in Brazil developed it as a mean of resisting oppression.

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Registration Form

Student's Name _____

Student's Teacher _____

Parent's Name _____

Parent's Phone 1: _____ Phone 2: _____

Email 1: _____

Email 2: _____

I would like to register my child for Capoeira:

Mondays, 3:30-4:30 \$15/class

_____ 1/30 and 2/6/2017 **\$30** (only if you are not already registered for the January session)

_____ 2/27 through 4/3/2017 (6 classes) **\$90**

Payment in full must be attached to the registration form. Payment is non-refundable and is set regardless of the number of classes actually attended by your child. Classes will be filled on a first come first served basis.

ADULTS ARE ALSO WELCOME TO ENROLL

It Can Wait: A Dad's Perspective on Screen-Time

By Screen-Free Dad

In my bio for this website, I explain that I am somewhat of a recovering screen-aholic. I loved television growing up, had one in my bedroom and watched it all the time. My wife thinks I adopted some of Jim Carrey's personality, and she's probably right since I had all his movies on repeat all the time. As a teen and all through college I slept with the television constantly playing. A room felt lonely without a TV on and the thought of sleeping without the TV was unnatural. Thankfully now, aside from work related screen-time, I am much more removed from this great time-suck and distraction. Like most of my less admirable qualities and habits, I have Dr. Screen-Free Mom to thank for kicking them.

How do I merge my former screen-loving self with my current Screen-Free Dad status? Patience. My kids are not going to be screen-free forever. Maybe not even for much longer. The research demonstrates that this is what is good for their current developmental age and I have come to realize that I have all the time in the world to show them screens and share my favorite movies with them. I have also learned the hard way not to try to rush to the next phase of parenting.

Here's what I have to say to other dads who might love screens, but have a young kid at home:

Sharing Your Passions is Good Parenting

So, you love star wars? Great. You like video games? Cool. You love watching Sunday football? Me too. Want to share these interests with your kids? That's nice. In fact, that's good parenting.

Wanting to share your passions with your kids is natural. It's also an excellent way to pass on expertise and experience. It is not surprising then that Ariana Huffington's father was a journalist and it explains how we come to have two brothers (Peyton and Eli Manning) as NFL quarterbacks.

Fostering common interests allows you to bond and make memories together. I consider it one of parenting's great gifts to the parent. After putting so much time and energy into raising our children, sometimes they gravitate towards the same things we do and we end up with a great little buddy with whom we share some common interests.

When kids are young consider sharing your interests with them in a screen-free way. You could take them to a real football game or for me, since my passion was cars, I started taking my kids to racing events and teaching them about the different parts of cars and what makes a particular car fast or special. On any given Saturday, I could hook up my TV and sit down and watch the Speed Channel with them, but I could also take them into the garage and get some work done. This way they could see firsthand how amazing it is to fix something yourself. Along the way, they can see how I react to dropping bolts, struggling with difficult tasks and coping with minor injuries I will undoubtedly inflict upon myself.

Here, the screen-free kinder are spending some quality time with their grandfather and learning all about mechanics, speed, and safety. Check out our ever-growing list of 1 Million Screen-Free Activities for Young Kids. Enjoy Right Now

The thing we often forget as parents is that not everything has to happen right away.

When my daughter was very young, she had reflux and cried a lot. You would think that a little baby that cried a lot would have a seemingly routine whiny cry. No, each and every one of her screams was somehow reminiscent of being burned alive. I can only imagine that the discomfort of infant reflux must be similar. I can remember after many harrowing hours of trying to calm her, feeling like I could not wait until she was older and could talk and tell me what is wrong and where the pain was so I could fix it. I spent much of her first year wishing and hoping she would grow older. What a missed opportunity to be present and enjoy that stage with her.

I can also vividly remember my daughter's first real uncontrollable belly laugh. I ripped a piece of paper and it caused laughter that kept going for several minutes. It felt amazing to make her laugh after experiencing so much non-stop crying. For the impact it had on me, she might as well have said, "Hey I love you guys, you're doing a great job, keep it up, sorry about all the crying". I remember that night thinking about how awesome it was going to be when she could talk. Again, slow down man.

(Continued on next page.)

She is now an amazing young person who can tell us exactly when she is happy and sad and can describe where the pain is and even place her own Band-Aids on her cuts. Seeing her grow and leave those stages behind made me realize that I didn't enjoy the journey as much as I could have. I tried to rush things along to a point where I felt it would be more manageable.

Thankfully, we had another child so I get a second chance to experience everything. I have learned to enjoy sleepless nights and infant tears because before I am ready, those moments will be gone. I go much slower with my daughter and start out with more appreciation for every stage with both children. I try to savor each milestone and instead of anticipating the next one.

So, I highly recommend enjoying the sleepless nights and crying phase of a young baby. Make all attempts to appreciate the endless requests from your young child to play some imaginative play or mind-numbingly repetitive game and take it slow.

Being a doll is not necessarily my thing, but it makes my daughters day. Check out our ever-growing list of 1 Million Screen-Free Activities for Young Kids.

It's a Marathon, Not a Sprint.

Unless your child is dying or you plan to die soon, parenting is a long-term position. There is time. Recently, an acquaintance of mine shared that he watches R-rated horror movies with his preschooler because he is a huge horror movie fan. I think there is nothing wrong with sharing this interest, save for the kid's age. It will all come in good time. I often see parents gaming with their young kids or showing them inappropriate movies or shows because those have meaning to the parent. You don't start a marathon with a sprint. Some things can and should be postponed until they are more age appropriate. Savor the stage you are in now because it will be gone before you know it.

Screens Can Wait

Screen-dependent passions or hobbies can wait. Also, just because it's not good for a baby to watch TV doesn't mean you can't do it yourself. That's not being a hypocrite. That's being a different age than your child. I do all sorts of things that aren't appropriate for my baby like drink a glass of wine, stay up until 11pm (wild, I know) and do tricks on my bike. Go ahead and watch scary movies or football. Just try to do it on your own time.

In my opinion, it's best to follow what's good for your kid in the moment. My kids love to play cars, run around outside and read books right now. It's all fun stuff. I don't need to pull them away from that to do something that's not good for them (television) because I feel like it. There's plenty of time for that after they go to bed.

Soon they will be too big and not want to be read to anymore or play outside with me. Soon they will be big enough to enjoy a football game on television or a funny movie. Mindfulness is a "daily practice", but I am working hard to appreciate the unique parenting moment I am currently in and making all attempts not to rush things.

I leave you with this quote from Catherine Steiner-Adair from her book *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*:

"Slow time, No Time, Always Enough Time."

Good luck!