

April 2026

Editor-Jackie Streat



Special points of interest:

- **Anxiety and Fear in Children**
- **Pre-K Graduation**
- **Honoring Blacks**
- **Parent Reminders**
- **Summer Preparation**
- **Parent Thank You's**
- **Birthdays**

Important Dates

- **April 1—Picture Day Building 3102**
- **April 3-Good Friday, Center Closed**
- **April 5—Easter Sunday**
- **April 6—Center Opened**
- **May 2—Raffle Ticket Money due**

April Newsletter

Anxiety and Fear in Children

In today's environment, our children are surrounded with tragic news, chaos in our country, and war. Even as adults, we have trouble coping everyday with life's tragedies, rising prices, tragic news, political chaos and the Iranian war. When we are home with our children, they often feel our frustration and anxiety. They feel our frustration and anxiety when we face economic problems, relationship issues, job problems and grief. There is a cliché that says, "Our children feel what we feel." This is a very true statement. As parents, we have to be aware of the impact of our emotions and frustrations on our children. Our children are little people who also have emotions, and we as adults must be aware of their emotions and teach them how to handle them. Not helping our children with their anxiety and fear can cause them to lose sleep and be anxious, overly hyper, fearful, and despondent.

Helping a child with their fear and anxiety involves validating their feelings, encouraging them to face their fears gradually, and teaching coping skills like deep breathing, rather than avoiding situations or their emotions. Parents should model calm behavior, provide consistent support, and seek professional help when a child shows persistent anxiety or fear. Below are some strategies parents can use to help their child.

Key Strategies to Help Anxious and Fearful Children:

- Validate and don't dismiss their anxiety or fear.
- Encourage them gradually to face their fear.
- Help them face fears in small, manageable steps rather than avoiding them. For example, if they are afraid of dogs, start by showing them pictures of dogs and then let them gradually watch a dog from afar. If you have a family member who has a calm dog, let them visit the dog gradually.
- Be calm around your children. Children mimic parents. Teach coping techniques such as deep breathing and relaxation when they feel overwhelmed.
- Use role-playing: Act out scary scenarios with toys to show how to have control.
- Limit media exposure that can exacerbate fear.
- Focus on facts to educate them about the source of their fear.
- Validate a child's grief. When a child is grieving, allow them to express themselves and show them much love and understanding. Ensure they will always be safe and cared for by the family. In some situations, provide professional therapy which can help the grieving process for children and adults. There is nothing to be ashamed of when seeking therapy.

"Life is a journey for us all, We all face trials. We all have ups and downs. All of us are human. But we are also the masters of our fate. We are the ones who decide how we are going to react to life and how to move forward to fulfill our destiny."



“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who overcomes fear.”

Nelson Mandela



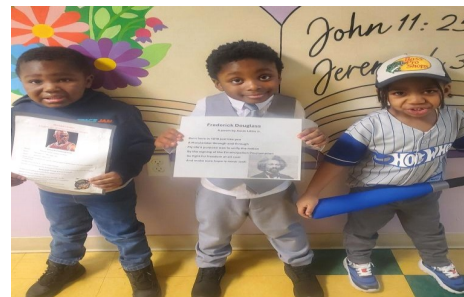
Pre K Graduation Activities

We are only eight weeks away from the celebration of the accomplishments of our graduates. Parents are reminded to review the letter sent out to parents of all PreK graduates. There are important deadlines and dates regarding raffle tickets and graduation tickets mentioned in the letter. This year the children will celebrate their graduation at the Randallstown Community Center located at 3505 Resource Drive, Randallstown, Maryland. The graduation will be held on May 22, 2026 at 11 am until 1 pm. The graduation is held for children turning five years old on or before September 1, 2026. There will be a trip for the graduates and invited classes on May 15, 2026 and a carnival day at the center on May 20, 2026. The trip location is TBD.

Picture Day for our graduates and other classes in building 3102 is April 1 2026. Graduates will take pictures with dress up clothes and their cap and gown. Graduates are asked to sell at least 75 raffle tickets. Raffle tickets will be sold at \$2.00 each. There is no cost for graduation tickets providing your child sells 75 raffle tickets. If a child does not sell 75 raffle tickets, there will be a cost for the graduation tickets. Each child that sells 75 raffle ticket will get 6 free tickets for guests. Raffle tickets will be available on March 2nd for pickup. Whoever sells the most raffle tickets will be crowned the 2026 class King and Queen. Money from raffle tickets is due on May 2 in cash only. Graduation tickets can be picked up on May 11.

Honoring Famous Blacks in History

Mrs. Brenda’s class completed projects learning about blacks who did amazing things to contribute to American history. Below, Tori is Serena Williams, Ashton is Michael Jordan, Kevin is Frederick Douglass, and Carson is Jackie Robinson. Great job kids!



Update for Lifetouch

Parents are reminded to order their Lifetouch pictures online by April 7th to get free shipping with their order. Also, you can get 20% off additional packages with code SPRING2026 when you order a package at full price.

Parent Reminders

- Please ensure your child has weather appropriate change of clothes since we are changing seasons.
- Parents should ensure they have submitted their child’s Health Inventory Part II form and immunization form to the main office.
- The cut-off time for all children is 9:30 am.
- Breakfast is served 7:30 am to 8:00 am
- Children must be signed in and out by an authorized adult or person at least 16 yrs. old.
- Parents are asked not to double park in the parking lot or speed in the parking lot. Also, do not park in the handicap area unless you have a sticker or you will be towed.
- It is extremely important that parents inform their child’s teacher of any allergies their child may have.
- If your child takes medication, the center must have a medication form completed by the doctor. The medication must be in its original box with directions from the doctor on administering the medication.
- Please label your child’s jackets, coats, and hats. This will help prevent misplacement of your child’s belongings.
- Parents are reminded to pick up their child on time at the end of the school day. Late pick up fees are \$20



“What is the best part of life? It is that every morning you have a new opportunity to become a better version of yourself.”

Author Unknown

Summer Preparation



Our center is open year round. PreK graduates can remain at the center until it is time for them to start kindergarten at their new school. If you have a PreK graduate, please let Ms. Tia know if your child will remain at the center until school starts.

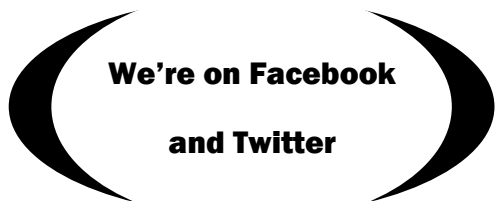
Developing Minds Summer Camp will start the third week of June for children ages 6–11. Spaces are filling up fast and we only have a limited number of spaces available. If you are interested, please see Ms. Tia as soon as possible. The summer activity information and schedule will be distributed to all parents by the middle of May.



Developing Minds

3102 Lord Baltimore Drive
Suite 114
Windsor Mill, MD 21244

Phone: 410-944-5437
Fax: 410-944-1506



Please Note:

We have been experiencing difficulties with our 410-944-5437 line, please use our other exchanges (1340, 1341, 1342) to contact the center.

The center will be closed on Friday, April 3 in observance of Good Friday.

Parent Thank You's

- The staff and teachers in building 3102 extend much thanks to Nori C. and her grandmother, Ms. Stacey, for their thoughtful giving of snacks and “thank you” cards. We appreciate you!
- Mrs. Brenda would like to thank Ms. Stacey, Nori’s grandmother, for the donuts., fruit and drinks.
- Mrs. Brenda also extends thank to all of her parents for their support and acts of kindness.
- Ms. Rachael and Ms. Jaya wish to thank their parents in Infant I for the disinfecting wipes and tissues.
- Ms. Rachael, Ms. Jaya and Ms. Diona wish to thank Mr. Brandon and Mrs. Tierra for lunch.



**May You Have a Safe and Happy
Easter Holiday**

April Birthdays

Children

Iylah R.	4/4
Kodi P.	4/5
Tristan M.	4/8
Kashton T.	4/8
Cortez S.	4/9
Jenesis J.	4/10
Maze D.	4/12
Lytic W.	4/12
Olivia D.	4/14
Kierstyn S.	4/26
Layah T.	4/28
Tatum W.	4/29

Teacher

Ms. Mariah 4/16

