

## Freedom within Limits

Freedom within limits is an empowering concept that recognizes the emotional, social and academic development that is possible when children feel the security of clear expectations and boundaries. As young as 2 years of age, children's increasing capabilities come with an innate desire to learn their responsibilities.

Brain development, both physically and metaphorically, is a process of limit finding and stretching. These limits are found before a child is ready for each new responsibility. Adult awareness, understanding, assistance and encouragement provide the practice necessary for each new skill to develop to the point of widening the child's secure range of freedom.

With children under 5, this process is extremely erratic and specific to each individual. There will be periods of new skills and freedoms coming multiple times a day, weeks of repetition and 'back sliding,' and every pace in between.

There are three basic limits of freedom, that are true throughout our lives, and which children learn most readily by experiencing the natural consequences of their inevitable pushing up against: respect for oneself, others and the environment. These limits provide freedoms of: movement, choice, time, communication, and of making mistakes and repetition.

Often the adult's role is to both reinforce the natural consequences when children cross these limits as well as encourage the freedoms when the child is ready. So many misunderstandings between adults and children stem from either overly stringent limits or overly expanded freedoms. The more consistently the adults in a child's life interpret and reinforce this balance of freedom within limits, the more clearly and quickly children develop their readiness for each new freedom and its attendant responsibilities.

## The Value of Conflict and Conflict Resolution

Conflict is the condition of possibility for stretching the limits of our freedoms and the natural consequences of that process. Every conflict, between a child and their self, their friends, their environment or the adults in their lives, provides lessons, skill development, practice, and experience that extends their readiness for new freedoms.

In order for adults to positively influence a child's development, they must expect and anticipate these conflicts in a way that highlights the lesson more than the conflict itself. The process of conflict resolution can be as simple as resting when tired or eating when hungry. It can mean needing to clean up an unexpected mess at an inopportune time. It can also be as complex as expressing how an interaction made us feel. As adults, we must constantly resolve numerous types of conflicts each day, and it is no different for children, except that they are still developing the skills to do so in a successful, healthy manner.

We can aid this development naturally by embracing the reality of conflict and the value of the process of its resolution.





*We have put in a lot of work around our classroom during Spring Break and will continue to improve our space. We look forward to having our helpers return to school!*



*We are ready to get into our Spring garden and continue to learn and experience the farm during a new season.*

## PREPARED FOR COMFORT

For the remainder of this Spring semester (April 9th - May 25th), we can expect the temperatures to warm up quite a bit throughout the morning. Layers are a great way to help us help your child regulate their comfort. A t-shirt under their long-sleeves streamlines this process. For the extra set of clothes in their backpack each day, please base what you send on that days weather.

**We ask that farm bags now include: t-shirt, long-sleeve shirt, shorts, pants, two pairs of socks, two pairs of underwear if using, and an extra pair of close-toed shoes (rain boots are still a great option).**

## AT SCHOOL WE ARE ALL FREINDS

We include everyone in our activities or games.

When we need space we ask for space. When something's not going according to our plan we use our words to express our ideas and feelings. These basic rules help our community continue to grow and learn together.

## Summer and Fall Deadlines

Our Summer and Fall programs are beginning to fill up. Sign-up on the website as soon as possible if you are interested.

- Our **Summer** program deposit is due by **April 15** to receive the discount and ensure your spot.
- Our **Fall** program deposit is due by **May 25** to receive the discount and ensure your spot.

## Mark your Calendar

■ TRIVIA NIGHT at ECUSTA  
**Tuesday, April 17**  
**6 p.m. - 8 p.m.**

Please spread the word about our Spring fundraiser! There will be food, drinks (with non-alcoholic options), trivia, and good company.

■ EcoEXPLORE at TC Library  
**Thursday, April 26**  
**3:30 p.m. - 6:30 p.m.**

Hands-on crafts and activities, a live animal demonstration, and all kinds of nature fun!

■ SPACE DAY at PARI  
**Saturday, May 5**  
**10 a.m. - 4 p.m.**

Pisgah Astronomical Research Institute is offering an all-day open house with free admission, tours, demonstrations and educational programs.

■ BIKE PATH CLEANUP  
**Sunday, May 6**  
**11 a.m. - 2 p.m.**

This is an opportunity to walk the Brevard bike path and help clean it up for users to enjoy it even more! It would be a great community service event for us to be a part of.

More information to follow.

If you are on a 4-week payment plan the next payment is due on the first day of attendance on the week of **April 16 - 20.**