



PRESTON HOLLOW

Early Childhood Association

IN ASSOCIATION WITH THE TEXAS AND NATIONAL PTA

12

February

FEBRUARY MEETING

Please join us after the for our February meeting on the 27th at 9:00am at Cochran Chapel United Methodist Church!

Located at the Southwest Corner of Midway & Northwest Highway

Our speaker Ashley Parks will be discussing Estate Planning, 529 College, Budgeting and Investing!

REMINDER:

Be sure to make a reservation if you need childcare for our January meeting.

Location: Childcare is available on-site at Cochran Chapel UMC
Hours: 8:45 to 11:45 (cut-off for drop-off is 9:30)

Coming Soon—Reservations by Evite



At a Glance

February 9—7:30pm

Mom's Night Out
Meso Maya—Preston Forest

February 13—4:00pm

Children's Party
Krispy Kreme

February 27—9:00am

General Meeting
Cochran Chapel UMC

WINTERTIME BOREDOM BUSTERS...

This year you probably aren't feeling as cooped up as in year's past, but just in case the temperature decides to stay below 50 degrees, here are some of my favorite indoor activities for kids around Dallas. Please note, these are not original, but will hopefully be informational for those of you new to the area or new to keeping little ones entertained!

- The Children's Museum in the museum of Natural Science—here is the link to the museum, specifically their "discovery days" program. Kids can pretend they are farmers, firemen, play in the water and see uncomfortably large insects. There is even an area set aside for the under 2 crowd to crawl around and climb. http://natureandscience.org/kids/family_festivals.asp
- The Aquarium at Fair Park—This is a small aquarium but it has some really cool features. Last time I went there though they had several schools there on field trips around 10 or 11 in the morning, so maybe the afternoon might be a better time to go. <http://www.childrensaquariumfairpark.com/>
- Dallas World Aquarium—this is a great activity to do when the grandparents come to visit, especially if they pick up the tab! But definitely a very cool place! <http://www.dwazoo.com/>
- Need a big, daytime activity, maybe for visiting cousins? Legoland, located in Grapevine Mills is a great 1/2 day trip. <https://www.grapevinetexasusa.com/ThingsToDo/LEGOLANDDiscoveryCenter/tabid/978/Default.aspx>
- Storytime at Preston Royal Library, Tuesdays at 10:30
- Events at Bookmarks, the Library at Northpark—here's the link, so many story times available! <http://www.dallaslibrary2.org/branch/bookmarks.php>
- Children's play area at the Galleria, always open, always free, my kids always LOVED it!

Have fun everybody!
Amy

BOOK CLUB

Our next meeting will be on **February 13th.**



We are reading
Major Pettigrew's Last Stand
by Helen Simonson

For January, we read
Half Broke Horses by
Jeanette Walls

The reviews were
positive:



SCHEDULE:

Mar 12 ~ *Someone Knows My Name*
by Lawrence Hill

We meet on the 2nd
Monday evening of the month at
the Neuhaus Cafe at 7:30pm.

Please RSVP at info@phecpta.org

ROMANCE 101...THE PARENTS EDITION

When a couple has their first child, amazing changes take place.

Unfortunately, one of those changes is often a reduction in intimacy. Babies take so much time and energy, that parents fall into bed each night exhausted with no interest or energy for anything but sleep. Evening conversations center on - and rarely stray from - the baby and parenthood. Eventually parents realize that much of the fun and spontaneity in their own relationship is gone. Although parenthood does require change, it does not have to mean the death of romance. Here are some tips for keeping the romance alive:

Exhaustion. The number one enemy of romance in parents is exhaustion. Even after the baby sleeps through the night, the day-to-day responsibility of caring for a small person can be draining. Despite this, you can schedule some closeness into even the most tiring day. Don't try to be super-parent. If some housekeeping has to slide, in order for you to have the energy to conversation, let it go. A clean house is no replacement for a warm relationship. Some parents feel the burden of financial responsibility acutely, and find themselves working longer hours to provide for the family. Unless money is really tight, consider this - the best thing you can provide for your children is parents who love each other and communicate daily. Don't be afraid to ask for help. It doesn't make you a bad parent to be tired and overwhelmed. You need to look after yourself and your spouse if you hope to do a proper job of looking after the children. Remember, a crying child doesn't HAVE to take precedence over everything else.

Make a space for adult time. With small children, this may mean feeding them before dinner so that Mom and Dad can concentrate on each other during the meal. It may also mean providing plenty of exercise for the young child during the day and then moving bed time forward by an hour to add an extra hour of private communication between you and your spouse. Although it's fine to chat about the children, make an extra effort to lead each conversation with talk about adult concerns and triumphs, before moving on to discussing the children's needs.

Make a date. Depending on your finances and situation, make a date to spend time alone whenever you can. Some couples have a weekly date night, others only have it once a month, but that date time is important. Eating out or watching a movie without the concerns of parenting can be both personally refreshing and strengthening to your relationship. Away from the stress of parenting, any concerns can be discussed more openly and with less tension. Also, you will find that the stresses of parenting seem less overwhelming directly after a refreshing time away.

Romance with children is not just like romance without them, but those early parenting years can still be a time of building between husband and wife. It just takes a little effort and planning - but those efforts are well worth it. Some day when the "empty nest" leaves you and your spouse alone again, you will have the warm close relationship between you to look forward to.

Source: <http://www.essortment.com/romance-parenting-36651.html>



Don't forget to Bring your
little ones to our February
Children's Activity

4 PM—February 13th
Krispy Kreme
Lovers Lane &
Greenville

**MOM'S NIGHT
OUT**

FEB 9TH—7:30 PM

MESO MAYA

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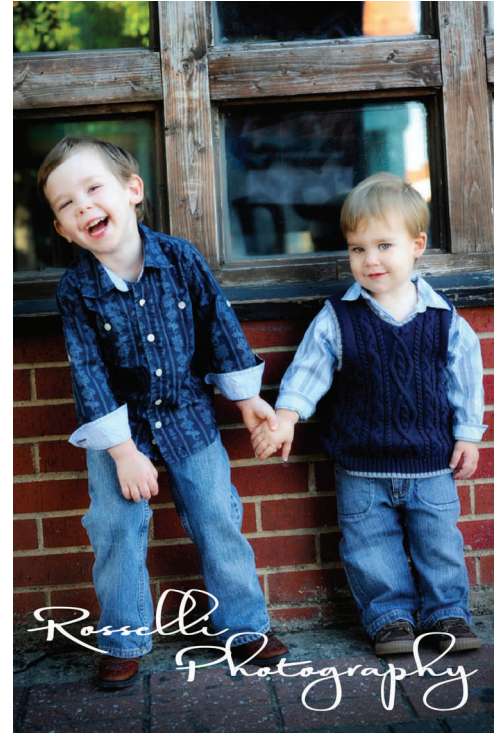
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