

THE HELM TRUST & ROUTINE

CASCO LEARNING COLLABORATIVE



We are the Link

WRITTEN BY MARIA J. CASCO

Oh, to give our children the world!

This is a concept that many of us feel deeply as we go to great lengths to provide our children with a plethora of opportunities and experiences.

As parents and educators, we are the link between our children and the world. Yet the most powerful thing we can do for them is embrace them for who they are and surround them with people who will do the same.

We are the guardians of not only their safety and wellbeing but also of their dreams and aspirations. We hold the key they will one day use to unlock the door to their future, and we have the responsibility of helping them prepare to have what they need to step through it.

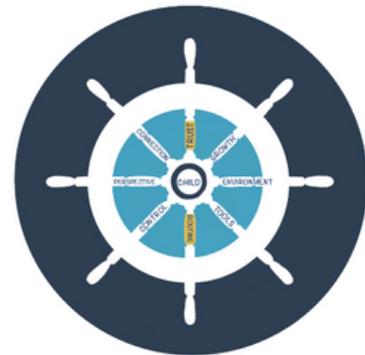
Giving our children the world entails giving them a safe place to land, grow, and thrive. It entails building relationships based on trust that will act as their anchor to bring them back to us, should ever they need it.

Being the link for our children will take many forms throughout their lives, and it may not always look the way we think. It will require a great deal of perspective, growth, and trust from us.

But the best part? We get a front-row seat to watching these marvelous, unique beings transform into the people they were always meant to be.

PARENTING HELM

Trust & Routine



"Your job as a parent is not just to help your children get on the right path, but to encourage your children to discover the path that is right for the way they are uniquely designed."

-Reggie Joiner

Time to Break the Mold

By Jenna M. Hill

It is OK to live your life outside of the box.

It is OK to make different decisions than your friends and family.

It takes guts and often an explanation, but when you take the time to step back and evaluate what YOU want in your life and what values and beliefs YOUR family shares, then decisions should be easy, right?

Not so much. I know. The back and forth- should we be doing this, should we be doing that- what is best?! It's an endless spiral.

We go backward and sideways, trying new routines and habits to help us move forward and upward to bring fulfillment and satisfaction to our lives.

Many of us have specifically spent the past couple of years questioning our previous world and the perfect routines we desperately sought out.

But what if? What if you shake things up a bit?

Join a Learning Collaborative?!

Drop your child off at a gym each day?!

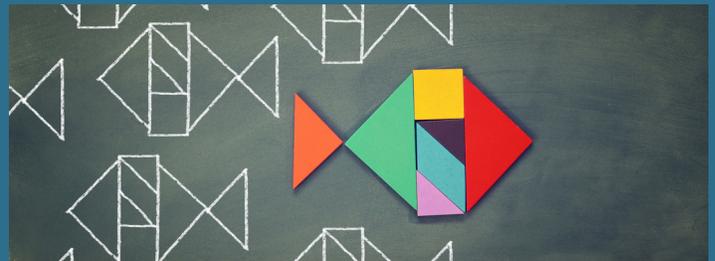
TRUST Ms. Maria & Ms. Jenna.

HA! I'm kidding.

WE THANK YOU for taking the leap with us, for seeking something new, something different in the education world and within your routine.

There is work to do, but we know for sure that time spent on relationships is NEVER wasted!!!

And that, my friends, is definitely celebrated in the new routines we have built for our children and families.



A Conscious Parenting Journey

1. You realize you want to make a change within yourself to help your child thrive.
2. You become curious about your own parenting habits and start to notice when you are feeling personally triggered.
3. Your awareness grows, and you start to think about why you feel triggered. Amidst a difficult moment, you find yourself thinking, "I'm going to try not to do that next time."
4. Your awareness continues to grow, you better understand why and when you feel triggered, and you begin to pivot towards more conscious, helpful responses in the heat of the moment.
5. Your awareness continues to sharpen; you can more clearly see and intercept your triggers and patterns, you are firm in your belief not to push your agenda or past onto your child.

