



## New Rainbow Education Newsletter TO EMPOWER, ELEVATE, AND TRANSFORM BERDETTE HENRY, MS SP. ED.



### The Secret to Maintaining Life Transforming Routines -Berdette Henry MS Sp.Ed

Are you struggling to stay on your daily routine? A major part of parenting is having a routine for you and your family that is balanced and sustainable. A routine offers a child a sense of security to know what's to follow throughout their day. As an Educator and Parent Coach, I spend a major portion of my time with families in their homes. One of the biggest challenges is to co-create and maintain a daily routine where you get enough rest, food, calm, and play. What I know to be true is that there are many effective evidence-based approaches. However, the secret to creating and maintaining one that's sustainable is to do what works for you. Then when it doesn't work any longer, recognize that it is time to make changes. Raising awareness and the willingness to add small adjustments along the way is key to bringing about change, as well as balancing and building strong family bonds.

### Preparing Your Child For The Return To The New Normal - by Berdette Henry MS Sp.Ed



As parents, one of our greatest concerns relate to schools reopening this September 2021 and our children's safety. Back-to-School in pre-covid times often brought up a flurry of emotions for both you and your child. With us continuing to navigate in these uncertain times, our children require more - more of our understanding, attention, and honesty. Take this time to get some direction on how to approach talking about returning to school, if you are struggling to speak to your child, we at New Rainbow can support you and your family begin having those conversations. You can find a great article in the link below to get you started:

[READ MORE](#)



### Dream, Nourish, Play and Let Go...

#### [Sleep to Dream](#)

Whether you begin with "What time do I want to get up? " or "What time do I want to go to sleep?" Once you've established your sleep time and your children's, then co-create a bedtime routine that both you and your children will both look forward to. HINT: Cut the electronics out for both of you 1-2 hours before bed.

(7-9 hours for adults-this varies), (10 - 13 hours a night for 3-5 year old),(9-11 hours for 6-13-year-olds), (8-10 hours for 14-17-year-olds)

#### [Eat to Nourish](#)

Whether shopping, eating, or preparing meals with your family to savor and enjoy, this simple activity can transform any daily routine. Begin to build your family's special rituals around food that include each member contributing their thoughts, feelings, and culinary skills. It is a great opportunity to foster better bonds.

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# Dream, Nourish, Play and Let Go...



## Play

Fresh air, sunlight, and a natural immunity booster, research shows the benefits of getting outdoors for both you and the kids are numerous and go beyond what's listed. I know sometimes it's hard to get the kids on board to go outside. My teen definitely enjoys playing his video games. However, he spends time riding his bike, or we take walks on our local greenway. Do the activities that you will both enjoy together. Have fun.

## Learn to Let Go

I'm loving Marie Kondo's new spinoff series, "Sparkling Joy" on Netflix. The episode I found motivating me to purge all over my home was her episode on finding The Joy of Balance. Balance often appears elusive to many of us parents however, we can model learning to let go of things that are unnecessary and no longer serve you by asking:

- 1) What are tasks that need your attention?
- 2) Which tasks are necessary?
- 3) Who in your family can you delegate the task to? No one to delegate to? Can you hire the task out?



## Meet the Owner/Founder

BERDETTE HENRY, MS SP. ED.

Berdette Henry is the Founder and Executive Director of New Rainbow Education, LLC. Ms. Henry is an NYC Educator with 25+ years of experience providing families, schools, and communities with transformative learning and teaching strategies.

As an Educational Consulting firm, New Rainbow Education specializes in delivering Education and Life Balance solutions to families, schools, and communities. New Rainbow Education prioritizes Early Intervention, Whole Child Education, Growth Mindset Learning, and Social Justice Practices for families, schools, and communities with children ages 2-17. In our signature offers, New Rainbow supports families in creating calm and strong connections between you and your children. New Rainbow Education supports families in finding a balanced life. At New Rainbow, we empower families to find their reasons to get balanced, then create a plan to begin. With our coaching programs, we co-create solutions with you to eliminate chaos and to make loving connections.

When she is not working, Berdette is mom to a wonderful teenager, she enjoys honing her culinary skills as an at-home chef, who loves dancing, wearing 80's band T's, and traveling with family and friends.



### OUR RECENT POST



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