

Promoting wellness through  
behavior health care services

# ACMHS

Anchorage Community  
Mental Health Services

# Little Tykes

## Newsletter

February 2019

### Attendance Reminders

- We find the best results with consistent and predictable engagement in services. There may be times your child is absent due to illness or special events. Please call us as soon as possible if your child will not be attending the group. Staff can be reached 8AM-4PM Monday-Friday.
- If your child does not require transportation for the day please call us by 8:00AM.
- Group programming begins at 9:00AM and the latest drop-off time is 9:30 AM unless prior arrangements have been made with your child's Directing Clinician. If you need to pick up your child early from group, please communicate this with our staff as well.

### Important Policy Change

Anchorage Community Mental Health values the importance of creating a safe and therapeutic environment. We are working to cultivate a restraint-free treatment environment and will refrain from the use of physically restrictive interventions. Little Tykes staff will continue to create a safe environment that will prevent the need for crisis intervention. When situations of risk arise, staff will use individualized interventions to prevent the situation from escalating and encourage co-regulation. If these approaches are not effective and the environment is not safe for the

**Little Tykes**  
**4020 Folker St.**  
**Anchorage, AK**  
**99508**

**Sprouts Group**  
Monday-Wednesday  
9:00AM-12:00PM

Sprout's Phone:  
Room 261-5335  
Cell 717-6740

**Saplings Group**  
Monday-Friday  
9:00AM-1:00PM

Sapling's Phone:  
Room 261-5307  
Cell 444-4034

This newsletter is  
now available on  
social media  
Follow ACMHS on  
Facebook!



### Join us for Muffin Monday

We welcome our parents and caregivers to come into our classrooms to spend a little time with us, play with your child, learn about Little Tykes and enjoy some tasty muffins with us.

### **DATES TO REMEMBER**

- ♦ **Monday February 4th: Muffin Monday**
- ♦ **Monday February 18th: ACMHS Closed for Presidents Day**
- ♦ **Monday March 4th: Muffin Monday**



# February is Anchorage School District's Visit Our Schools Month



Every school | Every Tuesday

- Community members, businesses and parents are invited to visit any ASD school during the month of February to learn more about Anchorage public schools and the educational opportunities available.
- Information provided for ADS Kindergarten Roundup! Roundups are a set time for ASD school staff to share what to expect for children beginning kindergarten in the fall.
- Tours are scheduled for 9:30 a.m. every Tuesday in February. All schools will also hold an evening tour at 6 p.m. on Tuesday, Feb 26th.

- FEBRUARY 5
- FEBRUARY 12
- FEBRUARY 19
- FEBRUARY 26

## ***20 Questions To Ask Your Kids Instead Of Asking "How Was Your Day"***

- What made you smile today?
- What were the books about that your teacher read?
- Did anyone do anything silly to make you laugh?
- What did you do that was creative?
- What was the best thing that happened today?
- Did you help anyone today?
- Did you tell anyone "thank you?"
- Who did you sit with at lunch?
- What made you laugh?
- What was your least favorite part of the day?
- Did you ever feel unsafe?
- Who did you play with today?
- Tell me something you know today that you didn't know yesterday.
- What is something that challenged you?
- How did someone fill your bucket today? Whose bucket did you fill?
- Did you like your lunch?
- What was the hardest rule to follow today?
- What made you feel happy?