Seasonal Tips

Insight into brain development, the impact of seasonal changes, and practical tips to support children of different ages this month

Infants/ Toddlers	Primary	Intermediate	Junior High
Infants and toddlers rely heavily on routine for stability and regulation.	Children this age often are excited by seasonal changes and upcoming holidays or special events. Enthusiasm for special days, traditions, and times helps them learn!	Children this age are growing aware of people's similarities and differences and how people perceive them. This means that they can consider the needs of others more, but they also can become more self-conscious.	Schoolwork stress and social dynamics might be tough by this point in the school year.
As daylight increases and clocks change this month, it can throw off their internal clock.	By March, they may be worn down from the school year. Nicer weather can also bring out their wiggles!	They may be restless and ready for spring break.	They may be losing motivation as the school year feels long.
Consider attending a different Mass time for a few weeks if a different time will work better for their body clocks due to the time change.	■ With increasing daylight and warmer weather, prioritize outdoor playtime when possible. ■ Explain (or look up together) the significance of Lenten symbols like Ash Wednesday ashes and palms for Palm Sunday.	■ Help them notice how they are feeling at this point in the school year. Talking about this builds emotional awareness. ■ To build on their growing ability to understand the world and the needs of others, discuss Lenten almsgiving. Encourage them to choose a charity to collect items or funds for during Lent.	■ Be honest that March is a tough point in the year for many students. This can help normalize their experience. ■ Remind them that they can take their low points to prayer this Lent. Jesus was once their age; he understands their highs and lows!

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