

1900 Cochran Road  
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412-531-1225



**NOVEMBER 2016**

## Important Dates & Info

### DEC. TUITION DUE NOW - NOV. 1

*Set up online bill-pay with your bank...and have it done for you!*

First-half fundraising fee due Dec. 9.

**Bruegger's Bagels - Cochran Rd. Spirit Days EVERY TUESDAY in November!** All day – show the flier on the last page.

**Conferences** – Nov. 10-11  
Details to come from teachers.

**MFLC Board Meeting** – Nov. 16

**Thanksgiving Class Feasts** – Look for info from your particular class.

**Thanksgiving Break** – Nov. 23-25.  
School resumes Nov. 28.

**Barnes & Noble Book Fair Fundraiser** – Dec. 2  
In-store, café and online!

**Penguins Package Raffle**  
Tickets on sale Dec. 5-9

**Enrichment Classes and "Munchin' Lunchin'"**  
Some spots available – contact Ms. Melissa at melissa.oprison@gmail.com.

**Our preschool directory is out!** A copy was in each cubby. Keep in mind that the info is for school use, play dates, invites, etc. – not for solicitation.

### Ways to Help MFLC

- Youcaring.com/mushroom-family-learning-center
- smile.amazon.com
- United Way agency # is 885339.
- Giant Eagle Apples for the Students program # is 5245.
- Save Tyson Project A+ labels.

## From the Director ~ Joan Harrison

I hope everyone is enjoying the fall, and all the festive artwork lining our halls and decorating our classrooms. Despite the falling temperatures, inside our school we are cozy, relaxed, comfortable and settled into our school routines. The teachers are busy introducing the children to activities and topics that awaken their curiosity and their independent discovery. Everything we do as a preschool has a purpose—it just may not be transparent from the surface. It may look as if we are just having fun (and we are!), but it is fun with a purpose. The students' "work" is not necessarily about an end product but always about the process.

We are quickly approaching conference time. I have been asked in the past why we hold parent/teacher conferences for children so young. The answer to this question is very important. The main reason we hold them is to provide teachers the opportunity to give you detailed information about your child. The teacher will share your child's cognitive, emotional, social and physical development.

Always remember that if teachers express any concerns about your child, they do it because they care about your child and want to do all they can to help him/her succeed. The earlier we intervene and get the help and/or support a child needs, the easier it is to successfully deal with the issue at hand. This is true with everything from small speech issues to more serious, long-term things that might affect a child for years to come.

Another reason for holding conferences is to give parents an opportunity to express any issues, concerns or questions they may have. This time gives you the opportunity to express information about things that may be going on at home that may affect your child at school. This gives you the time to spend with your child's teacher that drop-off or pick-up time does not allow. The teachers put a lot of love and effort into the conferences so please take advantage of this time.

Please remember to mark your calendar for your child's class feast. This is a very special event for all. The children love preparing for this day to share with their families! It truly is a wonderful celebration of thanks!

So as we take the time this month to stop and take stock of all we have to be thankful for, I thank you, parents, for sharing the gift of your precious children with us. I thank all the teachers who come to school daily so dedicated and so full of love. I thank the Board of Directors who make it possible for us to continue our mission of caring, loving and educating children.

I would like to personally wish each family a very festive and safe Thanksgiving!

**Playground play....** I am so happy that so many families have taken advantage of playing on our playground. Families are free to play before 9am and after 3pm. Unfortunately due to liability issues, *we can only have our teachers and students in the playground area during school hours – between 9am and 3pm.* Please also be respectful of the Memorial Garden in the front of the school. Children are free to play around the circle with parental supervision but please stay out of the garden itself. Thank you.

## **BIG Thanks to...**

- **Patrick FitzGerald** (Rowan, EL), who coordinated the Pittsburgh Popcorn fundraiser. And to **Hollie DeLuca, Alaina Stockhausen**, and **Erin Betler** who helped with sorting.
- **Erin Betler** (Sylvie, 3s) for coordinating the Mushroom shirt sale.
- **Jemma Premus**, Mushroom alumna mom, and family for the donation of manipulatives.
- **Evan Lotter** (4s) and family for the donation of office supplies and craft materials.
- **Erika Metting** (Gabe, PreK) and family for their donation of art supplies.
- **Hollie DeLuca** (Dominic, KToo; Lydia, 3s), for organizing the Chick-fil-A spirit night.
- **Kelly Lotter** (Evan, 4s) for compiling the school directory.
- **Anonymous donor** of recyclable materials for classroom projects.
- **The parents who volunteered to be homeroom parents.**
- **The helpers who volunteered to make the Halloween parties such a fun time!**

## **From the Board President ~ Erin Betler**

Thanksgiving is one of my favorite holidays. It a special time when we can focus on enjoying the company of family and friends, without feeling the extra pressures of gift buying, wrapping and decorating. I also find the Thanksgiving menu to be truly comforting and inclusive, as most Americans across the country will sit down to share nearly the exact same meal. But mostly I love that it is a day dedicated to expressing gratitude and thanks.

This year, I am especially thankful for the generosity and commitment that our families and teachers are showing to our school every day. I am SO proud to call Mushroom Family Learning Center my choice of school for my children and I hope you are too!

I am thankful for the friendly and familiar faces I see each day when I walk into Mushroom, starting with Joan at her bench! A million thanks to our amazing director for making sure every detail of Mushroom's daily operations run smoothly.

I am grateful to our incredible teachers for providing such a nurturing environment for our children. The smiles on your students' faces show how much they feel your love.

### **Foster Love Project ♥**

In 2015, more than 20,000 kids were served through the foster care system in PA. Many arrive at their foster home with no belongings or just a few items in a trash bag. The Foster Love Project provides kids with quality bags with personal items to help reassure them and make them feel more comfortable in their placement home. *Mushroom will be participating in this effort by collecting items for bags Nov. 15 - Dec. 15. Class teachers will provide details!*

## **[ Parents' Corner ] Kelley Homitsky** (Penelope and Mackenzie, 3/4s)

Our family is new here at Mushroom, and we are ELATED to be a part of this loving community. Our daughters, Penelope (3) and Mackenzie (3) are in the 3/4's class with Liz, Melissa and Jamie. What an outstanding group of children and educators.

Over the past few weeks we have found great comfort in the friends we are making at Mushroom and the school providing opportunities like service projects.

The Foster Love Project is an organization that aids in fostering children in their placement transitions. It helps prepare families for quick and unexpected changes. A local foster mom (turned adoptive mom), founder of "Pittsburgh Momtourage," wife and now mother of four created this give-back project to raise awareness about foster youth.

In many cases, foster children arrive on a foster parent's doorstep with little-to-no belongings thrown into a plastic trash bag. Kelly Hughes makes an impact in our society by providing backpacks full of necessities for children in the system. This is a social justice I believe we should be working on.

I find it wonderful that Mushroom has chosen to be involved. The Foster Love Project runs November 15 through December 15. Please check your child's cubby for further information as Mushroom has accepted this project as a holiday service project.

I look forward to meeting you all!

I am thankful for our extraordinary Board of Directors for putting so much time and effort into running MFLC and making sure the staff and students have everything they need.

I am thankful for our astoundingly generous families. In the past few months, parents have donated items to Mushroom that they no longer need at home, come up with new fundraiser options, and offered to help other parents with child supervision during conferences or with transportation to/from school during a time of need. As a community of young families, I know we all appreciate it so much! Thank you also for volunteering to help with our class parties and bringing in healthy snacks for the children to share. Thank you for coming to our Spirit Night at Chick-fil-A and keeping our school humming by making our fundraising efforts a success. Every little bit helps, and we can't do it without you!

Thank you to the students of MFLC! It's because of each and every one of you that we are here, and you are the reason we do what we do. I truly love hearing your squeals of delight on the playground and seeing your beautiful artwork adorn the hallways.

It is my hope that everyone shares in my gratitude toward everyone who makes MFLC what it is. As we enter into the holiday season, I hope that we can all take some time out to help someone else, and allow our children to join in this task, and talk about how it makes someone feel to do something nice for a person for no reason at all. Make sure to also count the blessings in your life and say "Thank you." I know that these themes will be incorporated into the classroom activities this month.

I hope this Thanksgiving season serves as a great reminder to us to act on our gratitude. May these days of plenty encourage us to do what we can to help those who are not so fortunate and take time to let others know how much we appreciate them. Thank you all for trusting your little "blessings" to our wonderful school!

### Little Sprouts – Kelsey

I can't believe that almost two months have passed since we began the new Mushroom school year and the new Sprouts class! Keeping true to the Mushroom philosophy, the young ones are learning a lot through play. Even though moms are still nearby, it's fun to see more confidence and excitement as the children come through the door. Our routine is fairly loose but it's great to see how they crave the routine and anticipate the activities they expect and enjoy. October has been full of fall, pumpkins and Halloween. I'm excited to see more growth in our sprouts in the next month of giving and being thankful!

### – Volunteering at Mushroom – Getting Clearances

MFLC welcomes and values volunteer participation. State laws regarding child protection require all school volunteers having direct contact with children to obtain background clearances. Please visit our web site for details:

[mushroomfamily.org/volunteer-info.html](http://mushroomfamily.org/volunteer-info.html)

### Early Learners – Amy, Sheila, and Marlene

We had so much fun in October with your little pumpkins. It's wonderful to see the little conversations they have with each other as well as how they are learning each other's names. Singing our "hello" song each day helps with that, as does saying "Thank you" to our friends who have brought snacks.

In November, we will talk about fall and the changes we will see and feel outside. You'll see some fun fall crafts along with the experience-type activities that we often do. We really give those fine-motor skills a workout with things like finger-



**Dress for Success!** Now that the weather is getting colder, we request that you send your children in appropriate outdoor clothing: **warm coat, hat, mittens, snow pants, and boots** when necessary. Items should be labeled and placed in the child's bag. The children go outside every day, weather permitting – no rain and a temperature of 25 degrees or above. Please be sure your kids also have proper play shoes, *especially on movement day*. Thank you!

painting, peeling off stickers, and gluing. One of the things we say is that "it's the process, not the product." For example, your child's squirrel's eyes might not be placed where you would have glued them down. But for him, it's all part of the process of integrating hand/eye coordination, cognitive processes, and sensorimotor skills. Wow! That's a lot just from our "Grey squirrel, grey squirrel, swish your bushy tail" project!

Remember that even as it gets colder, we will still go outside as often as we can. Please pack coats, boots, hats, and mittens for your children in their bags. Gloves are OK, but the best things are those mittens with no thumb. Whatever we can do to speed up the dressing process is a big help! That's why putting everything in the bag is good – we know right away whose it is.

We will see you later this month for our conference days, November 10 for Tuesday/Thursday classes, and November 11 for Wednesday/Friday class. We will also have small gatherings for Thanksgiving, either Thursday, November 17, or Friday, November 18. Watch your child's cubby for more information, or please ask us!

### Threes – Jamie, Debbie, and April

Change is difficult for some people. We become accustomed to our routines, which include driving the same way to work, stopping at a local Starbucks for our favorite drink, or putting the same Halloween decorations out each year. When I was in college, I ate chicken noodle soup for lunch and sausage hot pockets for dinner every day for an entire year. Whether it is the comfort we feel or the fear of something new, change can be difficult.

Change can also be amazing. If you look out your window on a fall day, the changing of the leaves is a beautiful sight. The smell of summertime barbecues fades into the sweet smell of pumpkin spice. Miss Debbie loves the change in the weather, finally putting away her sandals for her muddy boots.

If Mushroom school stayed exactly the same, I would never have been able to work with Miss April, who has brought even more joy into our classroom. I would never have been

fortunate enough to teach my amazing new three-year-olds or work with their parents. I miss my old students tremendously, but the experiences they will have working with new teachers are priceless.

The changes we have seen with our students, in such a short amount of time, are remarkable. The students are now creating imaginative play with new friends. They understand our routine of putting their bags on snack chairs, finding their names and then answering the question of the day. They can read our daily schedule and ask questions about the day's events. The students are feeling more confident with the choices they are making and communicating their wants and needs with Debbie, April and me. The changes that occur in a three-year-old between September and May surprise me every year.

In October, the students learned how a seed changes into a pumpkin, how a flower changes into an apple and how a bunch of ingredients can change into a delicious pumpkin cookie. We learned it is OK to change our partners to meet new friends. We spent a morning at Simmons Farm feeling the cool weather change into a warm day. We enjoyed sliding down the biggest slide ever, getting lost in the corn maze and picking the perfect pumpkin. Three-year-old students look change in the face and say, "Bring it on!"

Life is filled with experiences that change every day. The memories we create and the stories we share are something to cherish. Our children are changing before our eyes and the time spent with them bring so much joy. Change up your routine, go on a secret mission, have breakfast for dinner or let your child schedule the day's events. You never know what may happen when you change it up a bit.



*Does your child want to have more fun at Mushroom??!!*

**Sign up for enrichment and/or "Munchin' Lunchin"!** Supervised lunchtime is \$8 per day for students 3+. Enrichment classes are \$15 per class for students 4+ available on Mondays and Fridays. Contact Ms. Melissa at [melissa.oprison@gmail.com](mailto:melissa.oprison@gmail.com)!

### **Three/Fours – Liz, Melissa and Jamie and Fours – Liz and Melissa**

One of my favorite photographs shows my son, Duncan, sitting with his Mushroom classmates along a row of wooden crates. He is not quite three years old, bundled up against the autumn chill, ready for his first school field trip to Simmons Farm with Miss Theresa's class. Some of the children are smiling, some are looking away at the pumpkins, and one looks like he is about to cry. They are all adorable. It's not just their sweet little faces that make me love this picture, but

also the wonderful memories it conjures up. We had recently moved from Los Angeles and had never seen anything like this picturesque, storybook farm with apple trees, pumpkin vines, and colorful leaves. It has been 11 years since that picture was taken, and I have been to Simmons Farm with Mushroom every fall since then. I never tire of sharing this experience with children and families.

Although we return to the same farm each year, the experience is always unique. Sometimes it is bitterly cold and wet, like that first trip of mine. Other years, like this one, we experience summer-like heat and sun. Simmons Farm does a great job of adding new features each year, but even if it did not, it would be fresh each time. Each group of children and families approaches the experience in its own way. I absolutely love observing how the children explore this new environment.

This year, our Fours had eyes only for the fire truck. As is their style at school, they mostly stuck together and launched an elaborate, coordinated storyline with each member of the group filling an important role. They eventually branched out and split up into smaller groups to explore the property. Some braved the big, green slide. Some ventured all the way through the corn maze. A few really enjoyed racing each other on the human hamster wheels. Eventually, everyone found a pumpkin and we headed back to the greenhouse to enjoy some cider and apples.

The afternoon group, on the other hand, instantly scattered to explore far and wide. We had a few dedicated sliders who were willing to hike up the steep hill dozens of times to keep riding the slide. The Three/Fours discovered the duck races, which had been completely overlooked by the morning group. It had gotten much hotter by then, which probably inspired them to seek water. Some of the children were drawn to the giant quad bikes, but their feet could not reach the pedals. I was really impressed by the parents who were brave enough to try to help their children steer as they careened down the hill!

Going to the farm always provides an opportunity for rich, experiential learning. By the time we make the trip, we have read books about apples, pumpkins, and leaves. We have played games, sung songs, and created art inspired by the treasures of fall. We have tasted apples, examined leaves, and looked at pumpkins. Going to the farm allows us to bring all of it together. As hands-on learners just beginning to move from the concrete to the abstract, preschoolers achieve deeper understanding when they are able to draw on personal experience. This approach also teaches children to pay close attention to what is right in front of them, which fosters scientific inquiry and artistic expression. We can always count on seeing pumpkins growing on vines, apples hanging from trees, and corn growing on cornstalks at Simmons. The variations each growing season brings also supply an element of surprise and wonder. This year, we

found tiny frogs in a little pond. The Indian corn field was closer than usual, so we spent extra time there comparing the different colored kernels. Groundhogs seemed to be more of a factor this year. We could see evidence of their teeth on many of the pumpkins.

Another reason I love our fall field trip is the opportunity to get to know the families a little better. In this setting, we have an opportunity for relaxed conversation, which is not always the case at drop-off or pick up. I appreciate spending time with parents who may have taken time off work to attend, although I completely understand that that is not possible for everyone. It is great to meet siblings, grandparents, and even great-grandparents! I always learn something new that helps me feel more connected to the group. I still remember the conversation I had on the hayride with Miss Cara when her daughter was in my class. You never know where those connections will lead!

Just before we got on the hayride, we gathered the children together for a group picture. I hope some of these pictures turned out OK, and I hope you all will carry some special memories of the day with you. I know I will.

In addition to our fall-themed activities, we enjoyed plenty of Halloween fun at the end of the month. Many thanks to the classroom parents and other volunteers in both classes for putting together fun parties for the children! We will spend the month of November preparing for our class feasts on November 21 (Fours) and November 22 (Three/Fours). Our theme will be "Feast: Family, Friends, Food, and Fun."

## NOVEMBER ENRICHMENT CLASSES

Enrichment classes are available for those 4 and older on Mondays and/or Fridays each month; \$15 per class. Contact Ms. Melissa at [melissa.oprison@gmail.com](mailto:melissa.oprison@gmail.com).

### Days and Themes This Month...

#### MONDAYS with Ms. Sheila

Nov. 7 – Taking a nature walk, finding treasures, and making nature art!  
14 – ¡Los Colores! Color words in Spanish with a "book" to practice with at home!  
21 – Reading "Gracias, The Thanksgiving Turkey," talking about celebration and making place cards!  
28 – Bubble Wrap Painting is fun!

#### FRIDAYS with Ms. Marilyn

Nov. 4 – Catch the fall sunlight with a leaf sun catcher and read "Red Leaf Yellow Leaf" by Lois Ehlert!  
18 – Thanksgiving door hanger making, talking about celebration, and reading "The Little Scarecrow Boy" by Margaret Wise Brown!

## Pre-K – Cara, Jane, Marlene and Melanie

This month we have been spending time enjoying all that fall has to offer! Along with that we have also been exploring our feelings and emotions. Socio-emotional development is the cornerstone of our program, and we always find it invaluable

to spend time exploring our emotions by labeling them, noticing that feelings come and go, and learning strategies to cope with our bigger emotions that might overwhelm and scare us. Last week the WQED blog posted this wonderful article about emotional development and how we can help support our children. There is a shameless plug for a WQED program, but it is WQED so I'm OK with that. : )

### The Benefits of Helping Preschoolers Understand and Discuss Their Emotions

Deborah Farmer Kris

Terrible Twos. Threenagers. Fearsome Fours. These are years marked by tantrums and meltdowns—palpable reminders that young children haven't yet learned how to regulate their emotions. But rather than wait for them to outgrow this phase, caregivers can use this window to teach emotional literacy skills that will yield immediate and long-term benefits.

Increasingly, research confirms the efficacy of explicit training in emotional intelligence starting at a very young age. According to multiple studies, preschoolers who participate in social-emotional skills programs exhibit less aggression and anxiety and become better social problem solvers. While these outcomes may make for a more peaceful classroom environment, the benefits outlive preschool: prosocial behavior in early childhood is strongly linked with future academic performance and mental health. In other words, when children learn how to calm themselves down, use language to express their feelings and treat others with kindness, they are laying the foundation for future success and wellness.

Even without a formal curriculum to draw on, parents and early childhood educators can do a lot to foster young children's emotional literacy.

#### What parents and teachers can do

##### 1. Name emotions

Reflective listening is a hallmark of effective counseling. Therapists listen to patients and then reflect back what they hear as a way to strengthen the patients' self-understanding. Toddlers and preschoolers have limited expressive language skills, but parents and teachers can "listen" to their behavior – be it yelling, pushing, crying or withdrawing – reflect it back, and help them put a name to what they are feeling. It might sound like this:

- "You are mad! Baby brother ripped your picture and you are mad."
- "You are sad. Grandma left and you didn't want her to leave. You feel so, so sad."
- "You are happy! You got a big balloon and you are jumping up and down because you are so happy!"

As children mature, you can use this strategy to introduce nuances that will build their emotional vocabulary: "You

sound frustrated. Your tower fell down and you worked hard to make it tall! That's disappointing." Or, "You look startled. That thunder was really loud, and it surprised you."

## 2. Normalize emotions

Emotions should not be classified as good or bad. Even so, strong emotions can scare or overwhelm kids, so normalizing their response to stimuli – helping them see that everyone feels mad, sad or scared sometimes – can comfort them and build their perspective-taking skills.

After the child has calmed down, circle back and briefly summarize what happened, including how the child felt. Then, remind them that everyone – including you – feels this way sometimes. For example, "When Grandma left this morning, you felt very sad. You kicked and cried. You wanted Grandma to stay and play with you. Everyone feels sad sometimes. I felt sad when Grandma left too. I like talking with her and watching her read books to you. It's sad when people say goodbye. Do you want to call her tomorrow to say hello or draw her a picture?"

## 3. Develop strategies

Building on Fred Rogers' legacy, the PBS show "Daniel Tiger's Neighborhood" provides memorable musical prompts about how kids can respond to emotional stress – everything from "When you feel so mad that you want to roar, take a deep breath and count to four" to "Saying I'm sorry is the first step, then how can I help?" to "You can take a turn, and then I'll get it back."

You can help children develop with similar simple, memorable strategies. If a child is struggling with a particular aggressive behavior, help the child verbalize both what he/she can't and can do, such as, "When I'm mad, I can't hit my brother, but I can stomp my feet or squeeze my ball." You can also model the connection between mood and healthy eating, exercise and sleeping: "Sometimes when I'm frustrated, I eat a healthy snack or take a nap to help me feel better."

## 4. "Read" pictures

Research indicates that reading fiction promotes empathy. For little ones, picture books offer an additional tool for teaching emotional literacy: illustrations that serve as visual context clues. When a happy, scary or frustrating event occurs in a story, pause and look at the picture together. "Look at her – how do you think she's feeling right now?" Examine characters' facial expressions, how they are standing, and what they are doing. Employ this same technique when you watch media together.

## 5. Practice mindfulness

Mindfulness has been adopted by clinicians and teachers as a way to support mental health and improve emotional self-regulation. A key principle to this practice is calming your body and mind and paying attention to the sensations around

you. Practice sitting quietly with your child or students for 60 seconds, and then share what you each saw and heard. Take "listening walks" around the park or neighborhood. Before bed—or at the end of the school day—share small moments that make you happy.

Ultimately, emotional literacy is as foundational as learning the ABCs.

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I hope you enjoyed that article as much as I did. We are so happy to have your children in our classroom. Thank you as always for your unending support. We look forward to spending time this month creating connection while we are practicing being gracious guests and hosts. Ultimately, we will be gracious hosts to our families as we invite you join us for our Harvest Feast on Tuesday, November 22.

*Daylight Saving Time Ends Nov. 6!*  
Turn your clocks back one hour  
the night of Nov. 5.

## K-Too – Marilyn

In October the children completed their "All About Me" unit with a portfolio for their journal. The portfolio required the children to write about themselves, their families, homes, phone numbers, favorite things, etc. We made a map of Pittsburgh with iconic Pittsburgh landmarks and children's homes noted. We incorporated apples throughout the month as a nod to the season. The children made and labeled their own class skeletons with pasta and Popsicle sticks. We also put together our class pumpkin patch, learned Halloween songs, and had fun showing off our costumes at our party.

In November we will continue our study of Pittsburgh and talk about giving thanks for food, clothing, shelter, and a peaceful and loving world. We will talk about those less fortunate than ourselves and compassion for others. We will prepare and have our feast at school on November 22. Prior to our feast we will be cooking, and writing about what we cook daily. Remember, cooking is always a science and math lesson disguised as fun.

## Mushroom Wish List

- ◇ Empty yogurt, applesauce, fruit cups for craft use
- ◇ Little Tykes equipment (slides, climbers, houses, picnic tables, etc.)
- ◇ Toy lawnmowers

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(Present this flyer, show it on your mobile device, or mention the group name for your purchase to count towards the funds raised.)

**Mushroom Family Learning Center**

FUNDRAISING GROUP

Every Tuesday in November!  
11/1, 11/8, 11/15, 11/22 & 11/29/2016  
5:30 AM - 5:00 PM

1644 Cochran Rd  
Pittsburgh, PA 15220  
(412) 561-5560

EVENT DATE AND TIME      BAKERY ADDRESS

## 2016-17 CLASS PARENTS

### Little Sprouts:

Kim Yetter

### Early Learners (T/Th AM):

Emilie Staryak

### Early Learners (T/Th PM):

Megan Patterson and Jessica Nezloff

### Early Learners (W/F):

Bri Ivey

### Threes:

Lauren Jacobs and Joscelyn Freund

### Three/Fours:

Colleen Geletko, Amy Murphy, Kelley Homitsky

### Fours:

Natalie Jackson and Melanie Melville

### PreK AM:

Nadia Wright

### PreK PM:

Lara Sponsler and Kristy Naylor

### KToo:

Michael Alexander

“More and more I’ve come to understand that listening is one of the most important things we can do for one another. Whether the other be an adult or a child, our engagement in listening to who that person is can often be our greatest gift. Whether that person is speaking or playing or dancing, building or singing or painting, if we care, we can listen.”

- Fred Rogers