

MONTHLY NEWSLETTER

A Letter from the Director

Dear Sprouts Families,

Well... our family's September plans changed a little earlier than expected! Baby Bennett decided to make his arrival two whole months early. He was born on July 20th, despite his September 18th due date, so our family has been spending lots of time in the NICU as he works on learning to breathe and eat independently.

Overall, Bennett has done incredibly well, and we are so proud of the progress he continues to make. Our big goal is for him to "graduate" from the NICU by his original due date of September 18th and finally make his way home!

While my attention has understandably been divided, I have been reminded again and again just how lucky I am to have the team that I do. Our Sprouts staff and administrative team have done an amazing job holding down the fort in my absence, and knowing that Sprouts is in such capable hands has allowed me to focus on Bennett and my family during this unexpected season.

To everyone who has checked in, offered support, sent prayers, or shared good vibes with our family—thank you. We have felt so loved and supported, and we are incredibly grateful.

Warmly,
Paige Berg
Director, Sprouts

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Parent Tip of the Month

Make Room for the After-School “Crash”

If your child seems extra tired, emotional, clingy, or even a little wild at the end of the day, September routines may be partly to blame!

Children work hard all day navigating friendships, following directions, learning new things, and managing lots of little emotions. By the time they get home, they may simply be out of gas.

Try keeping evenings simple when you can. A snack, some unstructured play, an earlier bedtime, and a little extra connection can go a long way.

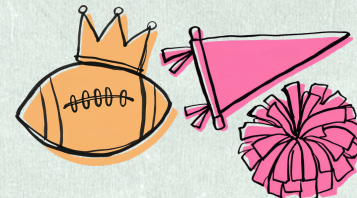
Sometimes the best thing we can give kids after a busy day is a safe place to decompress.

What's Coming Up

- September 7 – Sprouts Closed: Labor Day
- September 11 - Iowa vs Iowa State
- September 14 - Music for Tots
- September 14-18 – Carlisle Homecoming Week

***Keep an eye out for more information about how we'll join in the Homecoming fun at Sprouts!*

- September 16 - Start of soccer season





Staff Spotlight

This month we're shining the spotlight on Miss Abbee, one of our wonderful 2-year-old teachers!



Miss Abbee has been part of the Sprouts family for a year now, and her calm, patient personality makes her such a natural fit for our busy two-year-olds. This age is full of growing independence, big feelings, and LOTS of personality, and Miss Abbee has a wonderful way of meeting her students right where they are.

We are so thankful for the steady, loving presence she brings to her classroom each day and are so glad to have her in our Sprouts family!

School Highlights: Look How Our Sprouts Have Grown!

One of the sweetest parts of celebrating five years of Sprouts is realizing just how grown-up some of our very first students are now!

Our very first group of Sprouts are heading into 4th grade and off to Upper Elementary this year! How is that even possible?!

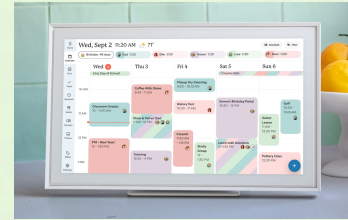
It is so special to think back to those little preschoolers who helped us start Sprouts and realize just how much they—and we—have grown since then. Even sweeter, many of those original families have continued to trust us with younger siblings along the way.

Watching our Sprouts grow up will always be one of the very best parts of what we do. Once a Sprout, always a Sprout!

Featured Product: Skylight Calendar

Helping Busy Families Stay on the Same Page

If your family calendar feels like a full-time job, the Skylight Calendar may be worth checking out!



Skylight is a digital family calendar that puts everyone's schedules, chores, routines, and events in one easy-to-see place. For families juggling school schedules, activities, appointments, work, and everything in between, having one central spot where everyone can see what's happening can make life feel a little more manageable.

One feature we especially love for families with young children is the ability to visually show routines and responsibilities. Even kids who can't read a traditional calendar yet can begin learning, "Here's what our day looks like."

September is all about getting back into routines, and anything that makes family organization a little easier is a win in our book!

WE ARE HIRING!



As summer comes to a close, we'll be saying goodbye to a few of our amazing team members as they head off to college. That means we're looking for a few full-time teachers to join our Sprouts family! If you know someone who is passionate about working with young children and would be a great fit for our culture, we'd love to meet them.

Full job descriptions and applications can be found at sproutsela.com/employment-opportunities/. Feel free to share with any friends or family who might be interested.