

# Director's Notes

## The Gift of Memories

What are your childhood memories of Christmas? If you are like most people, your cherished memories are of specific ways in which your family observed the season year after year. These things that your family did in the same way over and over were your family traditions and it's these traditions, not the gifts given, that you remember and love. This is true for you, and it will also be true for your children. I used to wonder what it is about these family traditions that my children value and protect so fervently. I have come to realize that during the preschool years and beyond, a child needs to develop a sense of belonging to a community. This sense of belonging instills in a child a strong personal identity and sense of self: a feeling of "This is who I am and this is how I fit into the world." Observing family traditions help children to develop this sense of belonging.

In her book, *Let's Make A Memory*, Shirley Dobson quotes her husband, Dr. James Dobson; "The greatest value of traditions comes as they give a family a sense of identity, a belonging. All of us desperately need to feel that we're not just a cluster of people living together in a house, but we're a family that conscious of it's uniqueness, it's personality, character and heritage, and that our special relationship of love and companionship make us a unit with identity and personality." Family traditions also lend order and a sense of predictability to the Christmas season. One way in which you can reduce the stress of a busy Christmas for your family is to establish some low-key traditions and instead of a frenzied one or two day Christmas observation, spread these traditions out over a larger period of time. Try scheduling some family activities beforehand by doing things such as starting an advent calendar. Making cookies together, helping someone in need or attending some of the church activities earlier in December. Focusing attention on the meaning of Christmas as a celebration of the birth of Christ will help avoid much of the holiday stress and hurry surrounding the commercialization of the Holiday. Maybe one or two of the family traditions can be saved for the week after Christmas in order to combat the let down that might otherwise occur.

By keeping in mind the true meaning of the Holiday, pacing yourself, using low-key approach and including your children in as many things possible, you can help create order and a sense of predictability that lends an atmosphere of security (instead of stress) the Christmas season. Written by Margie Wisenthal



December 2024

### Zion Lutheran ECEC

204 S. Grant Street  
Hinsdale, IL 60521  
630-323-0065

[www.zionhinsdale.org](http://www.zionhinsdale.org)

#### Upcoming Dates:

- ☺ December 16 & 17 Chapel
- ☺ December 14 @10:30—Christmas Program
- ☺ December 23 -January 3 No School Christmas break
- ☺ January 6—Welcome back to school
- ☺ January 11—Open House

The full School Calendar can be found on our school website.

<http://www.zionhinsdale.org>  
[zionlutheranecec@gmail.com](mailto:zionlutheranecec@gmail.com)

Facebook: [facebook.com/zionECECHinsdale](https://www.facebook.com/zionECECHinsdale)

Instagram: [Instagram.com/zionecechinsdale](https://www.instagram.com/zionecechinsdale)

"This is the day  
the Lord has made"  
.Psalm 118:24

## Now Enrolling for 2025-2026

Enrollment is open for the 2025-2026 school year. Please take a moment to look over the programs offered and complete the online registration using TADS.

## Open House

Mark your calendars for the ECEC Open House.  
Saturday, January 11th, 9-11:00am  
Come meet the next grade level teachers, attend a Music Together class, and tour the school.  
You will not want to miss this special event,  
All are Welcome- Bring a friend.



"The mission of Zion Lutheran Early Childhood Education Center is "Building and Strengthening Relationships with Jesus and Each Other & Opening the Door to a Lifetime of Christian Education."

If you have any friends who are looking into preschools, pass along a good word of mouth for Zion Lutheran Early Childhood Education Center. Thanks!