



Notes from Patches and Friends



Hi Friends,

Whether your kiddos have been sitting at their desks since August or—like us here in beautiful Pagosa Springs—just started walking through the classroom doors after Labor Day, September is

always a whirlwind! Patches and I have been watching our long-needed rainfall and thinking about all the families shifting into their fall routines.

Finding that **"school year rhythm"** can be a little bumpy for everyone, from your tiny preschoolers to your independent fourth graders. To help ease the transition, Patches and I gathered a few of our favorite simple ideas to keep the magic alive at home this month:

For our Preschoolers & Kindergarteners (Building Confidence): Separating after a long summer can bring up big feelings. Try a **"Pocket Token"**—a little button, a smooth river stone, or a drawn heart on their hand—that they can press whenever they need a reminder of your love during circle time.

For our 1st & 2nd Graders (The "After-School Slump"): Have you noticed your kiddos are exhausted or a bit grumpy right after pickup? They are working so hard to follow rules all day! Patches and I recommend a **"Decompression Hour"**—no chores, no rushed homework, just a healthy snack and 30 minutes of unstructured playtime or drawing to let their brains rest.

For our 3rd & 4th Graders (Sparking Conversation): When you ask "How was your day?" do you just get a one-word answer like "Good"? Try swapping the question. Ask them: **"What made you laugh today?"** or **"What is one interesting thing your teacher said?"** You'll be amazed at the stories they share.

No matter where you live or when your school year kicked off, remember to give yourself and your kids grace as everyone adjusts.

We would love to hear from you! Reply to this email and let us know: How is the school year treating your family so far?

Warmly,
Gail L. Oxford



P.S. From Patches: Hi human friends! My favorite part of back-to-school season is seeing all the kids walking by with their bright backpacks. If your school days ever feel a little tough or tiring, remember to take a big stretch, get a good snack, and know that I am cheering you on! **Woof!**



Fall Reading & Learning with Patches

If **you** are looking for **wholesome bedtime stories** or **fun weekend activities** to keep your **readers engaged** this school year, Patches has his very own book series perfect for preschool through elementary schoolers:

[A Purpose for Patches](#): The heartwarming first book where readers meet Patches and follow his journey to finding his true calling.

[A Purpose for Patches, Activities, Coloring & Learning](#): The perfect second companion book packed with learning pages and coloring sheets to help your young students build focus and creativity after school.

[Patches Explores Pagosa Springs: A Guide Dog's Mountain Adventure](#): Our **brand-new** release! Join Patches on a beautiful mountain journey right here in our hometown. It's a wonderful way to introduce young kids to nature, adventure, and the important role of guide dogs.

[Click [here](#) to grab your copies of Patches' books!]

No matter where you live or when your school year kicked off, remember to give yourself and your kids grace as everyone adjusts. Tail wags and head pats from Pagosa Springs!

PurposefulPals.com

[Click Here to Download a Free Activity Page](#)

Author Visits & School Events

Are you a teacher, librarian, or parent group leader looking to bring some extra excitement into the classroom? I love sharing Patches' real-life journey with students! I am currently booking in-person school visits around the Colorado area and virtual school visits nationwide for the fall and winter. Presentations are for preschool through 4th grade to talk about the importance of reading, writing, resilience, and the amazing work of guide dogs.

[Click [here](#) to check our availability and book a school visit!]

Get in Touch

Patches and I would love to hear from you—maybe you have a question for Patches, a special message to share, or even a drawing of Patches in your favorite place!



And guess what? Patches and I are always dreaming about our next adventure. Where do you think we should go? Share your ideas, and maybe your adventure will be the one we take next!

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