

Early Learning Center -North Quincy News

October 2018 Edition

Happy Fall and October! School is in full swing and the children are getting settled into their routines and adjusting nicely. This is great time of year to be taking walks, watching the leaves change, and going apple picking.

Thank you ELC North Quincy Families for joining our Back To School Night!

We had a fantastic ELC Fall Back-To-School Night on September 27th where all classrooms showcased hands on activities, curriculum, and exploring ways we promote learning in a child-centered, nurturing environment! For those who missed the Open House event please ask your child's teacher for the handouts and resources available!



Reminder: we will be closed Monday, October 8th for a Professional Day!

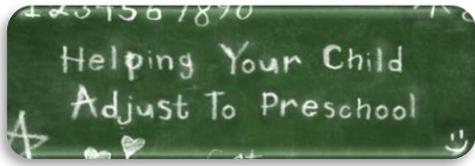
ELC Family Reminders!

- The Early Learning Center is **closed on Monday, October 8th (Columbus Day)** for professional development.
- Aquatic Safety Sessions for Preschoolers begins **Wednesday October 10th**. If you want your child to participate please ensure that you fill out the required permission slips and hand it in to the office. Please label all of your child's belongings and use the provided swim bag. Children must come to school dressed in their bathing suit under their clothing on their swim days.
- **Music will be starting the week of October 8th**. Each classroom will enjoy some valuable music time.
- Please remember to call the Center if your child will be absent and or late to school.
- Our first **Family Advisory Council meeting will meet on Wednesday November 7th from 5:00pm – 6:00pm**. Future meeting dates will be provided on November 7th. Please see Jojo and consider joining us!
- Please be sure to drive SLOW through our parking lot when entering and exiting; especially when driving past the front doors. We all must do our part in keeping our little ones safe! Thank you for your cooperation!

Child's Belongings

- It's the time of year to take stock of your child's extra clothes. Please make sure your child's **extra clothes are weather appropriate**.
- Please make sure if your child goes home with soiled clothes that clothes are replenished the next school day. Don't forget about socks as well.

- We also want to stress the importance of wearing a jacket & perhaps sending one that you can keep here in their cubby. Some mornings have been a little chilly.



Trouble with Transitions

By Catherine Sargent MS, LMHC, CEIS

There is no worse way to start your day than peeling your crying child off you at school. Your child is crying, you are crying, and everyone is miserable. Transitions can be difficult for young children often resulting in tears and tantrums. Children feel like they have little control over much in their life and transitions can unwittingly turn this feeling into a meltdown. Fortunately, there are some things you can do to make transitions easier on both you and your child:

1. Give your child a warning in the form of a countdown (e.g. "We are leaving in 5 minutes.").
2. Tell your child what will be happening next (e.g. "We have to go pick up your brother.")
3. If you expect it to be a difficult transition, plan a preferred activity to occur next. Keep special activities, books, toys and treats in your car to use when you need them.
4. Keep your word. Telling your child you are leaving in 5 minutes and staying 30 minutes more is a great way to ensure a tantrum the next transition. Leave when you say you will, even if it means carrying a screaming child to the car.
5. Distract with humor or by changing the subject. If your child is upset about a transition, act silly or talk about something fun. Your child may forget he/she was upset in the first place.
6. Give your child a choice. Children like to feel they have control over a

situation and giving them a choice can diffuse the situation helping them to feel more in control. You can build in a choice to any situation (e.g. "What shoes do you want to wear? Should we go to the bank or the post office first?").

7. Use a visual to show young children what is happening next. (i.e. a picture of your house to indicate you are going home). Let them hold the picture during the transition.

Transitioning into the classroom at school can lead to extra distress. There are some things you can do to make separation easier:

1. Set a routine at drop-off and keep it consistent. This can include the order you do things (e.g. hang up coat, say hello to the teacher, kiss good-bye).
2. Say the same thing to your child each day to indicate you are leaving like "I love you", "See you soon"!
3. Give your child a Transitional Object to provide like a special stuffed animal, blanket, picture of you, etc.
4. No matter how upset your child is, don't linger. This can make it worse. It is best to "rip it off like a band-aid".
5. Enlist the help of your child's teacher to help you separate, comfort, and distract your child with an activity.
6. Call to check on how your child is doing. Most likely, your little one calmed down after a minute or so and is fine!

Transitions can be difficult for both children and parents alike. But they do get better with practice and a few simple and consistent changes!

Please feel free to contact Kristine Swan or Jojo Reed with any questions. We value your feedback!

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