Early Learning Center - North Quincy News
October 2019 Edition

October is here!

We had a great turnout for our Open House this past Thursday. Families moved from classroom to classroom to explore the different activities throughout the Center. Some classrooms offered some sweet treats along with a variety of math, art, language, science, and sensory activities for families to learn more about their children’s experiences in school & explore with their families and friends.

Aquatic Safety Sessions for Preschoolers will begin at the end of October. Your Child must be 3 years old to attend. If you want your child to participate please complete the required permission slips and submit 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. 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!

ELC Family Reminders!

October 4th: Wear your favorite Patriots’ gear or some red, white & blue to show support for the upcoming football game on Sunday with Team spirit & support!

The Early Learning Center will be closed October 14th for a Professional Development day of continuing education to improve educator skills and ensure the best learning outcomes for students. Like your children, our dedicated and inspiring teachers never stop learning!

October 25th: Dental hygienist, Claire Reilly from Dentistry for Children will visit to talk to all of the children about the importance of dental health in a child-centered and super fun way!

October 31st: We will be having our annual costume parade. Feel free to send in your child’s costume (no masks or accessories) or feel free to have your child dress up in their favorite pajamas!

Picture Day!!!!

November 1st is our Picture Day at the ELC-North Quincy. Each child will have their picture taken by Lifetouch! Your child will bring
home a sheet of proofs the same day for you to view and purchase photos if you choose to do so. Please note: there is no obligation to buy any photos!

**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 and also label them so they don’t get sent home with the wrong child.**
- 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 as an extra pair of shoes or crocks.
- 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*

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”!

There is no worse way to start your day then 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.
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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!

Gentle reminder: Our ELC limits childcare for no more than a 10hr day as it can be very challenging for young children being in school for more than the 10-hour limit. Center staffing is also a consideration so that we are able to maintain state mandated ratios.

Key Fobs

Please ensure that you remember to bring your key fob each day so that you are able to access the building during pick-up and drop-off as there may not always be someone available to let you in as we help to assist and cover in classroom as needed. If you are in need of a new key fob, please come to the office to complete a form to obtain a new key fob. A fee of $7 (cost we are charged for the fob) will be charged for a replacement.

As a reminder to all families: Please ensure that your child is here by 9:00am each morning so they do not miss out on valuable learning opportunities and have the ability to easily adjust to classroom routines. Following routines is an important part of a child’s day as it allows children to navigate the continuous challenge of learning new things in a climate of safe and comforting boundaries that are created by routines. Routines for young children help them form healthy habits and feel more in control of what happens next. If your child will be late (for example: due to a doctor appointment) please call the Center so that we are able to inform the teachers as soon as possible. We will have a sign in book at the front desk for all late-comers. Thank you for your understanding & cooperation!

Let’s Chat

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

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