

EDEN EDITION

JUNE 2012

EDEN DAYCARE INC

PRESIDENT'S MESSAGE

Hello Parents of Eden Daycare,

With the start of June we know that summer is just around the corner. The weather gets warmer, and the "big change over" happens. This constitutes putting away winter clothes, pulling out the summer ones, taking the bikes down from the rafters, rearranging /cleaning up the garage, and last but not least ...bringing out the lawn mower and garden tools. These things are habitual like the seasons.

Something else that should be habitual is saving for your child's post secondary education. While this may seem far off, an account, called an RESP (Registered Education Saving Plan) allows you to put funds away for your children's future educational needs with the government adding an additional 20% (up to a maximum of \$500 per year). All banking institutions (along with all investment firms) offer these accounts which can be established for less than the cost of a cup of coffee a day. This is an excellent way to save for your kids, and have the government help along the way. If you have not heard of this account, please see your financial institution (or advisor) and inquire. Because the sooner you start, the farther ahead you will be when it is time for your first child to go to post secondary school. Remember...when it comes to saving, the sooner you start the more you'll have and every little bit helps!

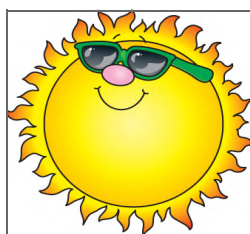
Speaking of helping, when you know the weeks you will be taking off for holidays during the summer it would be appreciated if you could let one of our staff know. This will help us when planning for part time staffing over the summer, along with holiday planning for our own employees (as they also deserve a break!).

Big news: You are reading this newsletter on Eden Daycare website!! This website will allow parents and prospective parents a convenient way to learn more about Eden Daycare. So stay tuned for more information on the website.

We as a Board continue to strive to help the Management staff in their efforts to make Eden Daycare one of the best places in Peel to receive quality childcare.

It's now up to you.....to make it a great summer!!

Cheers,
Simon P. Bottone
President, Eden Daycare



FROM INFANTS TO TODDLERS

Step by step, day by day our goal is to work on preparing the children in our care for the different expectations that they will experience, while learning the daily routing of a very busy toddler classroom. This is to help make the transition as stress free as possible for both parents and children.

1. Moving from the high chair to our child sized table and wooden chairs. This is a very exciting experience as the child now realized that they are free to move around. We often have a sing song to help with sitting until the food arrives.
2. At the table we learn to drink from the regular cups just like the toddler children. We are also encourage to use our teaspoons, rather than our fingers while eating.
3. In the sleep room we move from a crib to a cot bed. It is very exciting when we discover that we can get off and on the bed by ourselves. However with the help of our teachers, we soon learn and the transition becomes very smooth.
4. When we can walk well, we normally go to the infant playground (or sometimes to the toddler playground) and no longer go for walks on a daily basis in our strollers.

Then before we know it, there is a letter for our parents in our cubby informing us that we are moving to the toddler class in about two weeks. We usually go for a visit every day from 9 a.m.-11 a.m. The first week and the second week we usually stay in the toddler's room for lunch, play some activities, and then even have sleep time. We are very proud of our accomplishments!

PRESCHOOLERS: HOW TO PREPARE FOR TRANSITION

The ultimate goal of preschool is to prepare a child for kindergarten, but that preparation does not necessarily solely focus on academics. The more important skills a child needs in order to move up are social:

- Understanding rules and boundaries (it is not acceptable to hit, bite, kick, or talk when the teacher is talking)
- Sharing and taking turns with others
- Playing in groups (including “Show and Share” and learning circles)
- Being aware of the feelings of others (showing children examples of things that could hurt someone’s feelings, such as taking away a toy that they were playing with.)
- Separation

Preschool is like a bridge between toddlerhood and kindergarten. Children become more independent by dressing themselves, their language becomes more clear and fluent, they develop and master new fine motor skills (like scissor-cutting), and their cognitive and gross motor skills progress. Children become toilet trained and as a progression, they start using “big toilets” in the “big boys’ and girls’ washrooms.

Their new self-help skills at lunch/snack times include pouring milk/juice into their own cups, using utensils, and serving themselves vegetables or other small-cut food using tongs. Table manners are taught and encouraged: “More, please”, “No, thank you.”

As the ratios allow preschool children will visit the Intermediate/JK classroom to meet new teachers and peers.



7 tips to help prepare your child for tomorrow and their future From the Intermediate Class

Source: <http://www.thinkparenting.com/21st-century-ready.html>

1. Confirm the importance of your role as a teacher to your child. Reflect and learn more about what and how you teach and help your child prepare for their future.
2. Help your child think of learning as a life-long process. Mere memorization and acquisition of knowledge just won't work anymore because the internet allows such easy and rapid information.
3. Help your child think of learning as a life-wide process. Encourage them to embrace opportunities for learning and self-improvement at home and at school. Help your child build creative, social and emotional and practical thinking skills.
4. Focus on communication skills. So that they make get any ideas or concerns out in the open so you can help them.
5. Think global. Help your child learn about the cultures and languages around him or her and across the globe. The world will continue to shrink and your child's ability to bridge cultural differences will serve them well.
6. Instill in your child the understanding that if they work hard, they can learn and improve in any area. They should wholeheartedly believe they can utilize resources and sincere effort to better learn and do what it is they care about big or small.
7. Be a learner yourself! Point out to your child, for example, how you thoughtfully enter new situations, set goals and draw on resources that help create and sustain positive change and learning. With mindful attention you can help your child grow up to be a confident, well-rounded individual empowered to learn and change as they need and desire, and ready to embrace or adapt to the inevitable waves of change the future will bring.

Preparing Your Child for First Grade



Preparing your child for the first day of Grade 1 can be a fun experience for you and your child, if you plan well and follow a few basic guide lines.

Most children will have an idea of what to expect on their first day of school.

So with having attended Preschool and Kindergarten your child has already prepared for their first day of all day school without really knowing it.

You as a parent can do other things to help your child as followed...

- Build anticipation before school starts by talking about school and the good – Things your child will learn.
- Discuss meeting new friends, seeing old friends and meeting a new teacher.
- Tour the school and meet your child's teacher before the first day of school.
- Obtain your child's school list and go shopping!
- Allow your child to handle their school supplies and then place them in their-Back packs by the front door were the child can see it.
- Decrease anxiety by making the unknown seem known. Example: meeting the Teacher before hand allows the child to place a face over that scary, anxiety-laced figure of their imagination.
- Obtain a copy of the school hand book to go over the rules your child is expected-to follow.
- After shopping allow your child to get familiar with the tools he or she will be-Using.
- Encourage your child to express their anxiety and fears so you can both come up-With strategies that will ease your child's fears.
- Talk about your own good experience at school and what it feels like to learn new-Things.
- Make up stories about the first day of school and laugh together as you gear up for for this important day.
- Seek out and read children's books that reflect going to school, or the first day of School. Discuss them with your child as a spring board for learning.
- Prepare your child physically, a good night sleep and a healthy breakfast will help Carry them through the day, while keeping them alert for learning.
- Start a routine before the first day, which should include bed time, wake up time, Getting ready time, breakfast time, when to leave for school, when to do home work, and where to put it when finished.
- Allow your child to have some say in the routines by offering some choices.
- Be firm but flexible, sometimes routines don't go well no matter how organize You are, make adjustments and move on.

Welcome to first grade, the Adventure has just begun!
Kindergarten Class



FROM OUR JUNIOR TODDLERS

Over the next several months there could be some changes happening for your child. Some of the children will move to the Senior Toddler room. To prepare them for this we let them visit that room as much as possible before this happens. We also let them use the potty if they show an interest in this. Some things that the parents can do to assist with this are:

- Let your child wear loose clothing. This helps them to pull their pants up and down.
- If your child wears a snap T shirt, switch to a regular T shirt. The reason for this is because we try to promote independence. It is very difficult for the children to undo the snaps. It could also fall into the potty and get wet.
- Some children will be on holidays over the summer. It might be hard to do this, but try to keep your child's routine as close to possible as the normal one. That way, when it is time to return to daycare your child will be able to adjust better.
- Some infants will join us during the next several months and their teachers are working to help them make adjustments for this transition. Also to help prepare the children we make the visits very gradual. The first week they only visit for 2 hours in the morning as a rule and this time is gradually increased.
- If you have any questions, speak to one of the staff.
- Our annual open house in the fall is a great opportunity to see what your child's routine is like and visit the other classes as well.

FROM THE SENIOR TODDLERS

As we approach the summer months there could be a few changes on the horizon for your child. In the Senior Toddler room we work with the children to make these changes as easy as possible. Our oldest 10 children now have the opportunity to use the toddler bathroom. In the bathroom we are encouraging as much independence as possible...the children pull their own pants up and down, remove their own diaper (if applicable), sit on the toilet, then wash and dry their own hands. These are much needed skills for when they move into the Preschool class. Language skills are also being encouraged. The ability to express their wants and needs with words will also make the transition easier.

Some of the children also are able to visit the Preschool room for short periods of time. This usually happens in the early morning or late afternoon. This helps the children become familiar with the classroom and teachers. As in all our moves from class to class, you will receive a letter giving you two week's notice. During those two weeks, your child will visit the Preschool as much as possible

From kidshealth.org:

While acknowledging this important step your child is taking and providing support, too much emphasis on the change could make any anxiety worse. Young kids can pick up on their parents' nonverbal cues. When parents feel worried, the kids will probably sense that. The more calm and assured you are, the more confident your child will be.

FROM JOANNE'S KITCHEN

Here are some tips from Peel Public Health's website

<http://www.peelregion.ca/health/family-health/toddlers-and-preschoolers/nutrition/picky-eaters.htm>

Menu planning tips

Offer a variety of foods from [Eating Well with Canada's Food Guide](#)

- Canada's Food Guide is meant for children 2 years of age and older, but can be used as a reference for children ages 1 - 2.
- Serve small portions.
- When you are offering a new food, make sure there is at least one healthy food on the table that your child usually likes to eat.
- Provide meals and snacks at regular times each day.
- Plan at least three meals and at least two snacks per day.



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