

**Eden
Edition**



**Summer
2022**

Eden News Letter – President’s message

Hello Parents of Eden Daycare,

Summer usually brings nicer weather, warmer days and more colours to all our back yards. I hope you all are enjoying the warmer weather and are taking the time to spend with your kids in the great outdoors. Whether it is going for a bike ride, playing soccer or even sitting under a tree to read a book together, it is all time well spent. Making sure that your kids are learning and trying new things is what parenting is all about. Cherish these times because your kids are only this age....once.

As Universal childcare unfolds, there is a lot to navigate. We are excited about what this means for children, families, and childcare. This will be an ongoing process and we will keep our families informed and updated as we navigate this new system. It will take time as we learn how to implement these changes.

Here at the Daycare, we are helping your kids to learn and live each day. We could not do this without direction from the Board and its members. Eden Daycare has been part of Eden Church since inception and the relationship between the two continues to be strong. I feel this relationship works well because our Board is made up of some Church members, some Parent members and some Community members. This gives each representation and the ability for both to add value and give their input.

The Board meets once a month (excluding the summer months), and discuss the day to day operations and issues related to the Daycare. From time to time (many times as kids leave the Centre) we look for Parent board members to replace the ones leaving. If you are interested in becoming a member of the board, please let your wishes be known to Asma Kidwai (Exec. Director), Margaret Bandosz (Asst. Director) or one of our friendly Daycare Staff. Also if you know of any other parents that are looking for childcare please let them know to come visit. Referrals are always welcome. Lastly, for those kids that are leaving our centre to enter the ranks of the Primary Schools, we wish them all the best (and....drop in and visit us to let us know how you are doing).

Even though we are officially still in the pandemic, our centre is having a good year. 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.

Enjoy the summer.

Cheers,

Simon P. Bottone

President, Eden Daycare

How to help your child transition to the Toddler Room - Infant Room-

Although each child transitions differently, training Infants to transition to Toddlers begins around 15 months. We start with little things like switching to

- sippy cups, straw cups and then open cups.
- For communication skills, we encourage children to use more words than sign language/gestures, a lot of labelling in the classroom ...numeracy and literacy starts right from Infancy !
- Children see the Toddler playground daily and the educators in the Toddler classrooms daily
- Children are exposed to cots vs. cribs

As every child is different, we still support them based on their needs.



Transitioning from Infants to Toddlers

- Jr.Toddler Room -

Great Beginnings!!

Build your child's brain, Build your child's future!

Love, Feed, Play, Protect, Role Model

Children are always learning and what they learn in these early years will last a lifetime. You are the most important role model they have. You will Shape your child's health habits especially when it comes to healthy eating, physical health and self esteem.

Setting age-appropriate limits with the Junior Toddlers can be difficult. As a general rule we use routines, consistency and a sense of achievement to gently guide the Toddlers to be successful. In the classroom this can easily be done through routines (children eat and sleep in the same place). We also usually do the same things at the same time in the same order everyday.

This gives the children a sense of control and achievement ("I know what comes next"). Our routines have an almost 'built in' limit provider. At home, setting limits can be much more difficult. Limits have much to do with family values and parenting styles. Whatever the limits are in your family, be consistent and firm with your toddlers. They are very smart and are quick to recognize weak points in order to get the outcome they want...not necessarily what mommy and daddy want.

The children have been working on their self-help skills. Children wash their hands before mealtimes, after every diaper change, and after we come back from outside. After outdoor time, the toddlers are asked to put their hats or sweaters in their cubbies. It is amazing to see how much the toddlers can do for themselves with a little encouragement and role modelling.

Your child may not be able to express themselves verbally in so many words but their comprehension of what you ask of them is developed at this age.

Making learning fun and part of our Toddlers everyday life leads to one thing for

sure.....Bright Verbal Toddlers!!

Early stages of Toilet Training

Senior Toddler Room

Toilet training can be a challenging task for a parent to tackle with their child. It is important to first remember that every child is unique and will be ready at different times.

One first sign that your child might start to show when they might be ready for toilet training is knowing when their diaper is wet, dry or has a bowel movement. You can start by asking if they are wet or dry. When changing them label out loud to them if they are wet, dry or poopy this will help them to start recognizing how the diapers feel in those three instances.

When your child goes a couple of hours and still is dry, sit them on the toilet or potty at home for a few minutes. If they do anything, acknowledge it. Make it exciting! Let them know that you are happy and proud! If nothing happens, that's OK too! Just put the dry diaper back on and let them know that you can try again later.

Remember that it is a process, and patience along with consistency is the key! Always feel free to come and talk to your child's teachers as it is important that you and them are on the same page and are using the same strategies, making sure that children are getting the same message from all the adults involved.

Another thing to consider is books about going potty. There are lots of children's books you can read with them that help get them excited keep it fun and not stressful !



Sharing in preschool

Jr. Preschool Room

Sharing is important because children need to learn to share so they can make and keep friends play cooperatively, take turns, negotiate and cope with disappointment. Sharing teaches children about compromise and fairness. They learn that if we give a little to others, we can get some of what we want too. Some ways to encourage your child to share are :

- Talk about why sharing is good for your child and others. You can say to them “when you share your toys with your friend everyone gets to have fun”
- Point out good sharing in others example “your friend was sharing their toys really well. That was very kind of them .”
- When you see your child trying to share or take turns give your child plenty of praise and attention .
- Play games with your child that involves sharing and turn taking. Talk to your child through the steps saying things like “now it's my turn to build the tower ,then it'll be your turn .you shared the red blocks with me and I would share the green blocks with you “.
- Talk to your child about sharing before play dates with other children. You can say “when your friend comes over you will need to share some of your toys “.

If your child finds sharing challenging, it's a good idea to stay nearby when your child plays with other children. When your child does try and share, you can say exactly what your child did well and how proud you are of them.

It is also a good idea to have consequences for not sharing. Make sure the consequences relate to things not being shared. If they are fighting over a train then take the train away from both of them for a few minutes so the consequences are the same for both of them .

This will help children to start thinking about what they can do if they want to play together.

With a lot of practice and patience your preschooler will be able to share with other children overtime and learn fundamental lifelong skills.

Self Regulation Intermediate Room

In the Intermediate room we have been using the zones of regulation to help the children regulate their emotions. We have signage in our room that depicts the different emotions which is also associated with different colours.

The colour blue is when we are feeling sad and tired. When we find children have identified that they are in the Blue Zone we encourage them to find a quiet spot .

The colour yellow indicates that children are feeling anxious silly or excited , when children are in this zone we encourage them to slow down take a break and refocus.

The colour red suggests that we are feeling angry and out of control.0 When children are in this zone we encourage them to stop. We might remove them from a situation and encourage them to breathe. When we see that the child 's emotions are no longer elevated we will speak to them and ask them to tell us why they were upset.

The Green Zone indicates that a child is feeling happy and or calm. They are good to learn.

It is important to remember that just like us, children have emotions too. We have to validate how they are feeling and provide them with the tools they need to regulate them. This is not something that we are born with, it is something that is learned overtime .

We look forward to working with you on helping your child regulate their emotions.



How can I prepare my child for starting kindergarten or Grade 1 Kindergarten Room

Your involvement in your child's learning is important at every stage of their education .

There are many things that you can do at home to give your children a positive start on learning and help them make the most of kindergarten or grade one.

Many schools offer the opportunity to visit the school and the classroom teacher.

This is an opportunity not to be missed your child will feel less anxious on the first day if they have seen their school. Listen and talk to your child about what school will be like. Express excitement and enthusiasm so that your child will look forward to school. Set-up play dates. It is important to keep up social skills over the summer months for all children regardless of pre school experiences. Setting up play dates with children who will attend the same school can help your child establish early friendships .

Tips for the first day of class :

Allow your child to take a special item from home like a stuffed toy to provide comfort . Remain cheerful and let your child know who will be there to pick them up at the end of the school day .

Take some time to greet or talk to the educators together .

Once school starts, ask your child specific questions about what they learned or did during the day. Show an interest in your child's learning ask your child about their school day and make school and learning an important part of the family conversations .

Attend parent teacher interviews .

Speak to your child educators if you have any questions or concerns about your child's school experience .

Your involvement in your child's learning is important at every stage of their education .

Simple recipe to bake with your child

Most toddlers and preschoolers love to help with baking. They are enthusiastically hands on and enjoy stirring, needing and scooping batter into baking pans.

The making is just as fun as the eating ! Getting the kids into the kitchen is truly a win-win for everybody .

It's educational, and can help the kids learn while the adults teach. It results in some yummy food and is truly good quality time..cannot beat that !

Muffins are our #1 suggestion if you bake with children. Muffins are usually easy to mix together , fun to spoon into liners, quick to bake, and you can enjoy them right away. They are easily manageable for young bakers , they freeze well and can be kept all week long for snacks, lunch boxes or breakfast . Versatile, convenient and quick.

Basic Banana Muffins

Total prep time : 10 minutes / Total bake time : 20 minutes

Ingredients :

1 1/2 cup all-purpose flour

One Cup sugar

one teaspoon baking soda

half teaspoon salt

three medium ripe bananas

one large egg room temperature

1/3 cup oil

one teaspoon vanilla extract

Directions

In a large bowl combine dry ingredients. In another bowl mash the bananas . Add eggs, oil, and vanilla extract. Mix well , stir in dry ingredients just until moistened. Fill greased or paper-lined muffin cups half full.

Bake at 375 degrees for 18-22 minutes or until a toothpick inserted in the center comes out clean.Cool for 10 minutes ; remove from pan to a wire rack to cool completely.

