

SEPTEMBER 2021

Family Newsletter

September Book List

The Night Before Preschool

by Natasha Wing and Amy Mummer

Monsters Love School

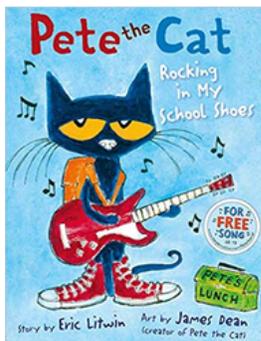
by Mike Austin

First Day Jitters

by Julie Danneburg and Judy Love

Pete the Cat: Rockin in My New School Shoes

by Eric Litwin and James Dean



How Does a Dinosaur Go to School?

by Jane Yolen and Mark Teague

The Crayon Box That Talked

by Shane Derolf and Michael Letzig

SEPTEMBER UPDATE

September is often thought of as the end of summer, the end of pool time, the end of free time - but we like to think of **September** as a **NEW BEGINNING**.

Here are a few tips grouped by "challenge area" (*haha*) to help your child embrace change and make a fresh start.

PICKY EATER

Toddlers are notorious for resisting their veggies and other new foods. It has been shown that it takes 10-15 tries for a child to like a new food. So be calm and keep trying. Consider bringing your child to the grocery store and let them pick out a new (healthy) snack.

Want to learn more? → <https://bit.ly/SeptPickyEater>

POTTY TRAINING

Potty training is a major milestone in every household. Here again, patience is key. Look for signs that your child is ready to start the process such as dry diapers in the morning and interest in sitting on the potty. Rest assured, your child's teacher has your back and will help you every step of the way!

Want to learn more? → <https://bit.ly/SeptPottyTraining>

SIBLING RIVARLY

Brothers and sisters are so special and are often our closest, lifelong friendships. But siblings can also be the chief "button-pusher" and agitator. We like some of the suggestions in this *Parents* article handling these issues.

Want to learn more? → <https://bit.ly/SeptSiblingRivalry>

Fun Fact

The Harvest Moon is a full, bright moon that occurs closest to the start of autumn.



Early Learning
Academies

BRINGING IT HOME



RESOURCES AND ACTIVITIES FOR ALL AGES

Young children need support as they say goodbye to parents and family and start their day at child care. Use these tips to help your child transition into the classroom.

- **Ask about how your program makes children feel comfortable as they start.** Many programs have a system in place for sharing about the beginning of school and gathering information from families before the start of the school year. Ask for the name of your child's primary caregiver and how you can share information about your family, routines, caregiving choices and culture.
- **Review the daily schedule with your child.** Tell your child what will happen next using their posted daily schedule: Pictures of the day's routine help your child "tell time." If your child's classroom does not have a daily schedule posted, ask if the teacher could share one. You could even offer to make one.
- **Help your child get to know the primary caregiver first before you leave.** Take time to introduce your child to the new caregiver. Joining the caregiver and your child in play will pave the way to a strong relationship between them.
- **Establish a predictable goodbye routine.** This will let your child know what will happen next, making it easier to cope with the transition. Wave from the window, watch the pet fish, play with a favorite toy, share a hug, read a book, or sing a goodbye song. Even for infants, you want to explain what will be happening. It is important to say "Mama/dada always comes back." This is important to do before daycare starts and to continue it all through the transition.

*** Do not sneak out!** Always say goodbye to your baby/child. If you sneak out, it's easier for you not to hear them cry but it's harder for your baby. It teaches her that you could disappear at any time and creates anxiety.

DROP OFF TIPS

- **Give your child tools to use when missing family.** A special lovey, a photo of your family, or an item like your watch can help your child cope. If the lovey can't be shared with other children, ask your child's teacher if it can stay in the cubby and come out when your child is sad.
- **Share at least a few words of your home language with your child's teacher.** Hearing that "mama or papa will come back" in your child's home language makes a bridge between home and school, and helps your child feel understood. A word list that contains phrases that your family or your child uses for eating, diapering, sleeping and family members can help a great deal.
- **Share your child's favorite things to do with the teachers.** When your child is ready to play, the teacher can point out similar things in the classroom.
- **Make homemade books.** Books that you make for your child about the daily routine including the transition from home to school can promote coping for children who need to rehearse the day's plan to cope.
- **Talk about feelings.** It's ok to cry and miss a parent. It's ok to feel angry at parents for leaving. Don't be hurt if your child is upset with you – strong feelings are normal. Don't shame your child for feeling sad and scared; no one feels that way on purpose.
- **Create a reunion ritual, checking in with your child's teacher about the day.** Find out what went well and stress those successes to your child. "I heard that you loved playing with the balls!" Talk with your child about the day as you leave.

SCHOOL AGE



GOAL SETTING

One of the best ways for a child to establish a sense of purpose for their actions is having them set goals for themselves. Not only do goals give purpose, but they also assist with decision making, improve self-confidence, create independence, and teach perseverance.

Using goal ladders can help provide children a visual for goal setting. Goal ladders also give children the opportunity to break down their goals into doable steps. Follow the steps below to help your child create their own goal ladder:

- 1) Draw a ladder or use the printable provided here: <https://bit.ly/SeptGoalLadder>
- 2) Write down your goal at the top of the ladder.
- 3) Go to the bottom rung of the ladder and write the first action that you would take towards that goal.
- 4) On the rung above that, write down your second action that you would take towards your goal after the first action has been achieved.
- 5) Keep writing actions towards the goal until the goal is achieved!



Looking for more ideas on how to make goal setting fun for kids? Check out this link! <https://bit.ly/SeptGoalSetting>