

PRE-SCHOOL

This week we have.....

Been learning all about Apples as part of our Wanderlust: A Nature Study Programme.

Had apples in the sensory kitchen, we chopped the apples up in different ways to see how apples can change shape and talked about halves and quarters. We looked at pips and spoke about what the pips do.

We grated an apple to see what happened to it, the children said it made apple juice.

All been outside to watch one of the children going up the climbing wall and back down, this was the first time this child had been able to do this. It was a lovely moment with the other children encouraging them to do it. This child showed their skills in assessing and taking part in risky play, perseverance and challenging themselves.

Been enjoying our dressing up case and have been using the fancy dress in different ways to what we adults may think they should be used as. As an example, a football kit was put on but not so the child could be a footballer, they used it to be a builder.

Had lots of cooperative play, we have a bike which has a platform on the back to stand on. Two of the children took in in turns to be driver and passenger. They Made a traffic light system and used a timer so they could each have a turn, learning how to take turns

Set up a dinosaur world using natural resources found outside, sand, mud and herbs and watched how the play developed.

Had Hygge Friday where we wrapped up in cosy blankets and talked about how we feel and rules and boundaries.



I can challenge myself by climbing or by mark making

Manage my risks when I play



Reminders

Please can we ask that all snacks are put in a separate bag/tub to their lunch boxes with their name on.

We do get confused with whose fruit is whose if they are loose.

Please also remember to cut fruit such as strawberries and grapes in half and half again length ways so we reduce choking hazards.



I can be whatever I want and use my imagination

We can investigate and learn



Dates for your Diary (please check Newsletters and online Notice Board for updates)

Half Term

Monday 25th October – 2nd November.

Pre-School starts Wednesday 3rd November.

Christmas Holidays

Pre-School finishes Friday 17th December at 11.45am

Pre-School starts January 4th.



We can create worlds using loose parts and our imaginations

Rules and Boundaries

Do you have rules and boundaries for your family, household? Some families do some families don't.

Do you ask your children to tidy their toys up to be met with "NO!" or "You do it" or "I'm tired" or "I don't want to"?

This is very common; children will push the boundaries, but what do you do in response?

Before we look at that did you know there are different parenting styles; according to Diana Baumrind a clinical and developmental psychologist the main 4 are:

Authoritarian

Strict discipline

Little negotiation

What you say goes

Expectations are high

Less nurturing

Permissive

Children can do what they want

No rules

Limited guidance or direction

Nurturing and warm

Low expectations

Children can figure things out on their own

Authoritative - the one seen as the most effective

Reasonable

Set fair boundaries, rules and discipline and explain why

Nurturing

Listen to their children and communicate so the children understand

Uninvolved

No nurturing

Parents/carers aren't involved with their children either out of choice or understanding

No or low expectations



Parenting is hard, there are many things to juggle, we all do our best and most parents will display a mixture of the above parenting styles.

What would happen if we had no boundaries or rules? As adults we follow certain rules and it is confusing when the rules aren't clear! Also, if everyone did whatever they wanted, whenever, would we think of the dangers that could be there or how our actions could affect others? As adults we also know in life and in our job's we cannot have whatever we want all the time just because we demand it. We also learn skills to cope and overcome this. We also know as adults our choices have consequences, good or not so good.

We learn this by being taught it, so what if your child has no rules or boundaries or has the opportunity to make choices that have a consequence? Did you know that rules and boundaries are important and beneficial to your child's mental health and growth? They let them know they are safe, loved, guided and are also given the opportunity to talk about situations and make choices, without them children can become insecure and anxious. Of course, this doesn't mean they cannot express an opinion, an Authoritarian style of parenting where there is no understanding or negotiation isn't good for anyone. Children need a safe environment to learn from their mistakes, if we never made a mistake or understood how or why it happened, we would never be able to do better.

As children we also need to learn we can't always get/have what we want or have other people do things because we don't want to. We can't always have the toy we want as someone else may have it, or we do need to put our toys away. As adults we need to help children understand big emotions that come with this and how we cope with them.

All of this can be a tricky path to walk, how do you do this? How do you help your child to become self-confident, self-aware, resilient and empathetic?

Start by setting rules and boundaries at home.

Speak about what you think is acceptable as a family, write them down and involve everyone. Explain why you have some, as in to keep them safe. Talk in a way your child will understand, keeping it short, two-way communication is the best thing. Get down to the child's level when speaking with them.



Be consistent, rules and boundaries won't be followed straight away and they will be pushed against (they need to change depending on the age of your child). All adults must be on board and be on the same page, children will pick up on this if not. Keep calm, use a low but firm voice, if you shout so will they! Model the behaviour you would like your child to have, they learn from you.

Don't be afraid to have a consequence if your child fights against your family rules and boundaries. We follow the Family Links Programme when we speak with a child about their choices.

Take a look here https://b2a2aee4-a9b4-4927-94f4-4438a64148ee.filesusr.com/ugd/5e0ce4_8b8ca22ef349484fa1ee0152d16006ff.pdf?index=true

If your child refuses to put their shoes on to go outside because they want to play an example could be:

Becky, you have a choice. You can put your shoes on or you can choose not to.

If you choose to put your shoes on, we can go outside to play. If you choose not to, we can't.

It's up to you it's your choice.

Whatever your child chooses make sure you follow with the consequence.

Please do also look at the family links website for other tips for managing behaviour.

Also remember you do a wonderful job!