

PRE-SCHOOL

Good morning

This week as part of our Wanderlust: A Nature Study Programme we are looking at Spiders.

Last week we spent going over rules and boundaries and our Pre-School rules. Following on from this we want to dedicate this news letter to behaviour.

The last few years for parents, families and children haven't been easy. Because of Lockdowns children haven't been able to socialise and learn certain skills. What early years professionals have noticed is a change in the behaviour of young children across the country and we have noticed it here at Pre-School this year.


So together we need to change this to help your children now, throughout their School journey and life. These early years are important in your child's life, your child's brain develops more during these years than at any other point in their life. Positive or negative influences determine how your child's brain develops during these years setting the foundations for their future. Positive experiences will develop healthy brains and negative experiences or trauma can harm the brains development, this can lead to mental health issues as well as other negative things in your child's life.

It is also important to understand what is 'normal' in the sense of your child's development, things such as snatching, hitting, biting, scratching and sulking are normal for this age group; we know this isn't nice for either the parents of those doing these things or for those on the receiving end. These actions are because children are learning how to cope with feelings and emotions and sometimes do not have the means to verbally communicate these feelings with those around them, so they may do one of the above. However, they are not actions you want to continue, so they need you to take action.

It is also important to think why your child may be behaving in this way, are there triggers such as being tired, hungry, ill, over stimulated etc.? Recognising, managing and speaking about triggers can help you understand why your child may have acted out in a negative way.

Children also push boundaries this is normal, but have a think, have you ever asked your child to do something and they say no? They may stamp their feet, run off, throw things, cry or hit. If this has happened, what do you do? Do you carry on asking them to do what you have asked? Do you brush it to the side? Ignore it? Give in and do it for them? Do you talk to them about it? Give them choices and consequences and following through with what you have said?

Again, this is normal behaviour, pushing boundaries is what happens throughout life, how you respond is important. However consistent ignoring of things you ask them to do is a problem and will not change as they grow, difficult behaviour will only get worse if not dealt with. As adults we know how to behave in society and with others, we know not to kick, punch, bite or break the law. We know what the consequences are because we have been taught them in our early years.



Children need clear rules and boundaries, even though they may push them, it makes them feel safe and secure and teaches them acceptable and unacceptable behaviour. Now this doesn't mean they cannot have a voice, an opinion, they can and you can talk about it, explain things, listen to each other.

So, what can we do to help our children?

When you speak to your child, get down to their level and use child friendly language, listen to each other.

Set clear rules and boundaries in a way the children understand and stick to them, everyone needs to be consistent in your family and extended family, if you aren't they will not work.

If a child says no to tidying up, washing hands, putting shoes on, getting ready etc use choices and consequences, making sure you stick with the consequence because if you don't there is no point in giving choices and consequences. A positive or negative consequence means nothing if not carried out and children will learn what you say isn't what will happen. Please remember you are the ones in charge and not your children, again this doesn't mean they can't have a voice or an opinion but they do need to respect you, other adults, friends and peers.

If your child is physical in the sense of biting or hitting and so on, remove them from that situation, get down to their level and explain why that behaviour is not acceptable in a firm voice. Keep repeating every time it happens.

Help your child to understand their emotions, talk about feelings and how it is ok to feel these things.

Read to your child often to help them increase their vocabulary, this can make it easier for them to have the words to express how they feel or ask for what they need.

Help your child to understand about sharing, being kind to our friends and helping. Model good behaviour, they will learn from the adults around them.

Don't shout when speaking to your child, use a clear firm voice.

Spend time with your child, children will always try and get attention from you even if it means they display negative behaviours to get it from you.

Praise good behaviour, this doesn't mean sticker charts and so on, positive words and time is all that matters.

Teach manners, please, thank you and so on.

Reach out for help if you need to, we are here to speak to or you can speak with your health visitor or GP if you are concerned. Addressing issues now is more beneficial than leaving it too late.

We also have information on previous emails and on our website for you to view.

We need all these things to be consistent at Pre-School and at home, your children are only with us for a few hours a week so we need this consistency to continue at home.

Please do remember that this is all for your child's benefit and we look forward to working with you.

What to expect in the EYFS

We have attached 'What to expect in the EYFS: A Parents guide' for you to have a read through, it explains about the Early Years Foundation Stage and what adults need to do to help children learn and develop and keep healthy and safe. Please do take a read of it, as it will help you to understand what we do and what you can do at home.

Over the next few weeks, we will be working towards opening our online journal 'Tapestry' so you can view your child's journey with our Termly observations and those in between. To make sure you have access to your child's journey I need to make sure I have the correct emails of those who you wish to view it.

We want to stress there will not be observations put on every day or even every other, it will be when we can, this is because our time will be with the children and not putting observations on 'Tapestry'.

'Tapestry' runs alongside your child's journal we have at Pre-School which you will be able to view at the Parent Consultations,

Thank you to those of you who have replied to these reminders, please do send an email this week if you haven't as we may not be able to cater for last minute requests.

Wednesday 16th November we have Tempest Photography in for individual photos. If your child is in on Tuesday morning you will need to give us permission for your child to have their photo taken. If your child is not in on Tuesday morning and you would like them to have their photo taken, please put your name on the list that is outside of Pre-School, you must stay whilst they are having their photo taken.

Parent Consultations will be the week beginning the 28th November, these will take place when Pre-School finishes Monday - Friday, each consultation will last 10 minutes, starting at 3.40pm with the last appointment at 4.30pm. To book in please email with your preferred day and time, if that slot is already taken, I will offer you the next available one. Please do try and attend as they are important to your child's development and progress.

Tuesday 13th December we will be closed at 12.30pm due to staff training, so no afternoon session on this day (see email sent on the 3rd October).

Friday 16th December is our last day before Christmas holidays. On this Friday we will be having a Christmas Party for all the children, if your child is not in on a Friday afternoon and you would like them to attend the party please email and let us know. The party will start at 11.45am and all children to be picked up at the normal time.

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

Monday 31st October Term 2 Starts

Tuesday 15th November Tempest Photography at Pre-School, individual photos.

Parent Consultations Week beginning the 28th November

Tuesday 13th December Pre-School Closes at 12.30pm for Staff training

Friday 16th December End of term and Christmas Party.