

Newsletter February 24, 2021

The kindergarten years are a huge period of growth and development for all children. They are an important stepping-stone to school and a time where we, as educators play an important role in motivating children to learn. Family involvement and contribution to our program is something we invite and value. We understand that children develop in the context of their families and we strive to use families' understanding of their children to support shared decision-making about the children's learning and development. Please feel free to talk to your child's teacher about our programs.

After kinder care is available Tuesday to Friday for all our children!



Writing

Positively reinforcing children's early writing attempts will encourage them to gradually develop their future skills as writers and will emphasise writing as an important life skill.

Victorian Early Years Learning and Development Framework Outcome No 5: Children are effective communicators. This is evident when children develop an understanding that symbols are a powerful means of communication and that ideas, thoughts and concepts can be represented through them.

Earth Kinder

Please remember to park at the Information Centre for both drop-off and pick-up.

up. Also, please ensure that your child has a hat, drink bottle and healthy snacks.

Important Dates this Term

- Committee Meeting Tuesday March 16th, 7.30pm at kinder(hopefully) – ALL WELCOME
- Monday March 29th (Blue group will be at Ailsa St, instead of Earth Kinder) and Tuesday March 30th Barry Peters, children's musician performs for our 4-year-olds. Parents are welcome to attend but please, no siblings. This performance is specifically for our older children. Thank you to our fundraisers for helping to make this possible.
- Landcare Officer incursion at Earth Kinder Friday 19th March – Red group. Green and Blue groups TBC
- **Boss Photography 4-year-old photos**– **Red Group** Tuesday 16th March; **Green Group** Wednesday 17th March, **Blue Group** Thursday 18th March – Order envelopes coming soon!
- Family Easter BBQ – Thursday March 25th 5.30 at kinder – Easter egg hunt and BBQ - fun for the whole family (Covid permitting) 😊 More details soon.
- Last day of Term 1 Thursday 1st April.
- First day of Term 2 Monday 19th April.



Our 3-year-olds have been really enjoying learning our 'Map of the Day' and getting to know one another... our colouring activity of 'who lives in our house' has children engaging in conversation about what is important to them - "family"!!! We have also been singing songs together and learning to count to three, as well as our different colours. We have a special table with sea creatures and shells to encourage imaginative play. The children are enjoying play doh and painting experiences and learning to take turns and share together. A number of our children have been experiencing separation issues and we have been working closing with the families to support each individual child.

Milk and Fruit Duty

Many parents have already assisted by attending a session to help. If you are able, we would love each family to attend twice (or more) a term for duty. Every child loves having a special visitor here on kinder duty. If you work, perhaps you could consider a Grandparent,

“Play is a child’s work!”

Covid-19 Update

- We have no reported cases at Mansfield Kindergarten
- You must keep your child at home if they have any cold-like symptoms – fever, runny nose, cough, sore throat etc.
- If you or a family member has been tested, you must self-isolate until a negative result has been returned.

THE MANSFIELD RESPOND PROJECT

WHAT IT'S ABOUT:

A shared community response to supporting healthy children & preventing childhood obesity.

WHY IT'S IMPORTANT:

Health promotion initiatives that target children and young people can lay the foundations of a healthy lifestyle that may be sustained into adulthood.

WHAT YOU CAN DO:

Do you have an idea for a project/initiative that promotes the health and wellbeing of local children? Get in touch and we can help you bring it to life.

PROJECTS WE HAVE SUPPORTED/ARE SUPPORTING COMMUNITY MEMBERS TO DELIVER:

- Mansfield Fresh Food Drive
- Active Footpaths Project
- Mansfield Resilience Project
- Mansfield Summer Series



GET IN TOUCH:

Contact Lucy on 5775 8800 or lucy.marks@mdh.org.au.
Follow us on Facebook: MDH Mansfield Respond.

Separation Anxiety

The Behaviour Is Normal

As sad as you may feel watching your child cry, it is important to remember that your child's behaviour is normal. Separation anxiety [starts as early as 8 months](#). It is at this time that young children can understand that parents are separate individuals and can leave. However young children cannot yet grasp the concept that a parent will return. It is your job to help them understand that parents come back.

Introduce Other Caregivers

The first step to easing separation in children is introducing other caregivers. By the time your child is 6 months, parents should introduce other caregivers so the child can practice being without the parent. Another caregiver will act and speak differently than the parent. Being around other caregivers will [minimize separation anxiety](#) when the child [goes to school](#) or other times when the parent is not around.

Start Goodbyes Early

At a young age start a routine of saying goodbye to your child whenever you leave. A quick goodbye with a kiss and a wave is ideal. A long emotional goodbye is not going to help your child's anxiety. Say goodbye to your child even if you are running to the shops and returning in 10 minutes. The more often you leave and return with a proper goodbye, the easier it will be for your child to grasp the concept of separation.

Develop a Ritual

A ritual will help ease your child's anxiety and provide security. Whatever ritual you decide, whether it be a high five and a wave or two kisses and a fist bump, it will send a signal to your child that it is time for you to leave. Rituals become very important when your child goes to school but it is never too early to start a ritual.

Remind Your Child That Parents Always Return

Each time you say goodbye tell your child that you will return. You can simply say "mummy will be back later" or "parents always come back." It is important for children to hear and eventually grasp that parents always return.

Do Not Sneak Off

Although you might think sneaking out is the right thing to do to avoid a meltdown; it's not! Sneaking out is tricking your child and sends a confusing message. Instead, make a plan with your caregiver to redirect your child's attention if a meltdown starts with a song, favorite toy or whatever you choose. Then say your quick goodbye and walk out.

Do Not Get Lured Back

Try your best to not return back when your child starts crying and reaching for you. Coming back in after you have left only gives your child incentive to cry harder and longer next time. As hard as it may be for you, try to remember that not giving in to the meltdown is the right thing to do to help your child's development. If you need to come back, repeat the goodbye and ritual and remind your child that you will come back. Be as specific as you can about when you will return, in kid's terms of course.

"You are going to have such a fun day with [insert name of carer/teacher]. Mum has to go to work, but Mum will see you after dinner! Parents always come back. I love you!" Give a hug and kiss and be on your way.

