

# Willow Room - March Update



## Programming: Self-Care Skills

Children are competent, capable and rich in potential. They have a drive to be independent and to do things on their own. This is a healthy part of their normal development. The practice of self-care skills help children in the acquisition of autonomy, self esteem and more complex fine and gross motor skills. It also help children to gain confidence in their abilities, to try new things and asses risks. In that way as children grow, they learn to do more and more tasks, feeling independence and pride.

In the Willow Room, educators support children in the acquisition of independence skills by allowing and encouraging them to take responsibility for themselves whenever possible. In a daily basis, we encourage children to practice the four main types of self-care skills:

- Self-feeding
- Independent dressing
- Hygiene and toileting
- Helping with tidying up

The Willow Room educators believe that self-care skills are critical to a healthy foundation and dedicate the time and effort to support it in our program. We recognized that as adults we can complete their tasks faster and more efficiently, but when we complete them for the children, it only reinforces that they cannot do it and only the adults can. The secret is to give the children age-appropriate self-care experiences and support them to be successful. Every day in our program we offer opportunities for children to develop self-care skills and give them ample time to work on these important tasks.

Learning to become independent is an important part of personal and socio-emotional development.

## Self-Care Development: Parents and Educators - Partners in Quality

Parents and educators are important role models as the children learn many skills simply by observing adults. We can perform the same tasks with our children and allow them to observe and copy us.

**Self-feeding:** When start self-feeding a toddler can be a little messy but they will learn with practice. The more opportunities we give to them to eat independently the best. Toddlers will learn self-feeding skills faster and to remain at the table to eat if they can eat with the other members of the family at home. Toddlers are capable to start using a spoon to eat independently, to hold finger food and to hold a zip cup to drink with one or both hands.

**Independent dressing:** During this winter season our toddlers are learning or have learned to:

- 1) flip up their jackets and pass their arms through the sleeves
- 2) put on and take off shoes, boots, and hats
- 3) take off their mittens to have their hands free to grab materials and play

**Hygiene and toileting:** Every day our children practice the hand washing routine and most of them are sitting on the toilet before they start using pull-ups. When you think your child is ready please ask the educators for our toilet training booklet. Children must start first at home during a weekend, long weekend, or holidays to wear only underwear at home and continue with pull-ups at the centre.

**Helping with tidying up:** Our children are enthusiastic with tidying up in our classroom after centre time, small group, or other activities. They put all materials in a basket or other container to be sanitized. They are also in the process of learning to return toys and materials to their place. You can practice these important skills at home using a song for tidying up and start doing this task with them.

# Willow Room - March Update



## Children's Interests

The Willow Room children are showing increased interest in:

**Snow:** They toddlers have started to realize that we are in winter and that some days are colder than others. They celebrate snowy days, exploring snow with all senses. Children shovel with big and small tools, collect snow in containers, hide and find toys under the snow, and also engaged in snow man building and decoration (great opportunity to practice to recognize body parts). Our children treasure piece of ice in their hands delighted while watching, touching and tasting them. They are using the ice and snowy surfaces to practice body balance and coordination and also to stand up by themselves.

**Riding Toys:** During outdoors play and even with snow our children run to find a riding toy to move on. They spent long time engaged in group ridings and races following each other or trying to be the first in the line. They are showing enjoyment in the motions of moving forward and backwards controlling and driving on riding toys pushing against the ground with their legs and steering with their hands. They are also observed pushing and pulling riding toys trying to explore the motion in all type of surfaces.

**Magnets:** They are wondering and discovering in their exploration and experimentation with many types of magnets. They are exploring the magnets properties of attraction and repel while trying to put them together or to take them apart, as well as putting them in contact with metal objects or surfaces. These experiences stimulates children's active curiosity and promotes STEM (Science, Technology, Engineering and Mathematics). Magnets allow children to further develop and practice fine motor (holding, putting them together and taking them apart) and cognitive skills (sorting, one-to-one-correspondence, cause-and-effect, colours recognition and counting ). Magnet tiles are being one of favourites type of magnets for our children, which are helping them to develop autonomy, creativity and building skills.

## Important Dates

- **Wed March 3:** World Wildlife Day: Bring a photo of your favourite wild animal
- **Fri March 12:** World Sleep Day: Wear your PJs
- **Wed March 17:** Talking about Family: Bring a family picture
- **Wed March 22:** Celebrating the beginning of Spring
- **Wed March 24 to Thurs April 1:** Easter Celebration

## Reminders from your Educators

- Ms Monica will be supporting our program while Ms Michelle's replacement is hired.
- We welcome Ophelia in the Willow Room
- We kindly ask parents to pack appropriate clothes for current weather, boots, jackets, indoor shoes, a hat, and extra clothes.

# Willow Room - March Update



In the indoors and outdoors children are engaged pushing, pulling and moving on riding toys.



Our toddlers celebrate snowy days and explore snow with all senses.



Self-care skills: As educators, we allow and encourage children to take responsibility for themselves whenever possible.



Magnets: discovering the properties of attraction and repel.

