

# Birch Room September Update



## Programming Update: Emotional Skills

An emotion can be a verbal/non-verbal form of communication, examples of some of the emotions are: happy, sad, angry, excited, frustrated, etc. and in which all these emotions can be shown either by words or actions. In the Birch Room we are seeing all kinds of emotions expressed by the children throughout the day. Some of the children are less verbal but are able to display their emotions through actions. We incorporate different language activities and a lot of encouragement to help them identify their feelings and need through words, as well as actions.

Emotional development is vital in helping children to grow into well adjusted adults. Being able to identify different feelings, express them (through words/pictures) and process difficult emotions enable children to be healthy; emotionally and psychologically.

Encouraging children to use words to express their emotions, labelling and addressing how they are feeling and giving reassurance and validation in the moment, such as "I know your sad but we have to take turns", will make the Children will feel happier, safer and more confident.

We support the development of emotional skills by:

- Encouraging children to use words to express their feelings
- Teaching the children to share and take turns
- Reading books related to emotions
- Teaching and modeling empathy
- Supporting self-regulation

## An Update from the Educators

**Starting September 1<sup>st</sup> all Educators will be wearing face shield and only disposable masks at all times.**

The Educators will continue using gloves (if needed) when having contact with the food, while disinfecting, and during washroom routines. Educators are washing hands often, before and after touching materials, when entering and exiting the room, and before and after using gloves.

Children's hand washing are encouraged and supported by Educators throughout the day, and at arrival and pick-up times.

We are encouraging children to keep social distancing during classroom time, outdoor activities, and free play.

Toys and materials are displayed inside individual containers promoting individual play or social play following distance.

Only cardboard, plastic, or laminated books are in our room, as well as plastic puzzles, since they are easy to disinfect after being used.

Furniture, floors and all toys and materials are disinfected in the mornings and afternoons, cots are disinfected every day, and bed sheets and blankets are washed daily.

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Thistleoaks  
Child Care Centre

## Children's Interests

**Manipulative Toys:** We introduced a lot of manipulative toys to our toddlers, following their interest in them. We observed the children stacking cups on top of each other according to the colours and sizes of the cups, with some help from the Educators. We gave them variety of stacking cups, such as small, medium and large cups of different kinds. The children also used other manipulative toys such as stacking rings of different sizes, barrel of monkeys, rubber square blocks, chicken 'n' egg stackers, and various kinds of connectors. Using manipulative toys increases fine motor development, strengthens hands and fingers, and improves hand-eye coordination.

**Trucks/Cars:** Our little ones love playing with transportation toys, such as racing cars, school buses, fire trucks, tractors, and dump trucks. The children use their transportation toys inside the classroom by moving them around and putting little people on them for their imaginary and pretend play. During outdoor play, the children are very happy watching their small cars go down the car ramp and are curious to see which car comes down the fastest when they race down two cars at the same time.

**Animals:** We have big dinosaurs outdoors and the children love playing with them by making "roar" sounds and moving them around. They are running around with the dinosaurs, pretending to chase them. We incorporated large knob puzzles of farm animals and wild animals for small groups. The children enjoyed doing the puzzles, especially holding the animals and saying out the particular sounds that each animals make. To expand their learning and interest we provided them with animal books; the children pointed to different animals and made sounds like moo, roar, neigh, etc.

## Important Dates

- **Monday Sep 7<sup>th</sup>:** Centre Closed for Labour Day
- **Friday Sep 11<sup>th</sup>:** Baby Bath Day - Bring baby body wash
- **Friday Sep 18<sup>th</sup>:** Disco Dance Day - Wear a shiny top
- **Tuesday Sep 22<sup>nd</sup>:** Welcome Autumn - making a collage
- **Wednesday Sep 30<sup>th</sup>:** Pet Day - Bring your pet's picture or a picture of your favourite pet

## Reminders

We kindly ask parents to:

- Bring appropriate clothes for the current weather (light jackets or sweaters, long pants, and long sleeve t-shirts)
- Bring in a labeled water bottle
- Bring in a hat, outdoor shoes, and extra clothes
- Apply sunscreen on hot days before you drop off your child
- Communicate with us by email or phone calls (extension is 112)

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