

Page 6: Becoming a Member  
of the PRC

Science can be as simple as growing flowers or plants, observing what happens to snow when you bring it inside, baking or cooking with things from your garden, learning about recycling and composting, carving a pumpkin or comparing photographs of the same tree over the four seasons.

Provide items to create a bear den, an arctic setting, a camp ground, a garden centre, a flower shop, a

### Cognitive

Develop numeracy and literacy skills by counting seeds, measuring how tall the flowers have gotten or how much water is in the rain barrel. Sort leaves and play matching games with outdoor materials like pine cones or bark. Read books. Let the children take pictures outside and post them in the classroom.



### Creative

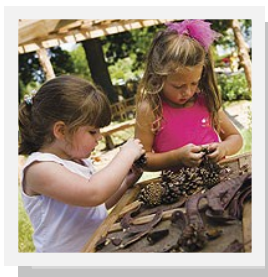
Let the children create a nature collage. Have them paint rocks, paint with sticks, do leaf rubbings or decorate pine cones. The

list is limitless for what children can create and make sure to display their art work at their eye level.

### Outdoors

Go for a walk. Build a fort out of sticks. Watch for different animals and identify their differences and similarities. Snap a photo if you can! Play in puddles and go outside when it rains. Hang bird feeders, create a garden, hunt for bugs! Use materials to make musical instruments. Listen for nature sounds. Take walking or field trips to rivers, trails, the sugar bush, a pumpkin patch, a bee or tree farm.

The possibilities are infinite when we, as educators, find ways to bring nature into the class and help children develop an interest in what goes on outside. Let us help children develop a love for the planet and empathy for those around them by incorporating the outside inside.



Please look for the Region of Waterloo Preschool Network on Facebook.

*Professional*

*Dedicated*

*Encouraging*



*Compassionate*

*Creative*

*Inspiring*

## *ECE Appreciation Day Event*

ECE Appreciation Day is  
**Wednesday October 24th, 2012.**

Do you want a way to recognize your staff on that day? CCNWR is hosting an Awards of Excellence Evening to honour all ECEs in our community.

The event will celebrate Raising the Bar on Quality platinum recipients, RTB volunteers and Awards of Excellence winners. Guest speaker - Nancy Revie some great food, and door prizes. It's a perfect way to recognize your staff, and a great way to have all our ECEs celebrating together.

**Mark Your Calendar!!**

**Tickets are on sale now.**

**\$10/per person**

**Wednesday October 24th, 2012**

**6:30—9:00pm, RIM Park**

To reserve your ticket contact:

**Bonnie Aultman at: [bonnie.aultman@gmail.com](mailto:bonnie.aultman@gmail.com)**

**\*A portion of this event counts towards PD Hours for RTB.\***



# From the Nursery School Network

## Helping Families Cope with Separation Anxiety



Find a Network in our Region that's right for you at [www.eceprc.ca](http://www.eceprc.ca)

As early learning and care professionals, we are trained to recognize the obvious as well as the subtle indicators of separation anxiety that children may demonstrate. We are also aware of some strategies to put in place to help ease the feelings of apprehension around saying good-bye to loved ones.

Many children arrive with enthusiasm on their first day of school or childcare. Some children are not so confident and need reassurance and support to settle comfortably in this new setting. Other children may cope well initially, but from time to time need some gentle encouragement. Sometimes, it's the adult who is hesitant and needs guidance from you to smooth the transition.

The following are specific guidelines to share with parents/guardians on how best to make the transition from home to school.

### **Recognize your own feelings:**

Your child is sensitive to your emotional state and attitudes. If you are apprehensive about school/childcare, or how your child will adjust, you may unwillingly convey this to your child. Always be sure to talk about school/childcare as a positive and exciting place to be.

### **Recognize your child's temperament:**

You know your child better than anyone else. If your child is naturally slow to warm up, then you know that you may need to take extra time in introducing him/her to a new environment and new people.

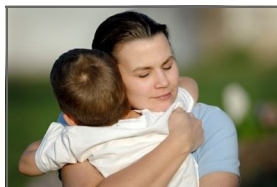
### **Prepare your child in advance:**

Your child will have less anxiety if he/she knows what to expect and is familiar with the program and the staff. Take advantage of any play visits the centre offers prior to your child beginning in the program. Talk about what

you'll be doing while your child is away. Talk about what you'll be doing when you're together again. Share related storybooks (see a suggested list of stories on the next page ).

### **Reinforce a sense of trust with your child:**

Separation anxiety is often closely related to fear of abandonment. It is important that your child knows you will return and when. Find out about your child's daily schedule and activities that your child may be involved with or completing, at the end of the day. It may be helpful to be able to say that you will be back "after story time" or "when you're outside, later this afternoon". Some children take comfort from a family photo tucked inside a pocket or left in a backpack or cubby. Others may need the reassurance that a cuddly friend from home may bring.



### **Saying Goodbye:**

When you feel confident that your child is showing signs of readiness, make your exit short and sweet. When it is time to go, say goodbye, and Go! Prolonging the separation after you've said goodbye, only adds to the anxiety and makes the situation more difficult. It's not a good idea to sneak out, as this breaks down your child's sense of trust. Be prepared for some tears (yours and your child's) but if your child is truly ready to separate, the tears have likely ended by the time you've reached your car. Ask the staff if it's ok for you to call to check in on your child's progress.

### **Communicate:**

Talk to the staff about how you're feeling and offer any strategies that you think might be

effective when it comes to making the drop off transition smooth with your child. Be open to their opinions and suggestions. Reassure your child and let them know you believe they are competent and capable.

From the perspective of an educator, there are a few things we can do to help create an environment that supports smooth drop off transition times.

### **Create an inviting environment:**

Take into consideration the lighting, sounds and space in the room. Does your environment feel welcoming and comforting to new families?

### **Space to say goodbye:**

With the help of the children in your group, together designate a special place in the room where children can wave goodbye to adults when they have dropped them off for the day.

### **Organize Classroom Visits:**

Before a new child starts in your program, schedule a time that works best for you and the family for a centre visit prior to the child's first day. This will help to ease any worry that the child and parents may be feeling. If time allows for it, plan a few visits that get longer in length each time.

### **Create trusting relationships with children:**

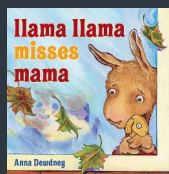
This is something we do as educators without even thinking specifically about it. When we consistently comfort children that are feeling anxious this begins to build a sense of trust and security. When a child feels safe and secure in an environment the feelings of anxiety decrease.

## Children Stories to help Ease Separation Anxiety

*The Kissing Hand*, by Audrey Penn  
(Tanglewood Press, 2006, ages 4-8)



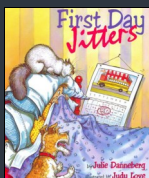
*Llama Llama Misses Mama*, by Anna Dewdney  
(Viking Juvenile, 2009, ages 4-8)



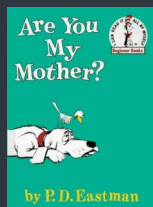
*I Love You All Day Long*, by Francesca Rusackas and Priscilla Burris  
(Harper-Collins, 2004, ages baby-preschool)



*First Day Jitters*, by Julie Danneburg and Judith Dufour Love  
(Charlesbridge Publishing, 2000, ages 4-8)



*Are You My Mother?*, by P. D. Eastman  
(Beginner's Books, 1966)



## What's New in Childcare

### Links to the News in Early Learning and Care

#### SIMON SAYS DON'T USE FLASHCARDS

Source: New York Times, August 23, 2012

In this article they discuss the importance of play to help with brain development rather than the use of flashcards. A growing body of research suggests that playing certain kinds of childhood games may be the best way to increase a child's ability to do well in school.

<http://well.blogs.nytimes.com/2012/08/23/simon-says-dont-use-flashcards/>

#### COLLEGE of EARLY CHILDHOOD EDUCATORS REGISTRATION PRACTICES ASSESSMENT REPORT

From the Office of the Fairness Commissioner,  
Government of Ontario, 2012

This summary of the assessment includes commendable practices that are under way and recommendations for improvement regarding how educators apply for a licence to practise in Ontario. To download the full report please visit:

<http://bit.ly/CECERegistrationPracticesAssessment>



#### EARLY YEARS SYMPOSIUM 2012: PLAY BASED APPROACHES TO LITERACY AND NUMERACY

Date: October 13, 2012

Location: OISE Library, 252 Bloor St. West,  
Toronto

This one-day symposium will be of interest to teachers, ECE educators, administrators and teaching assistants working in full day early learning kindergarten programs. Our highly interactive day features speakers and breakout sessions with school teams across Ontario, and OISE faculty who are deeply immersed in all aspects of early learning.

<http://bit.ly/EYSymposium2012>

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519-748-5220 ext 8026



### Need your ECERS –R Training?

Two part training series available  
November 7th & 21st, 2012  
Waterloo Campus

**A Quality Initiative for Waterloo Region**

For Further Information: Debbie Jones, Supervisor, Quality Initiatives  
Phone: 519-883 2111 x. 5044—Email: [djones@regionofwaterloo.ca](mailto:djones@regionofwaterloo.ca)





# Beginning with Books

Laura Dick, Waterloo Public Library and  
Laura Reed, Kitchener Public Library.

## Children's Book - of - the Month



Bear Says Thanks by

Karma Wilson; illustrations by Jane  
Chapman

Bear has decided the perfect way to say thanks to his friends is by throwing a big dinner party. Bear's friends all bring dishes to share but Bear has a problem—HIS cupboards are bare. What is he going to do? Bear finds his own special way of sharing with his friends in this new addition to the Bear series.

If you have any questions about books or early literacy, please send us an email:

[dick@wpl.ca](mailto:dick@wpl.ca)  
[laura.reed@kpl.org](mailto:laura.reed@kpl.org)



### Back to the Basics

In honour of the return to school and re-establishment of routines and procedures we're going back to the basics this month to look at ABC, 123, and Colour books. Here are some of the best of the best:

### Colour

*Green* - Laura Vaccaro Seeger  
How many kinds of green are there? Explore the shades and variations of green in this fabulous new book.

*Lemons are Not Red* – Laura Vaccaro Seeger  
Another gem by Seeger. Clever page cut outs that reveal hidden colours will make this a hit with kids of all ages.

*Freight Train* – Donald Crews  
Regular readers of this column know that this is my FAVOURITE picture book of all time. Gentle, insightful, lyrical. An excellent introduction to basic colours. Excellent introduction to basic colours.

### ABC

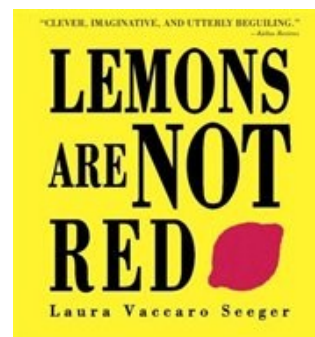
*Z is for Moose* - Kelly Bingham; pictures by Paul O. Zelinsky  
Once you have a basic handle on the alphabet it time to have some fun with all those letters, and this book is hilarious. Zebra is the director and he has a plan to put on an entertaining show, while making sure every letter is in the right place. It is all going according to plan until his friend Moose gets involved and wreaks havoc.

*If Rocks Could Sing: a Discovered Alphabet* - Leslie McQuirk  
Looking for, and finding letters everywhere is such a simple and effective early literacy game. McQuirk took it to the extreme, slowly combing the beach for years until she came up with a rock for every letter of the alphabet. The result is beautiful and simple. Imagine getting your kids out there looking for the letters all around.

### 123/Numbers

*One Pup's Up* - Marsha Wilson Chall; art by Henry Cole  
Ten puppies are not unlike ten toddlers – when one wakes up, they are all sure to follow. This is a simple, adorable counting book which will keep little ones interested as they try to keep up with ten wiggling, nuzzling, playful pups.

*1-2-3 Peas* – Keith Baker  
The peas from Baker's LMNO Peas are out and about engaging in all kinds of kid fun – climbing, playing and fishing. Kids can count from 1 to 20 and then to 100 by tens. Look for the hidden ladybug on each spread.



## Save the Date!

**EARLY  
LEARNING  
& CHILD  
CARE** CONFERENCE

**25th Annual  
Early Learning &  
Child Care Conference  
Saturday, March 23, 2013  
Conestoga College  
Doon Campus**

PROFESSIONAL  
RESOURCE CENTRE



Fall Hours of Operation

Monday 9am - 8pm  
Tuesday 9am- 8pm  
Wednesday 9am - 8pm  
Thursday 9am-5pm  
Friday 9am-5pm

Closed Weekends & Holidays

**Conestoga College**  
ECE Building  
299 Doon Valley Drive  
Kitchener, Ontario N2G 4M4  
**519-748-5220 x. 3388**

# The Early Childhood Professional Resource Centre

*Tell a Friend Today!*

Our evidence based resources combine current research and quality materials to enhance your programs, and understanding of learning. Our members receive a monthly newsletter, discounts on In-house workshops, lending privileges for our library and access to our data bank of research and early learning and care articles. Members also receive updates on current information in the ELC community and have access to our work stations and equipment (laminator, computer, binding machine etc). Join today and discover the value of belonging to a professional organization that is invested in your professional growth, our community, and the future!

Visit our website: [www.eceprc.ca](http://www.eceprc.ca)



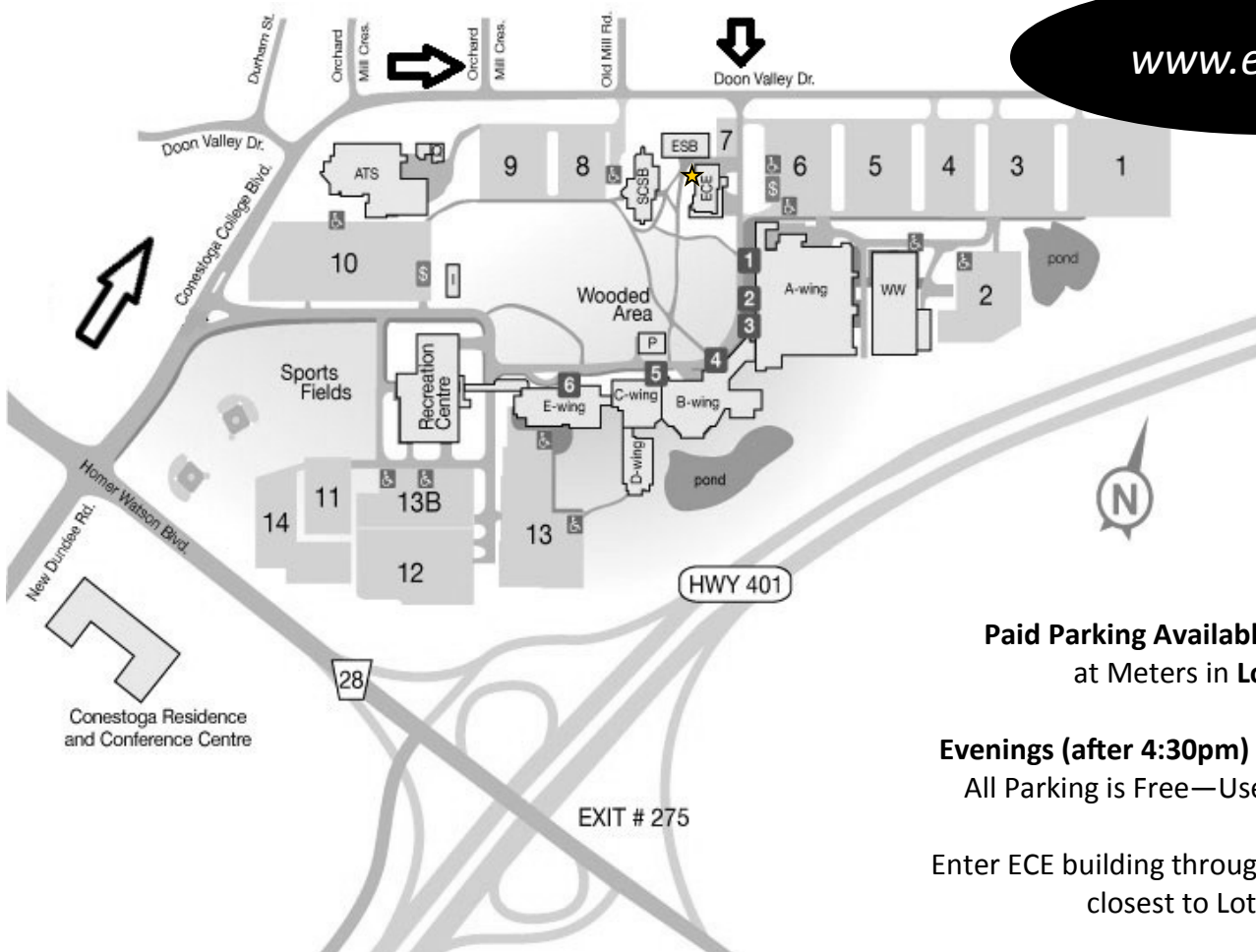
Region of Waterloo  
SOCIAL SERVICES  
Children's Services



**CONESTOGA**  
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**LYLE S. HALLMAN**  
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