

COLE HARRINGTON'S PRESCHOOL POST

Issue 71

Fall 2018

Dear Families

With so many new faces joining us this fall I thought I would dedicate this column to those of you who will be enrolling for the first time in our program.

What I hope to do is share with you a few ideas on how we can make the transition from home to school an easier one for you and your child.

Separation anxiety is a normal part of child development and it is felt by you and your child. He may be feeling scared, nervous, or worried about this new place called school. She may be wondering: "When is mommy or daddy coming to take me home?" or "Is mommy or daddy coming to take me home?" "Will I have a friend?" "Who will take care of me while I'm here?" You as a parent may feel guilty about leaving him or worried about the kind of care she will receive, or wonder if he will fit in.

No matter how hard the first few weeks may be, keep in mind the positive benefits for your child. He will develop independence which is a very important aspect of growing up. She will be with children her own age or with older and younger children. Friendships will develop along with a variety of cooperative social skills. He will experience activities that are child oriented and fun. She will develop trust in others and discover her needs will be met even though mom or dad are not there.

We at Cole-Harrington understand that the first few weeks may be difficult for you and your child. The reason our enrollment process is so comprehensive is that we want you to feel assured that you have found a program you can trust and that your child will be loved, nurtured and safe in our hands. Part of our enrollment procedure encourages your visits to the program before the first day so that your child has an idea of what school is all about. During the enrollment interview we spend time talking to you about the first day and what to expect to help prepare you for the tears or your child's inability to separate from you.

On the first day we will help you develop a routine so that your child can predict what's going to happen next. A consistent routine helps her feel safe. We will encourage you to ask him how he wants to say goodbye i.e., a hug, a kiss, and or a wave at the door. We are close by if you need us to support you and your child in your departure.

We will ask you when will you return and remind her in concrete terms she can understand. "Daddy will pick you up after rest." We encourage you to bring in a comfort toy, pillow, picture of the family, a note in the lunchbox. Anything that will bring home and school together. We also encourage you to call so that we can let you know how your child is adjusting. If we don't hear from you we will call you or drop you an email about her day.

During the first weeks the teachers provide extra love and support to new children. We encourage her to talk about her feelings or express them in writings and drawings. We spend one on one time with him, asking him questions about his family or sharing information with him that mom or dad shared at the enrollment interview. We try to keep the atmosphere calming, our expectations minimal. We may role play going to work in our housekeeping area or have make believe conversations with mom or dad on the pretend phone. We too have a predictable routine and prepare children for what is going to happen next to help them feel safe and secure.

You can also help ease the transition to Cole-Harrington by preparing him for his new school. Talk to her about what children do at school i.e., paint, sing, read books, and play outside. Reassure her by letting her know who will take care of her. Read books to him about going to school, making friends, etc. This will open the door to discussions and exploration of feelings. It will take some mystery out of this place called school.

As stated earlier, on the first day develop a routine i.e., "We'll put your lunch box away. I'll read you one story and then I will say goodbye." Be sure to tell him where you are going and when you will return. A picture of work or a visit to your work helps her understand where you go every day. When you decide to say good-bye don't prolong the parting. It makes it much harder. When you pick him up at the end of the day let him know you missed him. This is natural. After he's blown off steam reassure him of your love. Plan special time in the evening. Ask her about her day. Get close. She will really look forward to your evenings together.

I hope this information is useful to you. If you need additional support or ideas please don't hesitate to reach out to us. We are looking forward to getting to know you and your child and helping you all feel comfortable and secure in our environment.

Sincerely,
Linda Feller
Program Coordinator

SPOTLIGHT ON JEN ANZIVINO

Jen Anzivino graduated from Bridgewater State College with her BS in Early Childhood. She came to Cole-Harrington March 15, 1993, and began her teaching career with toddlers. After 1 ½ years with twos she decided to take on preschoolers and has worked with this age group ever since.

Jen decided to be an early childhood teacher after teaching the toddler group at her church. She found this age group to be exciting and enjoyable.

I asked Jen what she found rewarding about her career. She said, "To know I'm making an impression with children. I truly enjoy them. I laugh with them every day." I then asked her how she keeps her sense of humor. "It's me", she said "It's my nature to be happy and try to have fun with everything I do." Jen also shared what she thinks makes an effective teacher. "Getting down to children's level and interacting with each one individually every day. I truly respect children and make the time to listen, connect and support each child daily." What she hopes children in her group leave Cole-Harrington with are: "Happy Memories!"

Outside of Cole-Harrington Jen likes to travel. She also likes to scrapbook, make jewelry, create cards and work on various craft projects. "I also like to spend time with my family, especially with my sister, Rachel and my nephew Chico", Jen shared. Jen incorporates her creative interests from home in her work at Cole-Harrington. According to Jen, she's always thinking of new ways to use materials with children. "I'm creative with my activities and think of different ways to meet children's needs."

COMMENTS FROM THE CHILDREN ABOUT JEN

Lila F. "She plays at the art table."



Cole R. "She play blocks."

Serena D. "She does teacher activities with us."

Coley H. "She talks with you. You have to listen to what she is saying."

Daphne M. "She plays with me in the game table."

STAFF NOTES

Lilly Ferguson will be taking three online courses this year. *Witness to Violence! Helping Children Cope in a Violent World, Transitions and Other Troublesome Times, and Children with Special Needs: Autism Spectrum Disorders.*

Jen Anzivino has been busy gathering information on technology and how to use it as an educational tool in the classroom. She hopes to present an all Cole-Harrington program workshop on this topic in the near future.

Linda Feller, Lesley Otero, Rachel Dunbar-Leal, Jen Anzivino, Lorraine Anderson, Mary Gallant, Lisa Michaelson and Lilly Ferguson completed an online training on the High/Scope COR Advantage. There have been some changes to this assessment tool and we wanted to make sure we were all aware of these changes. The High/Scope COR is used to help us gather anecdotes for your child's assessment.



ARE YOUR LITTLE ONES READY FOR BED?

With the school year starting, it's time to get back to a consistent bed time for all. Thank goodness Mother

Nature helps by having the sunset approximately an hour earlier in September than it did in June. With little ones however, this may not solve the entire problem.

Dr. Richard Ferber, known for his expertise in pediatric sleep disorders at Children's Hospital, gives families this advice; If you want your child to go to bed an hour earlier at night you must start with the morning. Wake your child up at least fifteen minutes earlier every day for a minimum of 2 days, then increase it to thirty minutes earlier and finally an hour earlier. Once you have reached an hour earlier in the a.m., you can begin to put your child to bed at night fifteen minutes earlier, then thirty minutes earlier until the bed time and the wake up time are both an hour earlier. There will be a tendency for the child to nap longer during the day during this time. Do not allow this or the change will not work. (Inform your child's teacher on what you are doing). Keep the schedule consistent throughout the weekends. FYI some children will adjust to this easier than others. Take it slow and be patient.

Ferber, Richard (1985) *Solve Your Child's Sleep Problems.* Fireside Book. New York: Simon and Schuster.

UPCOMING EVENTS

November

All Month	Families are invited to read at Large Group
1-6	Canton Food Drive
8	Miss Pam's Story Shoes Activity
12	Cole-Harrington Training Day, CH Closed
21	Children's Thanksgiving Luncheon
22, 23	Thanksgiving Holiday, CH Closed
26	Puppetry through Me to You



*Happy Thanksgiving!
To You And Your Family*

DID YOU KNOW

Life Spans of Children Shortened by Obesity

June 27, 2018

Everything has been thought of before, but the problem is to think of it again.

-Johann W. Von Goethe

A New York Time's article proclaimed that "for the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents."

The article's author, Pam Belluck, quoted reports contending that "the rapid rise in childhood obesity, if left unchecked, could shorten life spans by as much as five years." She explained that according to The New England Journal of Medicine, "the prevalence and severity of obesity is so great, especially in children, that the associated diseases and complications -- Type 2 diabetes, heart disease, kidney failure, cancer -- are likely to strike people at younger and younger ages."

Source: "[Children's Life Expectancy Being Cut Short by Obesity](#)," by Pam Belluck, *The New York Times*, March 17, 2005.

COLE-HARRINGTON EXTENSIONS Activities that Extend Cole-Harrington's Curriculum and Content in the Home

Math Activities

All you need is a pumpkin.

- * Weigh the pumpkin.
- * Measure the pumpkin.
- * Count the seeds in the pumpkin.



Gross Motor Activities

- * Put masking tape on the floor. Have your child follow the line with their bodies. Ask them to crawl, slither, scoot, run, tiptoe, gallop, or skip to the end of the tape.
- * Give your child some used paper. Let her crunch the paper into balls. The crunched balls can be thrown in a trash can, laundry basket, or make a cardboard hoop to tape on the back of a door and instantly you have a basketball game.

Literacy Activities

- * Ask your child what words rhyme with run, walk, twirl, skip, and crawl.
- * Carry books to the dentist, doctor or places that children have to wait. Reading helps time go by faster and lessen your child's anxiety.
- * Play games with pictures and words so they can see print such as Go Fish, Old Maid and other board games.
- * Use puppets or dolls to act out characters in the books.



"A person is a person no matter how small. "

Dr. Seuss