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March 2017

Theme: Weather, Rainbows, Farm Animals, St Patrick's Day
Letters: U, K, G, R, E, Y
Numbers: 1-15 Review, 16
Shapes: Crescent, Diamond
Colors: Grey, Green
Social Studies: Spring

Picture day is coming!

On March 29, we will be having our very first set of school pictures taken. More information will come home soon, but we will be doing individual, sibling, class composite and graduation for our friends who will be moving on to kindergarten next year. Be on the lookout for more information in the next few weeks!

New Classroom!

We are so happy to announce that we will be opening another classroom in March! This classroom will be for our older toddlers who are almost ready to transition into the 2 year old classroom. Feel free to stop by the Lion room and check it out and ask Miss Liz any questions you may have.

Food from home

Please keep in mind a few things if you choose to send food from home to school with your child: We only eat while seated at the tables in our classrooms so please do not allow your child to walk into school with food in hand.

Breakfast is served until 7:00am. After this time we will be either playing on the playground or having activities in our classrooms. Breakfast foods brought in after 7:00 will be saved in the kitchen until morning snack which begins at 8:30am.

We do not include "desserts" or junk food items on our menus so we ask that you not send these types of items with your child. ***Chips, cookies, donuts, candy, etc., are all foods that need to be saved for home and will not be served to your child if you send them.***

Food may not be kept in cubbies, as we do not wish to have problems with bugs in our classrooms. All food from home must be clearly labeled with your child's name and dropped off in our kitchen. Thank you in advance for your cooperation!



March Birthdays!

*Faith *Alex *Ikaika *Aarav *Sloan *Iris

Happy birthday to all of our March friends!

Upcoming Dates:

*Dr. Seuss' Birthday—March 2

*Daylight Savings (spring ahead)—March 12

What are some ways to deal with children who cry when you drop them off at school/daycare?

By: Tom Robinson

Leave.

I am a preschool teacher who deals with tearful separation professionally and I can assure you that, in most cases, the amount of time your child spends in tears is directly proportional to the amount of time you spend lingering. I know it is difficult for parents to leave their child in tears but, if the separation is done right, they won't remain that way.

So how do you do it right? Here are a few Dos and Don'ts to keep in mind.

- **Don't** sneak out of the room when your child isn't looking. Doing so is an easy way to avoid having a child you love scream in your face, but it doesn't help the problem. Your child is crying because they are afraid of abandonment, and when they look up to see their parent has left stealthily, the fear is reinforced.
- **Do** say goodbye and tell your child that you have to go but you love them. Give them a hug, kiss, or whatever other parting custom you share with your child.
- **Don't** look scared and sad yourself. The way young children assess the safety of a situation is by reading their parent's face. If you look like you are scared or about to cry, it will not convey that the situation is safe and will amplify their anxiety.
- **Do** smile and tell them that you know that they will have fun at school. Let them see on your face that they are safe and there is nothing for them to worry about. This may take a bit of acting on your part, especially if it is your first child and they are separating for the first time. I know how torn parents can feel in these situations, at my school parents need more tissues than children over the first week. You know already that parenting isn't easy, and this is a difficult time when you need to be strong for your child. Show them your biggest and most confident smile as you leave, then you can go cry. Many schools will even have a room for this specific purpose.
- **Don't** show indifference to your child's tears. It is important that they know that you care when they are sad. Don't scold them for crying or act frustrated by their emotion. Doing so will only add a sense of parental disappointment to their ongoing emotional anguish.
- **Do** reassure them. Remind them that you know they will have a fun day at school, even though they are sad right now. *Remind them that you (or whoever else) are coming back to get them.* If you want, you can make a plan for an activity that you will do together after school. This will give them a reminder of your return, and give the teachers a way to break through the sense of abandonment. When a child is crying for a parent, it is very comforting to be able to say, "I heard your Mom is taking you to get ice cream after school. That sounds like fun! What's your favorite flavor?" Suddenly, the child is smiling and looking forward to the future. Only a minute ago, all they could think about was how alone they felt and how sad they were. Now they are excited for the fun time they will be having with their parent soon. Suddenly it is much easier to play and have fun with their friends.

In general, you can make your separation go something like this:

You: Okay Timmy, it's time for me to go to work. I love you!

Timmy: SCREAMS!!!!

You: (pick him up and give him a big hug and kiss) Oh honey, don't worry. You are going to have so much fun at school today! I'll be here to pick you up at [dismissal time] and we can go to the park! Then afterwards we can play with your new face painting set and have a silly face party!

Timmy: (Continues crying and clings to your neck) NO MOMMY DON'T GO!!!!

You: (Pass him to a teacher) I have to go to work but I'll see you at pickup! I can't wait to hear about all the fun things you did in school! I love you! Goodbye!

And exit stage left.

I know it is difficult to walk away when your child is in tears, but if you do it like that I can almost guarantee that the child you pick up will be smiling, happy, and excited to tell you about school.

I've seen it over and over again and I promise it works.