

Parents Newsletter

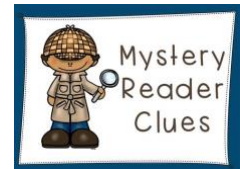
Summer Term 1



Asalamu Alaikum / Felicitous peace be upon you all

We pray you have had a restful break and joyful Eid for those who were celebrating this occasion.

Parent Partnership (Mystery Reader)



To help improve our parental partnership, we would like to invite our parents/grandparents to get involved in this new initiative. We would like to introduce a mystery story reader to our children and give our children 3 clues as to who the mystery reader is and see if they can guess. We will ask our reader to come to the nursery in the afternoon (3.30ish) to read a story to the children. We can loan the book beforehand so that the reader is familiar with the story. If you would be interested in participating in this initiative, please speak to your child's key worker.



Office Matters

We would like to inform you that Saeeda will not be working on Mondays. We have recruited a part-time administrator to oversee the office. Please bear with her as she adjusts to the new role. If you need to contact nursery staff, please call on the nursery mobile and not the landline, as this is the best method of reaching us.

Sports Day

The nursery will be having a sports day on Wednesday 22nd May to which parents are invited. The pre-school room will be having theirs from 10.30am-11.30am and the toddler room will be having theirs from 2.30pm-3.30pm. As our toddler-aged children might get upset with the change and want to be with their parent/carer, we are requesting that you join in with your child in races. If your child isn't in nursery that day, you are welcome to come and join us. If you will be coming, can you please inform your child's key person as soon as possible so that children can be prepared.



How to Build Resilience and Perseverance In Young Children

Two very important attributes. Imagine life as a young child. Everything seems new and unfamiliar. You're not yet fully equipped with the physical



and mental skills you need to do the things you want. The world seems to constantly change. Yet children persevere. They are resilient in the face of tough circumstances. They keep on going. While some children are naturally able to persevere and stay resilient in their early years, others need help to get there.

Perseverance is all about continuing to try something, even when you're facing difficulty, failure or some delay.

Resilience is broader. It's about overcoming negative circumstances or adversity in your life, handling your emotions and still remaining healthy and competent. The extraordinary importance of the early childhood years in laying the foundation for resilience.

How to build resilience and perseverance

Resilience and perseverance are not the same but the tools children need to build them have a lot of crossovers. They can be mainly split into two categories. First and foremost is the environment of the child. How stable is home life? Do they have a strong support network? What's their community like? Do they have adult figures they can trust. Even when home life is more unstable, that's precisely where early years settings can become a key pillar of stability in their life. The skills children need to develop in order to grow their perseverance and resilience according to psychologist Ann Masten include things like problem-solving, self-regulation and self-efficacy.

1. **Building relationships** Children learn best when they feel understood, accepted and loved. This is why a key person system is so widely adopted. A focus on attachment in young children will help the child develop into healthy, happy learners. The quality of parental involvement has a considerable impact on outcomes, much more so than adversity as a way of building resilience. That's why it is important that relationships between nursery and parents are strong to give the child the best start.
2. **Role-modelling** As caregivers, it is important that we display persistence and perseverance ourselves to the children. We know that children learn so much from observing those around them. As a trusted adult, it's crucial that we are conscious of the behaviour that we model to the children around us. For example, when we are faced with a problem, provided it's an appropriate discussion, it's fine to discuss this and model to our children how we can work together to solve a problem we are facing.
3. **Keeping a stress-free environment** From our understanding of enabling environments, we know that a calm, comfortable environment is one where the child learns best.

When you look after emotional wellbeing first, that's when children will flourish and find a way to battle through their challenges.

4. Supporting self-regulation

Self-regulation is all about how we regulate our own behaviours. It's everything from how we cope when we might feel angry to how we behave in a way that keeps us safe.

The ability to regulate our emotions is a key pillar of resilience and perseverance.

One major piece of advice is to avoid using rewards and consequences for behaviour, focusing instead on helping children to learn to do the right thing in order to learn and be kind. Highlighting and praising acceptable behaviour/traits allows the child to become accustomed to knowing what good character traits are.

5. Acknowledging emotions

When a child is experiencing new or unfamiliar emotions for the first time, it's pretty scary.

You can help them to understand these emotions by giving them a name, and acknowledging and validating what they're going through. It shows empathy and helps them to reinforce how they're feeling, which can help to develop the self-regulation they need.

Use phrases like 'I know that you're upset' or 'I can see that you're angry', and children will know that it's OK to feel how they feel.

6. Helping to understand change

Even as adults we find change difficult. Just ask yourself how you feel when you go to the supermarket and the shelves have been moved around.

So think how it must feel to a child who is constantly put through changes in their young lives. When you know that a child is going through a change or a transition, make sure you take the time to ask them about how they're feeling. If necessary, go through activities or stories that might help them to connect how they're feeling to the real world.

7. Allowing children to problem-solve

Problem-solving skills are all too easily left undeveloped when parents or practitioners step in too quickly to offer their own solution to a problem. Allow the child time to work things out. When you see the child is going to give up, use a prompt or encouraging words to allow them more time. Final model how to solve the problem as this will allow the child to learn.

In general though, letting children have the time and space to deal with challenges and experiment with different approaches is crucial to developing key problem-solving skills. If necessary, you can step in with open-ended questions that might support their thought process.

Most importantly, proceed with praise and positivity, and let them know when they've done a good job. Your support will mean a lot to their developing confidence.

8. Choose your words carefully

The words you use have a big impact. Open-ended questions and keeping positive in the way you speak with children are important, but small differences can have an impact too.

For example, recent research shows us that using verbs and encouraging children 'to help' builds much better persistence than asking them to 'be helpers'.

9. Try out some good books

A good book can make a big difference. Children learn life lesson and develop language skills from stories, so finding stories around the skill the child is learning would reinforce the learning objective. Stories don't always have to be read from a book, you can use puppets and small world play to recreate a story around a scenario. For older children, audio stories help build up listening skills.

We pray you have found this article beneficial. If you have any questions or concerns, please don't hesitate to talk to us.

From all the staff at Happy Children Nursery



Dates for your Diary

May Day Bank Holiday Closure: Monday 6th May 2024

Nursery Closed for Half Term 29th May and reopens 5th June

Sports Day Wednesday 22nd May:

Pre-school 10.30am-11.30am & Toddler Room 2.30pm-3.30pm

Eid closure Monday 17th June (subject to change depending on moonsighting)

Parents Meeting: 1st-5th July

Summer Holiday start from 19th July 2024