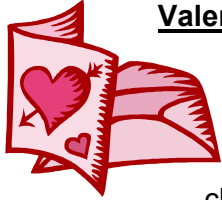


CENTENNIAL DAY CARE **NEWSLETTER**

FEBRUARY 2010



Valentine's Reminders

If you are planning on sending Valentine cards to daycare with your child, please ensure that there is a card for every child. This helps ensure that the day will remain fun for everyone with no hurt feelings.

A list of children's names is available from staff.

Kindergarten Registration

For our families with children heading into kindergarten please remember to registered at your catchment schools during the first week of February.

Valentine Bake Sale

Remember to bring your sweet-tooth and some change on Friday, Feb 12. We will be



having our annual Valentine Bake Sale (staff and board will

provide the goodies).

P.J. Day

On Friday, February 12 will be having a P.J. day. Send your child in their P.J.'s, but please remember to send clothes for later in the day!

Welcome to New Staff

In January we had several staff changes. Claire Eide has left us for a new centre and Chloe Elmer has moved back home to Penticton. Stepping into the new positions downstairs are Fariyal Karmali and Katie Earl. I'm sure you'll all join me in welcoming them to our centre.

Announcing our New Arrival

We're happy to announce the arrival of Gabriel Charles Catchpole



at 9lb 4oz and 21.5 inches. Our congratulations and best wishes go to Sheila and her family.

of time so that he or she can get used to being away from you.

- **Be calm and consistent.** Create an exit ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back — and explain how long it will be until you return using concepts kids will understand (such as after lunch) because your child can't yet understand time. Give him or her your full attention when you say goodbye, and when you say you're leaving, mean it; coming back will only make things worse.
- **Follow through on promises.** It's important to make sure that you return when you have promised to. This is critical — this is how your child will develop the confidence that he or she can make it through the time apart.

Saying Goodbye & Separation Anxiety

Many children experience some separation anxiety from time to time. This is normal for children and with love and support this phase will pass quickly for most. Of course knowing that doesn't make it any easier for a parent to leave their child at daycare while they are crying or screaming.

The following is an excerpt from an article on Separation Anxiety found on the "KidsHealth" website (a link to the full article is found at the end of the excerpt):

As hard as it may be to leave a child who's screaming and crying for you, it's important to have confidence that the caregiver can handle it. It may help both of you to set up a time that you will call to check in, maybe 15 to 20 minutes after you leave. By that time, most kids have calmed down and are playing with other things. Don't let yourself give in early and call sooner!

Making Goodbyes Easier

These strategies can help ease kids and parents through this difficult period:

- **Practice.** Practice being apart from each other, and introduce new people and places gradually. If you're planning to leave your child with a relative or a new babysitter, then invite that person over in advance so they can spend time together while you're in the room. If your child is starting at a new day care center or preschool, make a few visits there together before a full-time schedule begins. Practice leaving your child with a caregiver for short periods

Did You Know...

that you shouldn't try to avoid bouts of separation anxiety by sneaking away when your child isn't looking? This may be tempting, given her reaction to separation from you, but **experts agree** that this practice is likely to produce even more anxiety. Instead, say a loving but quick good-bye, even if your child cries and screams. Her crying will usually subside within a few minutes.

By establishing **a consistent pattern** of attentive good-byes and happy reunions, you can build your child's confidence in you and your relationship.



The full article can be found at:

http://kidshealth.org/parent/emotions/feelings/separation_anxiety.html