

Harborlight Happenings

Enhance | Nurture | Educate

Yes, I Can:

Self-Help Recipes for Success

According to Childcare Exchange, “There’s no magic to teaching children self-help skills. It’s most often a matter of patience and following the child’s lead. A two year old’s chant is often, “Me do it!” And so you begin.”

Young children are so capable of taking care of themselves. They enter into the world with a “can do” attitude. I’ve often said to parents *don’t do for your child what he/she can do for him/herself*. When children accomplish tasks, they gain a sense of competence and mastery, and their self-esteem grows. Diffily and Morrison state, “Children need to develop positive self-esteem– to feel good about who they are. Self-confidence is fostered when children have challenging activities that they can master and when adults give them real decisions and choices about their learning...Young children gain confidence as they accomplish difficult asks...Confidence is built as kids learn to tie their own shoes, spell their names, or complete a puzzle.”

Even though a child might not be able to do the entire task, we break the tasks down into component parts, leave plenty of time, and we (teachers and parents) can let them complete as much as they can.

Throughout these first few months of preschool, children have found various tasks challenging but persisted with as much of the task as possible: holding scissors to cut paper, gluing, grasping a pencil, opening containers, zipping coats, and putting on gloves or mittens (we prefer mittens to gain confidence, first). Finding successes in these independent skills leads to gaining confidence in a child’s abilities. It may also lead a child to help out a friend that is having difficulty and encourage him/her that they can also “do it!”



EXTENDED CARE

Extended Care just completed a health/nutrition unit, focusing on food groups, healthy eating, and getting plenty of exercise. Check out their chart of healthy foods, or stop by for a healthy breakfast on Wednesdays and/or Thursdays in Early Care (7:45-8:15). Sign-ups are on the bulletin board outside of the Extended Care classroom. Also, as numbers grow in the afternoons, please let us know as much in advance as possible of your child’s plans to stay for either Lunch Bunch or Extended Care. Thank you!!!



So what can you do at home? Real jobs at home such as putting on clothes, setting the table, clearing dishes or utensils to the counter, sorting laundry, packing snacks, or feeding a pet will reinforce the self-help and clean-up skills we work on at school. Building these skills into routines will allow for consistent reinforcement and celebration with your child. Further, have you ever noticed how much children love to help in the kitchen? They've had plenty of practice with baking here at school, and certainly could pose as your "sous chef" at home. But, *how*, you may ask? Set up a pretend kitchen near your kitchen, then start with a simple task such as washing and drying fruits or vegetables in a colander and build from there. Wait and watch as "me do it" turns into "I did it!"

Jessie Vogel

Director

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SETTING YOUR CHILD UP FOR SUCCESS WITH HIS/HER LAYERS OF CLOTHING

-When you drop-off your child, please ask your child to place his/her mittens and hat in the sleeve of their coat, and then hand their coat on their respective hook in the hallway.

-When picking up your child, encourage them to do the "flip-trick" with their coat (hood goes at the base of their feet and then they reach down with their hands into the "tunnels" and "flip" the coat over their head while letting her hands/arms slide into the sleeves.

-Zip up the coat like a "train on a track;" start at the bottom (the station) and clickety-clack all the way up to the top.

-Put on the boots, then hat, and save the mittens for last (to allow hands free for all the other jobs)

Happy Birthday to YOU!

Happy Birthday to all of our friends who have celebrated their birthdays so far this school year!
We are thrilled to be able to celebrate with YOU, and we wish you a wonderful year ahead!



UPCOMING DATES

January 2: School Resumes

January 15: NO SCHOOL: Martin Luther King, Jr. Day

January 24-25: Parent Teacher Conferences (look for sign-up genius online, soon!)

February 13-14: Valentine's Party Days

February 19-23: NO SCHOOL: February Vacation

February 26: School Resumes

*A Note about Registration/Enrollment: Letters will be going out to current families the first week of January. Open Enrollment will begin mid-January for new families on a first-come, first-serve basis! Spaces will fill up quickly! Please see Jessie if you have any questions about this process. If you know anyone interested in joining our preschool, please encourage them to call or email: hnsdirector@harborlightnurseryschool.org



*Snow Days: All returning students should have a snow bag (the blue HNS Tote Bag) ready for this school year. New students should have received one during the Parent Orientation last spring, though we have plenty of extras in the office if you need one. In the event of inclement weather, you will be notified via email, and we will also post a note on our website and our Facebook page. As a rule of thumb, we follow Beverly Public School closings and we will send our announcement to 7NEWS, WHDH. Please make sure you label all of your child's winter clothing! If you'd like an additional tote bag (they make great grocery and library totes!) you may purchase one in the office for \$2.00.



*HNS T-shirts will continue to be sold this school year. \$12/child; \$14/adult

