

THE APPLE PRESS

Franklin Park Preschool Newsletter

October 2020

"Autumn / Farms"



NOTES FROM OUR TEACHERS

We want to send a huge thank you to everyone for being flexible and aware. Between the added safety routines and then further changes due to air quality issues, this has not been a typical school start. Yet the children are so excited to have new friends and new opportunities that they are adapting quickly. Do help the children time their handwashing by counting, song or timer. It is never too early to learn that at school it is faster to do something correctly the first time then to have to go back and retry.

In October, we will explore the wonders of Autumn, farms and harvest and a bit about our own bodies. We will need to do our Halloween carnival in a different way this year. See below for details.

As always, if you have resources that would interest the class, please contact your teacher. The benefit of a Cooperative is that your students have not just one teacher but many.

Halloween Carnival

This year EL class will celebrate Halloween on October 29th and PreK will celebrate on October 30. Students will be encouraged to wear their costumes (safe to play in and not very scary) . We will have special activities at the beginning of class and end class with carnival games. Unfortunately, siblings cannot attend this year for safety.

October makes me think of costumes. You have no doubt noticed how popular our dress up area is. Besides being fun, role play serves a very important function in a preschooler's development.

- Discover their interests
- Develop creativity
- Build confidence and problem-solving skills
- Expands social vocabulary
- Make sense of the social/emotional world
- Work out emotional experiences by revisiting idea in a safe play
- Create rules for role which helps develop self-regulation

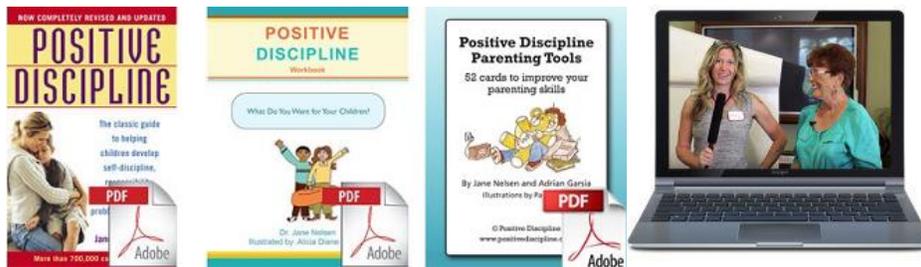
So, embrace those capes and hats as a charming and vital part of childhood. When certain costumes no longer fit or interest your child, please consider donating them to the school.



Positive Discipline

Online class and zoom Parent meeting on October 5 at 7pm

Positive Discipline Online Parenting Class at positivediscipline.com for \$69.00. You can log in at any time to view the video lessons and access the eBook and workbook. We will convene on Zoom for a brief opportunity to check in together on our preschool and on to discuss the first chapter of the book. This will likely be our routine for the next few months. You will receive an email with the Zoom log in a few days prior to the meeting as a reminder. If you have any questions, contact us.



Positive Discipline teaches that kids can—and will—behave without threats, bribes, yelling and physicality. Here are some tips that will set you on the path to better behavior—and a stronger, more peaceful connection with your child.

Naomi Aldort, the author of "Raising Our Children, Raising Ourselves," says that children want to behave well; if they seem to miss the mark, it's not without a valid reason. Once we know the root of the behavior, we can make changes.

Aldort says that parents often overlook a certain behavior in the hope that it will pass. "But guess what?" she says. "It doesn't pass." Focus on acceptable choices and solutions and then follow through consistently with your set boundaries. Sometimes a child might try to test the limits by arguing with the rules. When this happens, Fay suggests neutralizing negotiations by repeating one simple mantra as often as necessary: "I love you too much to argue."

4 Give attention to the behavior you like—not the behavior you don't. Kids who hear "No" or "Don't" all the time tend to tune those directives out. So instead of telling your child what *not* to do, instead offer a positive behavior to replace the misbehavior. For instance, a child acting up at the grocery store could be enlisted to help pick out oranges or rearrange the items in a grocery cart, or a kid running around might be challenged to walk "as if on marshmallows."

And especially at times of stress like now, quality time is key to a happy, well-behaved child. The goal is that each parent spends at least 15 minutes one-on-one connecting with a child every day. Do something your child wants to do during that time. Whisper in their ear how wonderful they are, how much you love them. It's the best investment you can make in your child.

