

Picnic in the Park

To get to know our families better, we invite the kinder children along with their families to join the Kinder Staff at **Rotary Park** for a Social get together.

B.Y.O Tea

5:30pm till 7:00pm

Tuesday March 23rd

(We all meet in the enclosed playground area)



Alexandra Kindergarten Newsletter

Pre kinder Groups-Please be reminded that our educators are still setting up the room and discussing the day prior to children arriving . We ask that you please wait on the front verandah until the front door is unlocked by a staff member at the start of the session. If you have dropped a child off for 4 yr. old kinder we ask that you please walk around the front with your Pre kinder child and sign them in there. Thankyou

Helping at Kinder- If you are staying for any length of time to help at kinder please remember to sign in to our visitors register and sign out when you are leaving. This includes for fruit duty and lunch duty .Thank you

Kinder Fees.

In lieu of kinder fees this year the Committee of management have asked all families to consider a donation to kinder . A letter was put in your child's notice folder last week. If you have any questions please don't hesitate to contact the kindergarten.

Family connections

Can all families please bring in a family photo to be added to our family wall.

The family wall will be in the foyer and seen by all members of the kinder community. If you prefer not to have your family on the wall you could draw a picture of your family instead. By bringing in a photo we take this as your acceptance of the photo being on display.

Issue Two Book club has been distributed.

Orders can be done online or with Sally in the office, no later than Friday March 12th.

Dentist Visits at Kinder-

Pre kinder- Wednesday March 17th

Koala- Thursday March 18th

Possum- Friday March 19th

If you would like your child to participate in a free dental screening please return the permission slip by Wednesday March 3rd.



Last day of Term one- Thursday 1st April. Early finish for Koalas at 1.45pm.

First day of Term two- Monday 19th April.

Illness

Children are starting to come to kinder with colds. If your child has a cold , in the interest of keeping other children and our staff healthy, please keep your child home if they are showing any signs of illness.- runny nose, cough etc. Thankyou

'I can do it myself!' Encouraging your child's independence

Doing things without your help is an important way for children to build a strong sense of identity and wellbeing. It's a way for your child to see themselves as capable.

A baby learns to crawl and no longer needs to be carried all the time. A child starts family day care and learns to relate to a new adult without you being there. Your child learns how to take considered risks (jumping off the slide or approaching an unfamiliar group of children), with you present.

All are signs of a growing independence.

Children also learn how to be responsible for their own health and wellbeing by dressing, eating and toileting without your help. As they do, they practise large and fine motor skills, gain confidence and build self-esteem.

Over time, your child will become more and more able to do things for themselves – but for many years there will be a balance between doing things without your help and doing things with your support and guidance.

Time for children to follow their own ideas, to make their own choices, and develop as self-regulating learners, is important. Everything children do must have a purpose that makes sense to them. It is important to help children learn to be more independent.

What can you do to encourage your child's independence?

- Encourage babies to be independent by giving them lots of space to move (indoors and outdoors). Look at what life is like from floor level: what can you add to make the world interesting for your baby? What needs to be moved for safety?
- Step back and let your child take reasonable risks. Your child may be wet, dirty and scraped as they climb down from the tree but they will be full of pride in what they've achieved.
- At times, step back and let your child try to fix their own problems. Can your child resolve a conflict without your help? If not, can you support your child to find their own solution through suggesting options that might resolve problems or issues?
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- Encourage your child to feed themselves from an early age. Give older babies' finger food; introduce forks and spoons with toddlers. Older children might use tongs to serve themselves. Use small jugs or measuring cups so your child can pour their own drinks.
- Find household tasks that your child can do independently or help you with – setting or clearing the table or putting their clothes in the laundry basket.
- Arrange your home to encourage independence – have a stool near the basin so your child can wash their own hands; have tissue boxes in more than one room so children are encouraged to blow their noses; give your child a small towel to dry themselves with.
- Make it easy for your child to dress and undress without your help. Pants with an elasticised waistband are easier to take off and pull on when toileting. Use shoes with Velcro straps rather than laces.
- Look for signs of readiness: Children who are asking questions or trying things themselves may be ready for more independence. But don't withdraw all help and support at the first sign that they can do something alone, they need to practice doing things over and over again.
- Encouraging your child to do things for themselves helps to avoid them learning that the "work of the household" is not their business. Recognising and encouraging them to make contributions to the household and shared experiences will lead to greater feelings of

achievement.

- If your child has a disability, encouraging them to be independent might take more time. Don't give up! Your early intervention service will have ideas and resources to support you.

Related links

- Teaching your child to get dressed – (includes a rough guide to dressing skills at different ages) - [How to get dressed: teaching your child | Raising Children Network](#)
- Daily personal hygiene and care for pre-schoolers – (covers teaching your child to wash and dry themselves, clean their teeth and blow their nose) - [Pre-schoolers health & daily care | Raising Children Network](#)

You may also like to read other titles in this series:

- Supporting your child to make decisions
- Building your child's resilience
- Helping your child to have a strong sense of identity
- Helping your child have a strong sense of wellbeing
- Helping your child to connect with and contribute to the world

Ask at the kinder office for other related newsletters



At kinder we encourage the children to be independent by letting them hang their own bag on the hook when they arrive at kinder, finding their own hat in the hat tub and putting their sharing fruit into the basket. We ask you as parents to encourage the same behaviours.