

Play & Learning Newsletter

7th - 11th September 2020

Our first Play & Learning newsletter of the year - let's hope it's the first of 38 of them (one per week of pre-school time) - fingers crossed!

It's been so lovely to be able to open our doors to everyone again and see the return of your little ones, plus begin to welcome some new faces to the pre-school crew.

The children have been amazing! They have fallen back into the old routines of preschool like they've never been away, plus adapted to the new ones we have had to add to our day (better than the adults in fact 🤖).

This week we have focused on settling them back into preschool life, encouraging re-establishment of friendships and building up their confidence to be independent in the pre-school environment.

We have observed with interest the development of skills and behaviours which the children have acquired over Lockdown and it's been wonderful to see how their characters have blossomed and grown through their time at home.

A big focus over the next few weeks will be working on social skills (turn taking, sharing, waiting etc) and supporting the children in becoming aware of other's feelings. Getting use to sharing toys and resources with large numbers of children is something they all need time to get use to again - pre-school is a very different environment to home and none/one/two siblings!

Ideas to support your child at home:

Returning to preschool and getting use to a busier and noisier environment than home requires a lot of energy and attention for your child. They are likely to be very tired by the end of the day and exhausted by the end of the week! Be prepared for behaviour changes, toileting accidents and a bit of grumpiness at times over the next few weeks. One way to support your child through this time is to try and ensure they get lots of sleep - and lots of cuddles! If they are being a bit 'trickier' than usual, try to view their behaviour through a 'tiredness lens' to try and reflect on why they are behaving the way they are. Coming back from pre-school and chilling, snuggling whilst watching tv/listening to a story

and eating a snack is probably just what they need for these first couple of weeks.