

HELPING YOUR TODDLER WITH SEPARATION

Saying goodbye

Do you dread leaving your toddler with the baby sitter or at day care? There are some simple steps that can help.

1. Facilitate your toddler's bonding with the caregiver. Toddlers don't "get used to" doing without you. They begin to feel safe with someone else. The only way to help your toddler over their upset when you leave is for them to develop a great relationship with their caregiver.

2. Help your toddler get comfortable in this new situation. Invest in making this experience work for your toddler by spending a few mornings at the caregiver's. Facilitate your toddler's bonding with the other kids and especially with the caregiver. The minute they get engaged in something, try to take a back seat, nearby but not engaged.

3. Separations. After they feel comfortable with this new situation and have developed more of a relationship with the caregiver, start by saying goodbye, leaving, and then returning as soon as they stop crying. (Don't give in to the temptation to return while they're still crying, or they will think crying can bring you back!)

4. Develop a parting routine. For instance, always read them a quick story, then hug them and tell them you love them and when you'll be back, then put them in their caregiver's arms and say your standard parting phrase ("I love you, you love me, have a great day and I'll pick you up at three!"). Stick to your routine every day and resist the urge to either extend it or cut it short. It will help your toddler to know exactly what to expect.

5. Leave a comfort object.

If you can give them something of yours, such as a scarf, they may be able to comfort themselves with it, although don't be surprised if it's thrown on the floor as you leave.

6. Don't give in to the temptation to sneak out. It will make separation anxiety worse in the long run. When they burst into tears, say calmly "I know you don't want me to leave, but I will be back right after lunch." Then leave and resist the urge to run back and grab your crying baby. Hide your own distress and signal that things are fine by being matter of fact.

7. Give lots of love and attention when you are with them. You may need a hot bath and a cup of tea at the end of the day, but your toddler has a pent up need for you. Keep things calm, avoid power struggles, and look for opportunities to connect. Be sure they get a lot of opportunities to laugh and leave extra time for cuddling at bedtime.

Your toddler will eventually outgrow their separation anxiety!



IMPORTANT REMINDER

Signing in and out

It is a State Legislation requirement that upon arrival and departure each day, your child's attendance is recorded. At Acorn we use Kiosk - an electronic system based on your mobile number and a self selected pin. Kiosk is available at all reception desks and provided on iPads. In the event of an emergency such as fire, this list will be relied upon as a checklist of all children in attendance. Correct details recorded daily are crucial to your child's safety.

Please remember to sign your child in when you arrive in the

morning and sign out on your departure. In instances when you have missed signing your child in or out, a staff member will do so on your behalf during the day. Our default sign in/out times are 8.30am and 6.30pm. You will be asked to confirm your child's attendance times next time you use Kiosk. Please change the time to the correct time your child attended and confirm. Once confirmed the system will allow you to continue with your normal sign in or sign out routine.

It is a requirement that all families sign their child in and out for every day of booked attendance, even for the days of absences due to illness or holidays. Failure to do so can affect your Child Care Benefit claims made through Centrelink.

ACORN ON BRANYAN

Gardening in the Platypus room

This term the Platypus Room have been busy learning about where they live and what makes our town special. Children have enjoyed locating Bundaberg on a map and discussing different things to be seen driving around town. We have spoken about how lucky we are to live near the beach and how beautiful our beaches are. Riley Atkinson was very clever to draw our attention to Mon Repo beach and the migration of turtles every year to lay their eggs. Miss Karen brought in a baby turtle she had in a special jar at home for us to examine.

Our Platypus friends were very keen to learn about Sugarcane. We watched some documentaries on sugarcane fires, harvesting and transportation to the sugar mill. "Let's plant our own sugarcane" the children said. So together we turned the soil in our garden bed and added cow manure and worm juice from our worm farm to add extra nutrients and growing power. The children all took turns mixing these extras into the soil.

Mr Les came along for the morning and helped us cut our sugarcane into 'billets' for us to plant. He used a special knife called a Sugarcane knife. These knives were used to cut the cane before the era of harvesters. He pointed out the eye on the sugarcane and told the children that it was important that the eye was facing upwards when we plant the billets under the dirt. This is where they will sprout from and hopefully grow nice and tall in our garden. We laid the billets horizontally in two rows just beneath the soil. Then we gently covered them and the children took turns watering them.

We had some sugarcane billets left over so Mr Les cut the outer layer off them with his knife and the children enjoyed chewing on them and experiencing the taste of fresh sugarcane. Twice a week we continue to water our garden and care for the soil. We can't wait to see our sugarcane sprout up and monitor its growth.

Emu news

The children in the Emu room found a caterpillar on the veranda last week. This sparked lots of interest with the children and they enjoyed talking about the caterpillar and what it looked like.

We found a container for the caterpillar and added some leaves and air holes. Each day the children ask to see the caterpillar and we are now watching as it makes a chrysalis around itself.

We have followed this up with different art experiences of caterpillars and other insects. We have also read stories including 'The Hungry Caterpillar'. The children are very excited to see what happens next.

