

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 EAST

Fire brigade visit

On Monday 21st September the children at Acorn East were very lucky to receive a visit from the Burnett Heads Rural Fire Brigade. The visitors from the fire brigade spent time with all the classrooms explaining the importance of fire safety, getting down low and GO, GO, GO. The children also practiced STOP, DROP and ROLL!

Once we finished with our talk and meeting Blazer, the fire brigade's cuddly Koala mascot, we headed out to the fire truck where we all had a turn at holding the fire hose and getting up into the truck to put the noisy siren on! Thank you to the lovely visitors from the Burnett Heads Rural Fire Brigade for coming and spending such a fun day with us!



Book week in the Jacaranda room

We always love dress up days in the Jacaranda Room. Book Week was no different with educators and children all dressing up. We had pretty princesses, handsome princes, some cool pirates and cat in the hat characters among us.

We had a lady come in after morning tea and read stories with the children. She read Wombat Stew which was a winner with a few children that loved touching the animal pictures in the story. The children loved story time. We had a lovely day in our costumes and look forward to the next dress up day.



Phoenix House

On Wednesday the 16th of September the children from Banksia and Wattle rooms were visited by Julie from Phoenix House. Phoenix House is a Bundaberg based charitable community organisation committed to the provision of a "safe, supportive service which assists those members of our community who have been harmed, are at risk of harm, and/or are willing to address their own harmful behaviours, using a public health approach to the prevention of sexual violence".

During the session, Julie spoke to the children about the early warning signs of feeling unsafe, using gentle hands and what to do/say if they are hurt by their friends. Julie used puppets to speak to the children and included them in an open conversation about their feelings and experiences. The children really enjoyed speaking with Julie and we look forward to having her return to continue the discussion in the fourth term.

