

This week at pre-school

Dear Parents and Carers

The children have had an amazing week; we have been on a daily bear hunt. Repeating the same story all week engages children and encourages them to learn how a story is set out. It encourages them to anticipate how the story may end and engages them in completing sentences when I stop!

We have had the bikes out, we sailed the green sea in search of spaghetti worms! We have sung many, many songs whilst washing our hands. We have had cuddles of happiness welcoming back our pre-schoolers, and cuddles of insecurity from our new children.

ALL of the children have adapted and settled exceptionally well and I am so proud of all of the parents too!

Next week we will be reading "The very hungry caterpillar"

I will be finalising the list for keyworkers, so please do look out for an introduction from the staff. Our theme next week will be 'All about me' we will have discussions, activities and play games which will help us get to know each other more. Please send in family pictures so that we can use them for a special activity, a huge family collage! After all we are now one big happy CSG family!

I hope all of the children enjoy the rest of their week and we hope you all have a lovely weekend.

Tania and the team



Donations: Please could we ask parents to bring in small yoghurt pots next week as we want to grow some cress. We are also looking for some small baby clothes as our babies in the home corner are getting chilly with no clothes on!

wish list!

FOREST SCHOOL THURSDAY 12-3PM

Contact csg_playgroup@btinternet.com to book your child's space.



MEET THE TEAM

LISAMARIE SAUNDERS DEPUTY MANAGER – LEVEL 2 EYP – LEVEL 3 TRAINING IN PROGRESS

Hello my name is Lisamarie, I live in Chesham but I grew up in Chalfont st Giles and I even attended the Chalfont St Giles playgroup myself many years ago.

I have been in child care since the age of 16 and I have always had a passion for working with children. I started working at playgroup in 2012 and I am still here 8 years later,

I have a level 2 childcare qualification and I am currently working towards my level 3 while acting as deputy manager. I also help with childcare for other families in CSG and offer babysitting in the week and at weekends.

In my spare time I enjoy spending time with my family and friends and going for long walks with my dogs.



COFFEE MORNING



Coffee & Chat

We will be holding our next coffee morning for parents new and old on **Thursday 24th September from 9am** (after drop off) at the White Hart CSG. We would love to see you there; this is an opportunity to meet other parents/carers and to meet Lindsay our chair of trustees. Children and younger siblings are welcome. We do try and change the day/time of these events so those of you who work can hopefully attend too. **PLEASE CONTACT Sarah (Archie's mum) no1germanteacher@gmail.com if you plan to attend. We may need to book tables of 6 due to the new guidelines.**

We thought it would be useful to share some interesting articles and advice each week. We hope that these may be relevant and helpful to some of our families.

What kinds of anxiety do pre schoolers experience?

Here are some common pre schooler anxieties:

Separation anxiety. Separation anxiety usually peaks at about 18 months, but it can resurface off and on until well beyond nursery. A relapse is typically triggered by a particular event, such as starting at a new school, changing babysitters, or staying overnight at a friend's house. Your child's struggle to establish his own separate identity naturally gives rise to moments of trepidation.

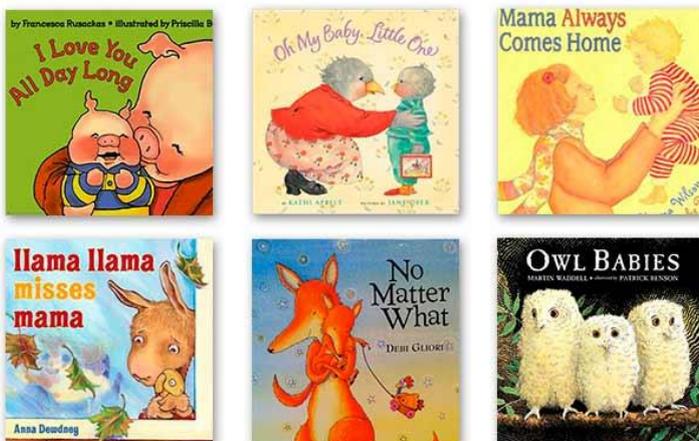
Stranger suspicion. By age 2, your child probably has begun to see outsiders as a threat. Any new face – no matter how friendly – might upset him, though he'll probably calm down once the stranger retreats. (He should eventually outgrow this fear, usually before he turns 3.)

Typical fears. Pre schoolers can have a wide variety of fears: Monsters in the closet. The neighbour's dog. These fears may arise from real experiences, such as being cornered by a dog or witnessing a car accident. However, your child is just as likely to fear something he's only heard about, such as, giant cockroaches, or meat-eating dinosaurs.

The two primary reasons for these fears are his active imagination and lack of life experience, which can make even the mundane seem



CHILDREN'S BOOKS ABOUT SEPARATION ANXIETY



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menacing. Plus, pre schoolers are very impressionable, so he may adopt the fears of playmates, siblings, TV and movie characters, or even you.

Social anxiety. Timidity is common among pre schoolers. Some interact easily with other children but fall to pieces in the company of adult strangers. Others feel secure among adults but crumble around their peers. Some are anxious in any new situation. Fortunately, most pre schoolers outgrow shyness over time.

School avoidance. Some kids have meltdowns when it's time to go to school. Even if they like school one day, the next they may beg to stay home, even complain of a stomach ache. The root cause could be separation anxiety or something going on at school – such as teasing, a fight with a friend, or an upsetting comment.

How can I help my child manage her anxiety?

When your child is anxious or fearful, follow your instincts – offer a cuddle and reassurance. But don't stop there. Helping your child overcome their fears takes creativity and patience. Try these tips:

Acknowledge the fear. Some of your child's worries are entirely normal, and denying them would be unrealistic. If she's afraid of losing you in a store, for example, tell her that would scare you as much as it does her.

Reassure her that's why you watch her so closely and it's also why she should always stay where she is able to see you. Also point out store employees who could help if she ever gets separated from you. And when you leave her with a babysitter, remind her that you always come back.

Talk it out. Simply discussing a fear can make it seem less overwhelming. Your pre schooler has an active imagination but a limited vocabulary, so she may have trouble explaining why she's afraid. But with some coaching from you, she can better articulate her feelings: Is she sad, angry, and scared?

Many parents find that helping children find words to describe their fears can ease anxiety. Listening to your child can also give you the information you need to banish a specific fear. You might discover that her dread of the water is actually a fear of giant squid, which (as you can explain) don't live in swimming pools.

Give her a break. Instead of discouraging clinginess, focus on building up your child's confidence until she's more comfortable. Forcing your child to pet a dog that's twice her size or go to sleep without a nightlight won't ease her fear. At this age, she's better off conquering her fears at her own pace.

Use your imagination. Laughter goes a long way toward diffusing anxiety. If your child fears thunderstorms, tell her a story about a magical being who makes lightning bolts.

Get rid of scary monsters night. When the lights go out, all sorts of fears can surface. Your pre schooler may worry that monsters are hiding in the closet or under her bed. To ease her anxiety, make her bed as inviting as possible.

If your child is afraid of monsters hiding in the room, you can say, "I looked, and there aren't any monsters. But you can keep this torch here to scare away the *pretend* monsters." A nightlight also makes an effective monster deterrent and can help her reorient herself if she wakes up in the early hours.

Another parent-tested approach is to establish a bedtime routine and stick to it. Make sure she has enough time for a bath, a story, and some quiet moments before the lights go out. Avoid arguments and battles before bed so she goes to sleep feeling calm.

Be prepared. If your child tends to get nervous in large gatherings or new situations, she'll probably do better if she knows what to expect. Let her know she'll be meeting new people and going to a new place. Be positive. If she seems anxious, ask her to articulate her fears so together you can come up with ways to calm them. Encourage her to bring a favourite toy or stuffed animal for security. When you arrive, give your child time to adjust, even if she spends the first half hour on your lap.

Source: https://www.babycenter.com/0_anxiety-in-preschoolers_64004.bc

Important Dates and Upcoming Events

We have lots of dates coming up and it won't be long before the Christmas fun begins 😊

Coffee morning 24th September 9am White Hart CSG

AGM TBC October

Playgroup Photos TBC