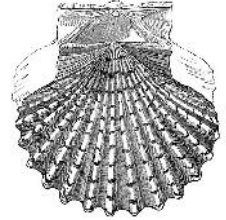


SEA OF LEARNING

Pre-School News

WHERE LEARNING IS FUN



9430 De Cubellis Rd, New Port Richey, FL 34654

727-842-1577

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Issue: January—2017

“IN WITH THE NEW”

Our Message:

“Healthier parents help produce healthier children”. You are the safeguard to your child’s health and welfare.

Holiday stress may actually produce an ill effect on us, as we become overwhelmed with stress and worry.

When we falter from failing to meet the resolutions or goals we set for ourselves come a New Year, we introduce stressors into our lives.

Don’t let set backs determine the outcome. There are tools and options for better success.

New Years are filled with hopes, wishes, resolutions and desires. Much of it is also driven by our faiths’ that a new year will yield us better health and better circumstances in our lives than we had the year before.

Truth be told, the secrets for a successful transition into a New Year have to do with “Commitment”. Sure, we’ve all done the proverbial going through attempts for a few weeks to accomplish a particular change in behavior only to

fall short. Then we fall back into the same routines.

NEW YEAR HINTS:

The following are a few hints to help achieve greater success.



- Set Reasonable Goals and Objectives:

Realistic goals are more likely to be accomplished if they are truly things we can achieve.

- Plan:

Actually plan out a strategy you can use to help you. Include reasonable time frames to accomplish the things we



want to achieve.

- **Get Help:**

Have others lend you a helping hand when you need an extra push or positive guidance.

- **Try again:**

Get back up on the horse. If, or when we falter, dust yourself off and get back on track. We really do learn from our mistakes.

“HAVE A HAPPY AND HEALTHY NEW YEAR”

Follow-up Reminders:

Yep!, If we’ve mentioned it once, we’ve mentioned it a..... times. We really do need to keep on top of these issues.

Meals; We DO NOT serve breakfast. Please assure your child is properly nourished. Any special needs should be addressed through our office.

Daily “Grams” are provided to up-date you on your child’s daily activities. These also serve as reminders for supplies that might be needed specifically for your child.

Parking: Parent parking and child drop off and pick up must be made in our East parking area

Library Books and materials should be returned each week to help assure other children are afforded access.

Fiscal Responsibilities: Please make sure you keep up with weekly tuition payments so as not to disrupt child care services.

Christmas and Holiday Celebrations:

The Sea of Learning Pre-School held a wonderful Christmas and holiday gathering at the school.





Santa and Mrs. Claus made a brief stop to visit with our children and managed to hand out gifts. There was plenty of food and beverages, deserts and treats.

The children and the parents enjoyed a wonderful afternoon and early evening. Santa and Mrs. Claus of course had to leave to get ready for their Christmas jobs ahead.

Many of the children and parents continued on going through our neighborhoods caroling. It was truly a festive event.

RESOURCES:

There are numerous resources and assistance services and programs available to our communities.

Pasco Kids First (Child Advocacy)
<http://www.pascokidsfirst.org/>

Early Learning Coalition of Pasco & Hernando Counties:
<http://www.phelc.org/>

Florida Office of Early Learning
<http://www.floridaearlylearning.com/>

Florida Association for the Education of Young Children
<http://www.flaeyc.org/>

Help Me Grow Florida
<https://www.helpmegrowfl.org/service-providers/resources/>

Florida Department of Children and Families : Family Development, A Caregiver's Guide
<https://www.dcf.state.fl.us/programs/childwelfare/caregivers/>

The Family Conservancy
Although a site focusing on the state of Kansas. This site has excellent parenting and development resources.
<http://www.thefamilyconservancy.org/parenting-resources-information>



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Separation Anxiety

By Sheree Feldman

Almost all children experience some kind of separation anxiety between birth and six years of age. This is quite normal and is a sign of a child's love and trust in a parent/caregiver. It shows that a child has developed trust that this adult is a sign of security and safety above any one else. This person is usually a parent, but can also be a babysitter, grandparent, or any other person with whom the child has developed a strong attachment. It is important for adults to give children sufficient time and support to help the child move from the primary relationship with the parent/caregiver to a trusting, secondary relationship with other adults. This kind of separation is often as difficult for parent/caregiver as it is for the child. Learning to separate from and reunite with people we love is a life-long process. Hellos and goodbyes can bring out deep feelings in everyone involved. Some of these feelings can be uncomfortable, but because they arouse such strong feelings, hellos and good-byes provide valuable learning for all children. A child can learn about trust when a parent/caregiver says goodbye and returns as promised. A child can learn what it means to be a separate person with deep attachments to others.

When separating a parent/caregiver should remember the following:

- (1) Always say goodbye, even when it is tempting to sneak away.
- (2) Reassure your child that you will return when class is over.
- (3) Once you say good-bye, don't prolong it; otherwise your child will feel your hesitation to leave.
- (4) If your child needs a reminder of home, e.g., a family photo, security blanket, a transitional object, etc., please provide one.
- (5) You might plan a special activity (lunch, ice cream, trip to the park) when you reunite, especially for the first few days of separation.
- (6) Arrive on time for pick up (especially for those first few days of separation). It is comforting for your child to see that you are on time as promised to pick up.

Separation anxiety doesn't have a specific beginning or end. It shows itself in peaks and valleys. Your child may separate easily on some days and then struggle on others. S/he may have weeks of easily separating, and then have some days where it becomes a challenge. This can be confusing. It is hard to understand why a child shifts from confidence to anxiety and back again, but this is not abnormal. Gaining the maturity and skills to handle separation with confidence is a process, not a single event. This stage, like so many others in childhood, will pass. In time, your child will learn that s/he *can* separate from you, that you will return, and that s/he will be okay until you return.



Sea of Learning Preschool
9430 De Cubellis Rd, New Port
Richey, FL 34654

Sea of Learning January 2017

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				