

March 2017

# NEWSLETTER

Dear Parents and Guardians,

Why is Self-Esteem important? How you feel about yourself affects how you act. How children feel about themselves affects the way they act. Some people are very important in a child's life. Who are important people in the lives of children? They usually include, parents, guardians, grandparents, siblings, teachers, care providers and television stars.

Listen for clues that will tell you what kind of relationships your child/ren have with these people. Listen to them when they are involved in imagination/pretend play, games, arguments or just talking with other people.

People who are important to children have a great effect on the development of self-esteem in the children.

## Characteristics of Children with High Self-Esteem

Most of the time, children with high self-esteem will:

- Make friends easily.
- Show enthusiasm.
- Co-operative and follow age appropriate rules.
- Control their behaviour.
- Play by themselves and with other children.
- Like to be creative and have their own ideas.
- Be happy, full of energy and talk to others without encouragement.

## Characteristics of Children with Low Self-Esteem

Most of the time, children with low self-esteem will say things like:

- "I can't do anything well."
- "I know I can't do it."
- "I know that I will fail."
- "I don't like me. I wish I was someone else."

What can you do to help build High Self-Esteem?

- Praise each child's successes (even small ones). Praise each child who tries hard.
- Give sincere affection. Let children know that they are loved and wanted.
- Show interest in each child's activities, projects or problems.
- Tell children what to do instead of what not to do. This prepares them for what to do.

Example. Instead of "Don't throw the ball." Say "Roll the ball on the floor."

Instead of "Don't squeeze the kitten." Say "Hold the Kitten gently"

- Let them children know that mistakes are a natural part of growing up. Everyone, including adults, makes mistakes.
- Remember that learning new skills takes time and practice.

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## **Resources**

Below is a list of some create resources. You also more than welcome to talk to Sam, if you have any questions or via email at peterpanosctower1@gmail.com

## **Books**

- “Encouraging Positive Self-Concepts in Children” by Judith Myers

## **Useful Websites**

- [www.positive-parents.org/2012/03/building-positive-self-concept.html](http://www.positive-parents.org/2012/03/building-positive-self-concept.html)
- <https://successforkidswithhearingloss.com/wp-content/uploads/2013/03/Encouraging-Positive-Self-Concepts-in-Children.pdf>

## **POLICIES**

We have updated our Code of Conduct Policy. If you would like a copy, please see Sam.

## **PARENT/GUARDIAN INVOLVMENT**

I want to thank the parents who have come forward and asked if they could volunteer their time, we really appreciate it. If you are interested in volunteering, please ask Sam.

## **SUBSIDY**

Any Parents and/or Guardians on subsidy, if your child is in the Castle or Kinder Room, please make sure your child/ren are here for a minimum of **100 hours per month** and if your child is in the Tiger or VIP Rooms, please make sure they are here for a minimum of **50 hours per month**. Anything less than these hours could result in your child/ren not being qualified for subsidy. It would be then your responsibility to pay the remaining amount.

It is also your responsibility that you re-apply for subsidy before it expires. You may receive a friendly reminder to re-apply, please do so as soon as you can.

If you have any questions about your subsidy, please call 780-644-9992 option 2 or speak with Sam.

## **INDOOR SHOES:**

Reminder to all parents. Crocs, sandals, slippers are not appropriate to be wearing at daycare. It's dangerous, because a child can roll their ankle and slippers, sandals can break easily. Please have your child/ren wear proper indoor shoes that are made for running, but are also comfortable. We would also like to ask for your child/ren, not have shoes with laces. The laces usually come un-done and a child may trip and fall. Plus, most younger children do not know how to tie their shoes. Your co-operation is much appreciated. Our primary responsibility, is the safety of your child/ren.

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## **OUTDOOR PLAY**

With the warmer weather, the children and staff are eager to go outside and play. The times we go outside do vary. If your wondering where your child is, please look at the entrance door. We will have a sign posted as to where we are and what time we are planning on coming back to the Centre.

If your child is arriving after the room has left, it is your responsibility to drop off your child to the park or to the field. It's near impossible for the staff to come back to the Centre, pick up your child and then head back. Other staff members in other rooms, cannot drop off your child. This is because they are signed in to their own rooms and they cannot leave, especially if they have other children in the room. We appreciate your co-operation and understanding. If you have any questions about this, please ask Sam.

## **DATES TO REMEMBER**

March 17<sup>th</sup> - Public school PD Day Centre is **OPEN**

March 27<sup>th</sup>- 31<sup>st</sup> – Spring Break. Centre is **OPEN**

## **DAYCARE HOURS**

7:00 AM to 5:45 PM – Monday thru Friday

Late fees will be charged. We also ask that you arrive at a reasonable time so that your child can enjoy morning activities.

## **ILLNESS**

If your child is ill or has an appointment, please contact our Centre at 780-463-2004. This helps us to schedule our staff. Please note sick children must be kept at home, if they come to the center with a fever or diarrhea, you will be called to pick up your child. The reason for this, is because we do not want to spread the illness to the children and to the staff. We appreciate your co-operation.

## **MEDICATION**

Please note that **all medication must be labelled and in its original pharmacy container**.

## **EMAILS**

Parents wishing to communicate with via email are more than welcome to do so. My e-mail address is [peterpanosctower1@gmail.com](mailto:peterpanosctower1@gmail.com) Alternatively, you can leave me with your e-mail address.

## **PAYMENTS**

Payments can also be made via e-transfer. You can send it to the email listed above. If you have any questions, please ask Sam in the office.

## **TAX RECEIPTS**

If you would like your 2016 Tax Receipt, please inform Sam.

*Sam*

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