

Coping with Separation Anxiety

Entering into a new child care arrangement can be an emotional experience for both parent and child. However careful planning, and the knowledge that some separation anxiety and tears are normal, can make the transition from parent to educator as pleasant as possible. How quickly your child adapts depends on a number of factors including: the child's age and stage of development and the child's past experiences in the care of others. Here are some strategies to help make the process go smoothly.

Share information with the caregiver

Share information regarding your child's unique likes, dislikes, fears, eating/sleeping habits with the educator in your child's room. This information will help Rainbow Preschool educators understand your child, and will help ease the transition process and provide care that is reasonably consistent with yours.

Build trust

Let your child see you and their educator building a friendly relationship. Include the three of you in a brief conversation or play activity. Children often use their parents as a "bridge" for developing a relationship of trust with a new adult.

Prepare the night before

An unhurried, pleasant start to the day is crucial to successful separations. If your child is old enough, involve him/her in the packing of lunches and the selection and laying out of clothes. For young children, a choice between two items (e.g., white or blue socks, grapes or an apple) is enough.

Something from home

Young children often use an object from home (such as a favourite teddy or blanket) to comfort themselves. Other children prefer to put a family photo or parent's familiar scarf in their pocket or backpack. Eventually, the need for these "comfort" or transition objects diminishes.

On the way, the first day

Have a calm, positive attitude. Talk about what your child or you will be doing that day. A specific detail is far more interesting than a vague comment ("I will be working at the office all day"). In terms the child will understand, explain when and where you will be picking him/her up ("After lunch and rest, I will come. You will probably be playing outside then. I will know where to find you"). A common fear is that you will not return or that you will not find each other.

Develop a "goodbye" ritual

Rituals are reassuring, especially during stressful times. Plan a special way to say goodbye, such as giving your child a cuddle and leaving them with an educator, sitting down with them for a short play, or reading a book together before leaving.

Take time to say goodbye

Leave your child with a positive picture of what you will do together at the end of the day ("Save a big hug for me when I pick you up! Then we'll get your brother at school"). Regardless of how tempting it may seem, never sneak out while the child is distracted. This destroys trust and will encourage the child to cling more on future occasions.

Avoid repeated goodbyes

Once you say "I'm leaving now" and go through the established goodbye ritual, then go. Hesitating and not going after you have said your goodbyes, if a child is upset, only confuses them. Reassure your child that everything is alright and you will return later, this can only help them to settle.

Accept and listen to negative feelings

If you or your child are feeling upset about the separation, reassure yourself that you have taken all the required steps to place your child in a safe, nurturing and stimulating setting. Telling children that they are too big to cry or that they are making a fuss over "nothing" only aggravates their fears and fails to help them understand their true feelings. Saying, "I know you are feeling sad. I will miss you too," is more helpful.

Accept the fact that a temporary period of adjustment and some feelings of parental guilt or worry are normal.

Please DON'T WORRY, it helps to remain calm and be practical. The educators are very good at comforting children, and parents, and we are only a phone call away. Staff will always let you know if your child is distressed and not coping with the preschool day. Strategies can always be put in place to ease your child's anxiety.



Welcome to Rainbow Preschool for 2020

We hope everyone had a wonderful Christmas and New Year and that all our families are ready for an exciting time at preschool. I would like to extend a very warm welcome to the new families who are joining us this year and welcome back our existing families.

For our new families that I may not have had the chance to meet yet, my name is Kathryn Lyle. I am the Acting Director here, and if you have any questions or concerns I welcome you to come and have a chat, or make an appointment to see me. We value communication at Rainbow and believe we can only run our service if we have relationships with families based on open communication and mutual respect.

All the staff are looking forward to working with you and your children, and getting to know families. The staff are very approachable so feel free to talk with them about your children's interests or any concerns you may have. This will help us get to know every child and to establish routines that will help with the settling process.

Term 1 Fee Invoices

Fee Invoices are being processed and will be sent out via email and put in children's files.

Fees are due in full by Friday 28th February 2020.

If you have set up a Centrelink payment or payment plan with the office this will continue until all fees are fully paid.

Direct credit details:

BSB: 012 551

Acct: 2098 69276

REF: Child's Name

Birthdays

Happy Birthday to the following children who will be celebrating a Birthday during Weeks 1 & 2.

☆	Emelia	8th Feb
☆	Milah	9th Feb
☆	Mahlei	9th Feb
☆	Mitchell	12th Feb
☆	Brax	12th Feb
☆	Hannah	16th Feb



Social Media

We would like to remind parents to please be very careful when using social media in relation to Rainbow Preschool. If you take photos at Rainbow please only put images of your child on any form of social media as we need to respect our family's right to privacy and confidentiality. We would also ask that any comments made do not include names of other children.

In addition Rainbow Preschool's social media policy does not allow staff to discuss any matters with families about Rainbow on any form of social media. This can be difficult when a lot of our families know staff outside of work, however if you have any questions or concerns please phone Rainbow on 80872122 or email us at rainbowpreschool@bigpond.com. Staff are aware of our policy so please don't think they are being rude if they do not respond.

Rainbow Preschool has a website where you can find out information about our preschool. This is also where we put newsletters and other related information www.rainbowpreschool.com.au

We also have a Facebook page which is purely to provide information to families about upcoming events or to serve as reminders about happenings at preschool. If you search **Rainbow Preschool Broken Hill** you will be able to follow us!

RAINBOW PRESCHOOL FEES & SUBSIDY RATES FOR 2020

ROOM		HOURLY RATE		15 HOURS Per WEEK	18.75 HOURS Per WEEK		2 SESSIONS PER 10 WEEK TERM	3 SESSIONS PER 10 WEEK
Red & Yellow 3 days	Full Fee	\$3.25			\$60.94			\$609.40
	Subsidy	\$2.10			\$39.38			\$393.80
Green, Red & Yellow 2 days	Full Fee	\$3.25		\$48.75			\$487.50	
	Subsidy	\$2.10		\$31.50			\$315.00	
Blue Room 3 day x 5 hr Sessions	Full Fee	\$3.25		\$48.75				\$487.50
	Subsidy	\$2.10		\$31.50				\$315.00
		DAILY RATE	WEEKLY RATE				10 WEEK TERM	
North / Railway Town 2 days	Full Fees	\$10.50	\$21.00				\$210.00	
	Subsidy	\$5.50	\$11.00				\$110.00	

The Aims of Rainbow Preschool

Rainbow Preschool aims to provide a welcoming, inviting, friendly and nurturing environment. At Rainbow we believe that each child, family and educator is a unique and valued individual. We value and honour diversity and accept and celebrate differences in other people. We believe each person and their family's values, culture, beliefs, abilities and language should be acknowledged and accepted and reflected in the preschool environment. Rainbow Preschool believes that children are capable, resourceful and competent individuals who are co constructors of their learning.

Rainbow Preschool believes that play is essential to the lives of young children. The learning environment is planned specifically around children's interests and strengths. We base our program on the premise that children learn and develop through play and learn most effectively within an unhurried environment where meaningful, authentic experiences are offered.

Rainbow provides a quality education program which encompasses the Early Years Learning Framework and looks at childhood as a time of 'Belonging, Being & Becoming'. Our program embraces the framework's five learning goals and aims to assist children to develop:

- a strong sense of their identity
- connections with their world
- a strong sense of wellbeing
- confidence and involvement in their learning; and
- effective communication skills.



Keep in touch with what is going on at preschool by following us on Facebook search for:

Rainbow Preschool Broken Hill

Hats & Spare Clothes

As the weather is warming up please remember to pack hats for outside play, and spare clothes for water play.



Scholastic Book Club

Issue 1 Due back
14th February 2020

Parking at Rainbow

For the safety of all children, please do not park or wait in the "no stopping" zones opposite the preschool.

Term Dates

Term 1 last day Thursday 9th April

Term 2 first day Monday 27th April

FOOD ALLERGIES

RAINBOW PRESCHOOL IS A NUT AND EGG FREE CENTRE

At Rainbow Preschool we have children attending at risk of anaphylaxis. Anaphylaxis is a SEVERE LIFE THREATENING allergic reaction. At Rainbow the allergen is food. In order to reduce any chance of exposure to the relevant foods—being **nuts & eggs**, we are asking parents to exclude nut products & eggs from their child's lunch boxes. This would mean not sending nuts themselves, peanut butter & Nutella sandwiches and any Nutella dipping packets of biscuits. With eggs it would mean not sending egg sandwiches, boiled eggs or quiche. We apologise if this rules out your child's favourite food, however the safety of our children is paramount and we must take all necessary measures to safe guard our children.

THANK YOU FOR YOUR COOPERATION

What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular). A severe allergic reaction usually occurs within 20 minutes of exposure to the trigger and can rapidly become life threatening.

Special points of interest:

- ☆ IMMUNISATION HISTORY SCHEDULE MUST BE UP TO DATE AT ALL TIMES
- ☆ Label all belongings to avoid items being misplaced.
- ☆ Please remember to bring water in your child's water bottle.
- ☆ Please remember to pack spare clothes and underwear.
- ☆ Sunscreen is applied before going outside and HATS are a must!
- ☆ Rainbow clothing is available from the office.
- ☆ If your child has Medication (Asthma Puffer etc.) please do not leave it in their bags. Give it to the Room Educators who will complete a medication form with you.

