

## 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.



TERM 1—2021

[www.rainbowpreschool.com.au](http://www.rainbowpreschool.com.au)

Weeks: 1 & 2

## Welcome to Rainbow Preschool for 2021

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 Leesa Roberts. I am the Centre Manager, 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.

## Preschool Fees for 2021



The Management Committee understand that with COVID-19 families may be finding the financial future uncertain. The Committee was able to opt in for a Government initiative due to COVID-19 that will allow families for 2021 access to preschool with no cost to families. We hope this provides everyone with some relief for this year.

**This does not include the use of extended hours and these will still be invoiced at the end of each term.**



## The Rainbow Preschool Team of Educators

**Centre Manager:** Leesa Roberts

### Red Room

Luann Fraser  
Nicole Delbridge  
Ursula Mitchell  
Janette Jones  
Andrea Nichols

### North / Railway Town Preschool

Bradley Pennycuik  
Michelle Kreitner  
Heather Facer  
Holly Magookin

### Yellow Room

Kathryn Lyle  
Erica Bartley  
Nicole Clark  
Anthea Van Kemenade

### Blue/Green Room

Kara Palmer  
Amber Murray  
Rose Lawn  
Christiarna Lee  
Michelle Gulle

## 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.

## Security at Preschool

Please remember to shut the classroom doors and the side gate as you come in and as you exit. We need to keep our children safe and as you would know our 3-5 year olds can be very quick off the mark. We also need to be mindful of the security implications. Thank you for your consideration.

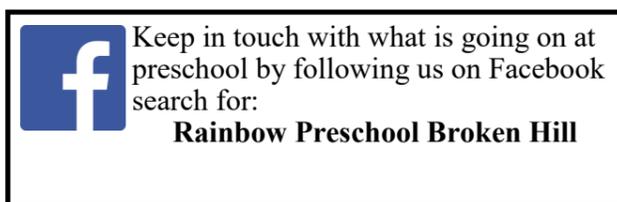
As an added security measure please **DO NOT** tell your children the security code! We have had children let themselves out of the preschool gate as they know the code. This could potentially be very dangerous.

## Signing Children In/Out

This is an essential task so that we can account for the children we have within our care. As part of our Education and Care regulations please ensure that you see an Educator to sign your child into their classroom before leaving. This is a WH&S requirement and enables staff to ensure the child goes home safely. Children will only be released into the care of parents or other nominated persons as per the child's enrolment form. If you have someone different who is not on your child's enrolment form and is going to collect your child, we must receive written permission.

## Pick Up List

Please ensure your child's list of who can pick up is up-to-date, including telephone numbers. Please see the office if you need to update names.



## Spare Clothes and Labelling

**Please remember to label your child's possessions.**

Please label all possessions including hats, water bottles, lunch boxes, shoes, socks, clothing etc.

Please provide a spare set of clothing for your child in their school bag, including underwear.

## 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 safeguard 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.

## Happy Birthday

To the following children who will be celebrated a birthday in school holidays and weeks 1 & 2.

☆	Chase M	4th January
☆	Quinn S	4th January
☆	Aurora J	6th January
☆	Noah S	10th January
☆	Alyssa R	13th January
☆	Harley K	14th January
☆	William	19th January
☆	Amelia W	21st January
☆	Dante J	22nd January
☆	Tom D	25th January
☆	Seamus P	27th January
☆	Eretria C	30th January
☆	Afreen S	30th January
☆	Jhya D	2nd February



**Tuning In To Kids™** – 6 week parenting program, for parents of children aged 2yrs - 8yrs.

Tuning in to Kids shows parents how to help their child develop *emotional intelligence*. Aimed at helping parents be better at communicating with and understanding their child. Teaches parents to educate their child about healthy ways to deal with conflict.

Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

**Dates:** Friday's 19<sup>th</sup>, 26<sup>th</sup> February and 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March

**2021. 6 Week Program must attend all 6 sessions.**

**Time:** 10am – 12pm

**Venue:** 261 Argent Street, Broken Hill

**Contact:** Sandra on 80873477.

**Cost:** Free

**If you can get a sitter for your child that would be appreciated so that you can concentrate.**