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Dear Families,

Over the years that I have been an Early Childhood Teacher and a Director of a children's service I have written many newsletters, flyers and special news items around children having difficulty separating from their family to move into the care of their educators and carers, and anxiety experienced by children during this time and during many or any transition presented.

In last month's Newsletter there was an article on Page 3 "Separation Anxiety".

Recently, I, and nine other educators from St Anne's, attended the Early Childhood Australia's North Coast Regional Group's Annual Conference held in Kingscliff, where we listened to a speaker present an approach to help young children (and their parents) in their separations from family to educators.

Dr Robyn Dolby (the presenter of this very informative session focusing on "Transitions in Practice" and based on her work "using attachment thinking to support children's daily transitions") *struck a chord* with me and I would like to share, with those of you who are interested, the basic steps to HELPING and SUPPORTING your child develop confidence and less anxiety around the "saying goodbye" transition in the mornings.

**If you are interested**, please join us for a "conversation" and the sharing and discussion of "information" in relation to how we can approach, together, this most difficult time (of saying goodbye) that occurs for a number of children, AND for some parents.

**See next column for date and time.**

*Yours as we educate and care for children together,  
Narelle Dewhurst.*

Centre Director.

### Supporting your child's transition from home to St Anne's.

- Is it difficult for your child to say goodbye to you when they arrive at St Anne's in the mornings?
- Does your child get anxious and upset when it's time to say goodbye to you as you set off for your day and they are left with "us" to take care of them in your absence?
- Are you worried that your child is not able to say goodbye to you happily in the mornings as you leave them at St Anne's?

**If YES to any of the above**

**PLEASE**

**join us for us to share and discuss information with you, about what you / we can do to help!**

**PARENT MEETING**

**TUESDAY 16 MAY**

**SEABIRDS ROOM—6-6.45pm**



**If collecting your child from the Preschool area from 4.30pm to 5pm please enter the group times quietly so as not to distract the children from their group time with their educator —singing or story listening. You are welcome to quietly take them from the group or wait if you have time.**

## Sunday 14 May

Happy Mothers Day to ALL mothers, grandmothers, great grandmothers, and all who play a "mothering role" in any way.



## Building confidence in your child prior to early school...by David Lyons *(Teacher and former Principal of schools David is committed to providing the highest possible learning experience and wellbeing for children). Ref: Early Childhood Australia's THE SPOKE)*



“Wouldn't we all love our children to have positive self-esteem and healthy self-confidence? How can parents help to build confidence in their child before they make that first big move into an early school environment?”

The first thing to know is that there are many things that parents can do to build confidence in their child. A loving environment, interested (and patient!) parents, lots of encouragement and excitement when a new skill is learnt or a positive effort is made and positive reinforcement are just some of the ways that parents can help a child to build confidence, character and resilience.

There are a lot of ways that parents can help to build up self-esteem and confidence within their children. However, learning about why self-confidence is such a crucial contributor to sound cognitive and emotional development and for success throughout life is also important to understand.

Self-confidence means that children believe in their own abilities and capabilities. Due to this, self-confident children are more likely to challenge themselves in a learning environment. Self-confident children also trust in their ability to master their behaviour, learn new skills and tackle obstacles. They're also more likely to get along with others and respond positively to social environments where sharing and taking turns are involved.

But self-confidence also doesn't happen by accident.

Babies aren't born with a sense of self and an understanding that they are distinct beings. To a large degree, a child's sense of confidence, their character and their resilience—all of which are key qualities for personal growth and are inextricably linked to one another—are shaped by their interactions and experiences with others around them.

In most instances, parents are a child's first teachers. Children learn how to deal with the world around them by what they experience at home. For this reason, there are plenty of ways that parents can help build their child's self-confidence and set them on the right path for success at early school and beyond.

**Establish routines with your baby or toddler**—Routines help a child to feel safe and secure and allow a feeling of control. Whether it's a bedtime process involving getting into pyjamas, teeth-brushing and reading a story or an afternoon nap which is preceded by lunch, clean-up and a puzzle activity. A structured, predictable day will allow your child to navigate and explore the world without worry. What's more, experts also say that toddlers with routines adjust better to stressful or unexpected situations.

**Lead by example**—Children will pick up a confident mindset from a parent, so it's important to be a good role model. This will involve a huge range of things, such as keeping your emotions in check, moderating your responses to situations, being persistent in overcoming obstacles, verbally demonstrating how you cope with strong feelings or tricky challenges, being optimistic and indulging in positive self-talk.

**Create opportunities for play and learning**—Children learn about themselves, about others and about the world around them through play, so if you provide your child with plenty of opportunities for playing, exploring, discovering their interests, solving problems and tackling challenges, then you'll be laying a strong foundation for building self-confidence.

**Develop self-help skills at an early age**—Confidence is linked to competence, so if you can give your child responsibilities (such as picking up toys, help feeding pets) and empower them to figure out problems for themselves, you'll be setting them up well for a successful entry into early school. They'll feel useful, important, successful and valuable—and of course, more confident.

**Don't overpraise—rather, recognise effort and improvement**—Showering your child with praise won't build confidence. In fact, experts say that over praising and evaluative praise do more harm than good. Children need to discover and learn those things that give them personal enjoyment and fulfilment, and not just do those things that will please their parents. Similarly, comparing a child to others is detrimental to their confidence and self-esteem.



This year National Families Week is on from 15<sup>th</sup> to 21<sup>st</sup> May, this coincides with the United Nations International Day of Families which is 15 May. This day is observed by the United Nations to mark the importance that the international community places on families as the most fundamental units of society, as well as to show concern about their situation in many parts of the world.

The 2017 theme is 'Stronger Families, Stronger Communities'.

This theme continues to highlight the important role families play as the central building block of our communities and the message that community wellbeing is enhanced by family wellbeing.

Each year, over a hundred thousand people and hundreds of organisations celebrate National Families Week – Australia's annual celebration of families.

The aim of National Families Week is to celebrate the vital role that families play in Australian society.

National Families Week is a time to celebrate with your family, make contact with your extended family and friends, and share in the enjoyment of family activities within the wider community. It is a time to celebrate the meaning of family and to make the most of family life.

Let's take the time to reflect on the critical role that families play in teaching, supporting and nurturing children especially as they grow.

*Linked to: Early Childhood Education and Care services National Quality Area 6: Collaborative partnerships with families and communities.*



## NATIONAL RECONCILIATION WEEK

27 May to 3 June 2017



Each year National Reconciliation Week (NRW) celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

The dates that bookend the week are significant milestones in the reconciliation journey.

**May 27**—Marks the anniversary of Australia's most successful referendum and a defining event in our nation's history. The 1967 referendum saw over 90 per cent of Australians vote to give the Commonwealth the power to make laws for Aboriginal and Torres Strait Islander peoples and recognise them in the national census.

**3 June**—Commemorates the High Court of Australia's landmark Mabo decision in 1992, which legally recognised that Aboriginal and Torres Strait Islander peoples have a special relationship to the land—a relationship that existed prior to colonisation and still exists today. This recognition paved the way for land rights or Native Title.



## MOTHER'S DAY IN AUSTRALIA



*Many Australians celebrate Mother's Day by showing their appreciation for the achievements and efforts of mothers and mother figures. It is annually observed in Australia on the second Sunday of May.*

### What Do People Do?

Many people appreciate their mothers or mother figures, which include step-mothers, relatives, guardians (eg. foster mothers), and close family friends. Some organizations have Mother's Day patrons who work together with the media and general community to raise awareness on Mother's Day events that aim to raise funds for charitable or non-profit causes.

### Background

Many Australians follow the Mother's Day traditions that stem from observances in countries such as [the United States](#) and [the United Kingdom](#). The Mother's Day date in Australia is the same as the date observed in the United States, which is the second Sunday of May each year. However, it is an Australian who is credited with having started the tradition of giving gifts on Mother's Day: Janet Heyden, a resident of Leichhardt Sydney, started a campaign in 1924 to collect gifts for lonely aged mothers.

### Symbols

Flowers, chocolates, and cards are popular gifts to symbolise one's love and appreciation for their mother or mother figure. The carnation is a type of flower that is particularly symbolic of Mother's Day for some people. Its importance as a Mother's Day symbol is linked to Anna Jarvis, who is believed to have sent white carnations for a Mother's Day service in West Virginia, in the United States, on May 10, 1908.

