

Parent Connections @ the Nakusp Early Learning Childcare Centre



May 2023 Newsletter - Nakusp Early Learning Childcare Centre

It has been a busy month at the Childcare Centre! We are excited to be welcoming a new family with 2 boys to the centre with their first boy's gradual entry schedule starting on Monday. I'm looking forward to introducing everyone!

I started teaching fresh out of university years back (I won't say how many! 😊). However, it wasn't until I became a dad a year later that I really understood the reality of the parent/child relationship.

The intensity of love I had for my daughter was like nothing I had ever experienced. I remember the joy I felt when she took her first steps, and the fear I felt when she fell or scraped her knee.

We experience emotions from our earliest moments of life. Emotions are as critically important for children to understand as it is for adults. As parents, we can help our little ones understand their feelings by emotion coaching.

Communicating empathy when our children have challenges is one way children can begin to understand what they are experiencing. Empathy involves deep, slow listening so we can feel what our child is feeling with him or her. Asking them questions about what they are feeling and why can help their emotional intelligence grow. You are an emotion coach when you help them name their emotions whether it be sad, happy, frustrated, angry, etc. and then talk about them.

When children feel heard and understood, secure attachment grows. Empathy is your super power as an emotion coach.

I'm so grateful for each of our families and children. Have a great month and be sure to check out the calendar below. A reminder that we have only 2 weeks off each year: 1 week surrounding Christmas and New Years and 1 week in the summer for deep-cleaning. This summer, July 10-14 will be our week off.

From our Multi-Age Program

We are continuing our focus on social emotional and fine motor skills. In addition, with the beautiful weather, we have spent much time outside playing and developing our physical education skills!

This month we will be planting and nurturing the garden and also visiting the forest on the elementary school grounds. We will have at least 2 staff on all such trips.

Children are learning many new words every day by doing new songs and stories, by being encouraged to listen and focus.

We are working on independence and self-help skills as well, such as getting ready to go outside and using the bathroom.

Our academic focus is letters (D,E,F), numbers 1 to 10, learning about vegetables, and the flowers, as well as bees and many smells and tastes.

We will be welcoming new friends to our play space this month and enjoy growing connections and experiencing the joy of community here at the centre!



From Our After School Program

April was a busy month of play in the After School Care room! The students were supported with their individual creative expressions to bring a new level of craft or technique, whether that was book-writing, painting, building, or their many other interests.

The kids had a lot of fun building "houses" in the gym with the mats and explored engineering, collaboration, and problem-solving. We continue to explore personal interests inside while crafting and building and are eager to play outside during these beautiful Spring days!



NELCCC Calendar

May 22, 2023 - Victoria Day (Centre is closed on statutory holidays)

July 3, 2023 - (in lieu of) Canada Day (Centre is closed on statutory holidays)

July 10-14 - the Centre is closed for deep cleaning (one of two weeks a year we are closed).

August 7, 2023 - BC Day (Centre is closed on statutory holidays)

