

MARK YOUR CALENDARS:

June 15th-
Preschool
Graduation

June 26th
Summer Camp
Begins

July 4th
Closed-
Independence Day

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From the Director...

I hope you are all enjoying the beautiful sunshine! It's about time, right? I know the kids are all so happy to be able to get out to the playground! Soon we will be starting water play outside so send in those swim suits and towels!

As you all know, the new software program is up and running! Thank you so much for all of your patience as we work out all the kinks and get everything programmed to work with our policies and procedures. There were a lot of settings that needed to be adjusted. We are still learning the ins and outs of the system and asking lots of questions. Plans are underway to extend the Wi-Fi out to the playground so that parents can sign in and out when the class is outside. The parent app is a brand new feature that just went live the week before we started using it! I'm sure there will be updates as more and more centers are using it. Please let the office know if you are having any trouble checking in/out or with the app. Most issues we are able to fix right away. The teachers have been working hard getting things figured out on their end too!

From now on, daily reports will be sent to you electronically. All of the information that used to be on the white boards will also be included on the reports. Teachers and parents can now communicate during the day if necessary. Please remember that safety and supervision are of the utmost importance and teachers may not be able to respond right away to messages. For the most part, teachers will be updating information on their tablets at naptime and should be able to respond then. Messages should be limited to "need to know" questions and comments. Of course, when it is possible, teachers will send you photos and updates!

We will be using this system more and more to send out center messages as well as classroom specific messages. Hopefully, this means less paper in your child's cubby! Please check the bottom of the screen on your app to read your messages each day! Thanks again for all of your cooperation as we are learning!

Kirsten

CHILD DEVELOPMENT 101

TEACHING FRIENDSHIP SKILLS- TEACHING YOUR CHILD TO SHOW EMPATHY

INSIDE THIS ISSUE:

From the Director	1
Child Development 101	1
Classroom News	2-3
Tips for Preschoolers	2
Tips for Infants and Toddlers	3
Pineview Church	4
Office Notes	4

What are friendship skills?

Friendship skills are the ability to organize play, share, take turns, be helpful, give compliments, apologize and have empathy for others. This month, let's focus on showing empathy. A very important friendship skill.

Empathy is the ability to imagine how someone else is feeling in a particular situation and respond with care. This is a very complex skill to develop. Being able to empathize with another person means that a child:

- *Understands that he is a separate individual, his own person;
- *Understands that others can have different thoughts and feelings than he has;
- *Recognizes the common feelings that most people experience—happiness, surprise, anger, disappointment, sadness, etc.;
- *Is able to look at a particular situation (such as watching a peer saying good-bye to a parent at child care)

and imagine how he—and therefore his friend—might feel in this moment; and

*Can imagine what response might be appropriate or comforting in that particular situation—such as offering his friend a favorite toy or teddy bear to comfort him.

Understanding and showing empathy is the result of many social-emotional skills that are developing in the first years of life. Some especially important milestones include:

- *Establishing a secure, strong, loving relationship with you.
- *Feeling accepted and understood by you helps your child learn how to accept and understand others as he grows.
- *Beginning to use social referencing, at about 6 months old. This is when a baby will look to a parent or other loved one to gauge his or her reaction to a person or situation. For example, a 7-month-old looks carefully at her father as he greets a

visitor to their home to see if this new person is good and safe. The parent's response to the visitor influences how the baby responds. (This is why parents are encouraged to be upbeat and reassuring—not anxiously hover—when saying good-bye to children at child care. It sends the message that "this is a good place" and "you will be okay.") Social referencing, or being sensitive to a parent's reaction in new situations, helps the babies understand the world and the people around them.

*Developing a theory of mind. This is when a toddler (between 18 and 24 months old) first realizes that, just as he has his own thoughts, feelings and goals, others have their own thoughts and ideas, which may be different from his.

*Recognizing one's self in a mirror. This occurs between 18 and 24 months and signals that a child has a firm understanding of himself as a separate person.

Pre-K PLANS

Tips For Preschoolers

How to Teach your child to Have Empathy

1. Address your child's own needs, and teach him how to "bounce back" from distress
Studies suggest that kids are more likely to develop a strong sense of empathy when their own emotional needs are being met at home. When kids have secure attachment relationships (so that they know they can count on their caregivers for emotional and physical support) they are more likely to show sympathy and offer help to other kids in distress.

2. Be a "mind-minded" parent
Treat children as individuals with minds of their own, and talk to them about the ways that our feelings influence our behavior.
Observational studies reveal a link between parenting and "theory of mind"—i.e., what kids understand about the goals, desires, and beliefs of other people. Parents who are "mind-minded" treat their offspring (no matter how young) as individuals with minds of their own. They also talk to their children about emotional and mental states, and discuss the ways that our beliefs, desires, and emotions motivate behavior.

3. Seize everyday opportunities to model—and induce—sympathetic feelings for other people
By modeling empathic behavior—and pointing out situations that call for empathy—parents can generate sympathetic responses in their kids. For example, if you and your child see someone being victimized (in real life, on TV, or in a book), talk with your child about how that person must feel.

4. Help kids discover what they have in common with other people
Experiments suggest that kids are more likely to feel empathy for individuals who are familiar and/or similar to them. Kids may also find it easier to empathize with people who they've shared unpleasant experiences with. So it's probably helpful to make kids aware of the similarities they may share with other people. The more we can humanize the victims of distress or tragedy, the better kids will be able to respond with empathy.

5. Show kids how to "make a face" while they try to imagine how someone else feels.
Suppose I tell you to make a sad face. It's just play acting, right? Not really. Experiments show that simply "going through the motions" of making a facial expression can make us experience the associated emotion. And it's not "just our imagination". When researchers have asked people to imitate certain facial expressions, they have detected changes in brain activity that are characteristic of the corresponding emotions. People also experience changes in heart rate, skin conductance, body temperature. So it seems likely that we can "boost" our empathic powers by imitating the facial expressions of people we want to empathize with.
- See more at: <http://www.parentingscience.com/teaching-empathy>

Miss Paige & Mr. Moises



Wow, it is already June...We made it! I am so proud of 206 and all of their accomplishments. This month is filled with exciting experiences and activities. We begin with our most wonderful pre-k memories, Graduation, Father's Day, and Kindergarten. Our June sight words are; it, in, up, see, play & for. We will learn new Kindergarten readiness skills and strategies for reading. Our class is doing a wonderful job and I know families at home are a huge part of this progress! We have been working on larger numbers and addition sentences. We will do more graphing and classifying this month.



Our bible verse for June is, "I will be glad and rejoice in your love." – Psalm 31:7

We look forward to celebrating fathers, grandfathers, uncles and our graduates-to-be this month! God bless!

Miss Maeve & Miss Amanda

Summer is here! This year is flying by so fast! Our first theme is preschool memories. We will be talking about our favorite preschool memories here at Pineview and what our favorite thing to learn about was in 205. We will also be starting our preparations for graduation. Can you believe it! Next we will be showing our love for fathers by celebrating Father's day and talking about how amazing our fathers, grandpas and uncles are and what our dads do and mean to us. We're also going to be working hard on some surprise for the dads. Then, we're going to have fun with our summer sun theme. We will make a web about all the fun activities we do in the summer. We will have a picnic for lunch one day; make our own sand castle art and other summer fun activities. Lastly, it's circus week! This is one of my favorite weeks! We will be learning about the circus by reading books. We will talk about all the different parts of the circus. We will have fun pretending to have our own circus and even have fun with face painting.

This month's bible verse is "A friend loves at all times" Proverbs 17:17

Have a wonderful summer!

Miss Becky

Happy June! We are starting off our Summer with a lot of fun in the sun and review for Kindergarten.

Our first theme of the month is Alphabet Soup. We will be doing Letter review and identifying/naming letters along with letter-sound knowledge. We will also review rhyme, alliteration and units of sound.

Week two is Red, white and blue and Father's Day. We will be doing some patriotic art and making some awesome gifts for dad, grandpa or uncles this week. Don't forget our Pre-K Father's Day bar-b-q is this month. More information will be in cubbies soon!

Week three's theme is Kindergarten. We will be doing some sight word games, number/math activities and having fun with science this week. The last week of June, Pete's class is on break so we will enjoy the week up in 202. We'll have some fun in the sun all week. We are even planning on a picnic! Don't forget that the children will need to have bathing suits, towels and water shoes kept in their cubbies for water play in the sprinklers. We usually do water play in the morning before it gets too hot out. It's one of our favorite activities during the summer!

PreSCHOOL Ponderings

Miss Katie & Miss Shannon

We can hardly believe it's June!! This month's themes include caterpillars and butterflies. We will learn about their life cycles and (hopefully!!) hatch some of our own! Next we'll talk about Father's day and Dads and grandpas. We'll be working on top secret stuff that week to prepare for Donuts With Dad on June 16 at 4pm! We hope you can come! Next we will welcome summer and spend the last two weeks doing fun summer stuff like cloud watching, having a picnic outside, counting the ants and watching for butterflies. We'll also have an End of the year/welcome summer party to say goodbye to some friends and teachers. More info to follow soon.



Miss Lena & Miss Kathy

Wow, can you believe it is June already?! Summer is just around the corner. This month we will be reviewing all of our letters. From now until the end of the summer, your child may bring anything they wish for show and tell on Mondays & Wednesdays, this will help us to review the letters as we identify which letter each show and tell begins with. We will be practicing writing some letter and numbers twice a week. Our themes for the month of June are; bodies of water, Father's day/men in our family, dinosaurs and we will end the month with circus. We pray that everyone has a great summer.



Miss Kelly & Miss Stephanie

We have a very busy month ahead of us! Our themes include; construction, Father's day, summer and the beach! During the week of construction we will be doing a lot of building. We will use popsicle sticks, toilet paper rolls, boxes and much more to build and create. We will also learn about different construction trucks and how they all work together to create roads, buildings, gardens and much more. Up next we will talk about fathers. As with Mother's day our projects will be top secret this week. To end the month we will learn about summer and the beach. We will learn about some similarities and differences between Spring and Summer. We will head outside for some fun summertime activities. During our beach theme we will build sand castles and sort sea shells. We will even read about an old lady who swallowed a shell. I bet it didn't taste good. We look forward to another fun month!

Toddler Time

Miss Sonja & Miss Jen

We're approaching the summer months quickly. It's been a great year learning and growing together in our classroom. Even more than that, it's been a joy seeing your children develop socially and emotionally through out the past months. We are excited about their next stage of move-ups as well. For the remaining time, we will be working on teaching friendship skills and taking turns. For these are a big part of our social success and getting along with others. This month our themes are: storybooks, Father's day, frogs and the beach. We are super excited about the success with potty training and the progress of those children who were not interested in trying before. It's wonderful to see the growth!

Miss Holli & Miss Nayroby

Can you believe it's June already?! This year has flown by for us! This month, you will be receiving your child's second conference form. These are a wonderful tool to keep families updated and to also show your child's developmental progress throughout the year! On Friday, June 16th, we will be having our Father's Day party. The party begins at 4pm in our classroom! We will be providing food, dessert, and of course, a prize raffle! Fathers, father-figures, and grandfathers are all invited! This month, we will also spend time learning about the beach, camping, and sports!



Miss Nann & Miss Roseanne

May went by so fast, but we had a wonderful month and June is going to be just as wonderful! Our topics for the month of June will be "I see summer", fishing, swimming, camping and the beach. We plan on being outside too and will enjoy water play, playing with our new lacrosse sticks and listening to the birds and all the great sounds of summer. We will continue to concentrate on our letters, recognizing our names, colors and counting. Our father's day party will be Friday, June 16 at 4:00PM. Our children are preparing a special song and gift. We are also updating our bulletin boards with all things summer.

Miss Theresa & Miss Kristen

How fast the year has gone! As we wind down the school year we will learn about Father's, summer and camping and the outdoors. We will also do an author study on Eric Carle. Our children have grown so much this year and have learned so much. Specific skills and concepts to close up this year will be review of letters and review of shapes and colors through games. We will also be having a Father's day party. It has been a pleasure teaching your kids this year and we look forward to a fun summer. God bless you all!

Tips For INFANTS/TODDLERS

What You Can Do To Nurture Empathy In Your Toddler

- ***Empathize with your child.** Are you feeling scared of that dog? He is a nice dog but he is barking really loud. That can be scary. I will hold you until he walks by.
- ***Talk about others' feelings.** Kayla is feeling sad because you took her toy car. Please give Kayla back her car and then you choose another one to play with.
- ***Suggest how children can show empathy.** Let's get Jason some ice for his boo-boo.
- ***Read stories about feelings.** Some suggestions include:
I Am Happy: A Touch and Feel Book of Feelings
My Many Colored Days by Dr. Seuss
How Are You Feeling by Saxton Freymann and Elffers
Joost
Feelings by Alikei
The Feelings Book by Todd Parr
Baby Happy Baby Sad by Leslie Patricelli
Baby Faces by DK Publishing
When I Am/Cuando Story by Gladys Rosa-Mendoza
- ***Be a role model.** When you have strong, respectful relationships and interact with others in a kind and caring way, your child learns from your example. Use "I" messages. This type of communication models the importance of self-awareness: I don't like it when you hit me. It hurts.
- ***Validate your child's difficult emotions.** Sometimes when our child is sad, angry, or disappointed, we rush to try and fix it right away, to make the feelings go away because we want to protect him from any pain. However, these feelings are part of life and ones that children need to learn to cope with. In fact, labeling and validating difficult feelings actually helps children learn to handle them: You are really mad that I turned off the TV. I understand. You love watching your animal show. It's okay to feel mad. When you are done being mad you can choose to help me make a yummy lunch or play in the kitchen while mommy makes our sandwiches. This type of approach also helps children learn to empathize with others who are experiencing difficult feelings.
- ***Use pretend play.** Talk with older toddlers about feelings and empathy as you play. For example, you might have your child's stuffed hippo say that he does not want to take turns with his friend, the stuffed pony. Then ask your child: How do you think pony feels? What should we tell this silly hippo?
- ***Think through the use of "I'm sorry."** We often insist that our toddlers say "I'm sorry" as a way for them to take responsibility for their actions. But many toddlers don't fully understand what these words mean. While it may feel "right" for them to say "I'm sorry", it doesn't necessarily help toddlers learn empathy. A more meaningful approach can be to help children focus on the other person's feelings: Chandra, look at Sierra—she's very sad. She's crying. She's rubbing her arm where you pushed her. Let's see if she is okay. This helps children make the connection between the action (shoving) and the reaction (a friend who is sad and crying).
- ***Be patient.** Developing empathy takes time. Your child probably won't be a perfectly empathetic being by age three. (There are some teenagers and even adults who haven't mastered this skill completely either!) In fact, a big and very normal part of being a toddler is focusing on me, mine, and I. Remember, empathy is a complex skill and will continue to develop across your child's life.

Incredible INFANTS

Miss Ruth & Miss Patrina

June is already here, we are looking forward to nicer weather. We are welcoming some new friends to our room. We're working to know our new families. Some of our older babies are working on their fine motor skills, using their pinchers to pick up food and doing the tummy crawl. God bless!



Miss Kathy & Miss Geeta

As June arrives, we hope to see sunshine on a more regular basis. That will make more varied outside activities for the children, including gross motor fun on the playground and in the field. We will also continue to provide different art experiences and we hope you've been enjoying your children's creations thus far. We wish all you dad's a Happy Father's Day! We will be reading stories about dads and celebrating them this month. As summer begins we will begin our summer reading program to promote family involvement. Enjoy the month and each milestone!



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Infant & Toddler Care

Preschool

Summer & Vacation Week Camps

Open 7:30-5:30



Summer camp registration is now available! We take the campers swimming and on field trips! There's sports, arts & crafts and so much more! Spread the word!!!

Please stop by the office for more information.



Pineview Day Camp

Notes From the Office

- As the weather gets nicer our classes will be spending more time outside. Please be sure to bring appropriate outdoor clothing for the weather everyday.
- Sunscreen permission slips are available from your child's teacher or at the office. Please sign the permission slip and return to school with a bottle of sunscreen labeled with your child's name. We ask that parents apply sunscreen to their child in the morning and the teachers will reapply in the afternoon.
- As the weather gets warmer we want to encourage the children to drink water throughout the day. If you would like to send in a water bottle please be sure to label it with your child's name. Please do not fill water bottles with anything other than water. We do not refrigerate water bottles and juice and milk will go bad sitting out in cubbies and classrooms. Please bring these water bottles home daily to wash and refill with fresh water.
- Spring time is a great time to check your child's cubby to see if he/she has clothing that fits and is appropriate for the weather. Remember each child should have a complete outfit (socks, shirt, pants, underwear) in his/her cubby.

Looking for a church home?

Pineview Community Church welcomes you!

Sunday Mornings:

10:30 am Worship Service

Nursery care available for

children Birth through

2 years of age

Kids' Church

During the service for

children ages 3 years

through 5th Grade

Children's Service

Every 5th Sunday a service

geared towards kids! Great

for the whole family!