

# THE PLAYFUL POST



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## STARTING PRESCHOOL ON THE RIGHT NOTE

Starting school is a major milestone – and a potentially tricky transition – for your preschooler and for you. Here are a few tips on what to expect and do during your child's first month at the nursery:

- Allow your little one to carry his favourite pacifier or blanket to class. These items can give him comfort in an unfamiliar environment.
- Expect your child to bite or get bitten. It is a common phase among this age group as their verbal skills are still developing- this is a form of communication.
- Communicate with his teacher. Let them know if anything unusual is going on at home (fussiness, late night, etc.) The quickest way to reach them is via phone or e-mail.



## Thought of the Month:

*"Tolerance is accepting differences in other people. It is thinking, 'It is okay that you are different from me.'"*

- Cynthia Amoroso



## EARLY CHILDHOOD EDUCATION IN THE UAE

According to the Knowledge and Human Development Authority (KHDA), research has shown that students who have high quality early years schooling are more likely to graduate from university, be employed, earn higher salaries and make a more positive contribution to society.

Education experts have expressed the need to inspire early years educators to help build good character and develop empathy in young kids. Developing character virtues brings many benefits, including improved academic performance and better mental health. Authorities in education will now pay additional importance to Preschool teachers and pupils based on the results of KHDA's research in the field.



## HEALTHY MINDS, HAPPY SMILES: How to Prepare Kiddo for Preschool

- **Share Attention:** Teach your child that they need to share attention. They are soon going to be interacting with many children and they will have to understand taking turns.
- **Introduce Routines and Consistency:** Some important routines to start with are: eating at the table, washing our hands before eating and addressing toileting needs.
- **Play Games:** Simple, right? Children learn so much from playing. Make sure that you don't let your child win all the time. It is a subtle way of teaching resilience.
- **Reinforce Enjoyment of the Simple Things:** A box can be a great play thing that will assist your child to expand their imagination, rather than simply a video game.

## UPCOMING EVENTS

**Global Handwashing Day-** 15th October  
**World Food Day-** 16th October  
**Colour Days-** 27th - 31st October

## THEMES OF THE MONTH

**PG I:** My classroom  
 I, Me, Myself  
 My Family  
**PG II:** All About Me  
 My Body  
 My Senses  
**FY:** My Class and I  
 My Family and I  
 My Body