



Newsletter

Autumn 2016

Welcome to the Autumn edition of Move Laugh and Grow

I'm just not ready for summer to be over! The end of daylight saving always comes up really fast and with it the temptation to hunker down for winter! With this in mind – I thought about that old saying “There’s no such thing as bad weather only unsuitable clothing”. Well, one thing led to another with me spending the best part of the afternoon looking at how early childhood education was delivered in colder climes!

The amazing Forest kindergartens in Europe are well known (and if you haven't seen them; I suggest you google and prepare to be inspired!) but my eye was drawn to an article published in a British newspaper about the rise in outdoor based early childhood education in the UK.

The article itself was written from a parent's point of view and one of the paragraphs that stood out for me was this:

“Will a forest school nursery prepare my daughters for modern primary schools – and the technologically-obsessed modern world? There's a definite fear among parents about getting their children ready for school at a younger age but all the evidence says that's not what they need, reception teachers say the main thing children need is resilience,

We should be making schools ready for children rather than make children ready for schools.”

That last sentence made me think about my many years as an early childhood teacher and the different philosophies and curriculum that are out there!

Pause for reflection indeed! [CLICK HERE](#) for the article.

For great winter ideas for activities and games; don't forget you can book one of our free Move Laugh Grow workshops for your team and parents; just call to book a date.

Kirsty



Early childhood Events

As you may know February and March usually herald the arrival of the Tykes on Trikes and Tot Trot events. Both of which have been running for many years now a part of the Under Five calendar. The weather just refused to cooperate though and unfortunately we ended up cancelling 3 out of 4 of the Tykes on Trikes.

By March the weather was a bit more settled though and the days shone bright for the Tauranga and Rotorua Tot Trots. In Rotorua, approx. 200 children took part in a magical walk through the Redwoods and Tauranga's Yatton Park hosted 130 children who enjoyed the lovely track through the trees. All the children were given a passport which got stamped as they passed through different activity stations and played games. In Tauranga we were extremely lucky to have a Water Station provided by Friends on Fraser ECC where children could stop and get a drink of water. What a great example to set.

Once again the Home-based childcare community stood up and was incredible with their support of this event. Volunteers from these organisations gave up over half a day to run the activity stations for the children and I cannot underestimate the contribution they made. (Some even did both days)

A HUGE thank you to: Home Grown Kids, Nurtured at Home, PORSE, TUTU, Quality Kidz, Kids at Home, Aupair Link, Junior Explorers, Friends on Fraser and anyone else who assisted in making these events happen.



Using the Environment

There has been a lot of publicity in the news recently about the new Health and Safety regulations and I must admit my heart sank when the very first headlines on the news when they came into effect was how a school had banned tree climbing in the playground. Rough and tumble and outdoor play is already under threat from the ever increasing use of technology in early childhood education. **Yes** it is *vitaly important we keep our children safe* but we also need to be giving our children experiences that will help them become resilient learners; Confident and with the skills they need to succeed in life. The Active Movement manual talks about the importance of children using the natural environment. Here are some excerpts from the article:

The environments children are growing up in are changing

- Smaller sections; there are more children living in flats, high rise apartments, homes without gardens & trees.
- Less adventuresome back yards/stricter safety restrictions; play equipment perceived as dangerous is no longer allowed for fear of the child hurting himself.
- Sterile houses
- Less time / busy parents
- Lack of extended family
- Less emphasis on imaginative play
- More emphasis on structure in learning, use of technology and not on play.

Remember learning is auditory, visual and kinesthetic. A child cannot learn kinesthetically while watching the computer screen. Children are perceived as successful learners if they can operate computer games. An anecdotal perception is that computers are where learning is at. What is forgotten is that if a child only plays on a computer, yes, the child will learn that skill, but that is a SPLINTER Skill. In order to become an all round learner and develop holistically, foundation skills need to be developed before higher levels of learning will develop. By getting out in the environment, holistic learning accompanied by supportive Language immersion with an astute facilitator; many more skills will be learned and the holistic child will develop. This fulfils the philosophy of Te Whaariki.

Risk vs Hazard

The politically correct environment we live in is affecting the freedom we give young children in play. Playgrounds are “dumbed down”, challenge is taken away and replaced with achievable, non challenging experiences; we are constantly reminded to keep children in our care safe and like it or not, we are developing the “bubble wrapped” child.

Consequently, opportunity to try, fail and try again is removed from the child if the adult constantly makes statements such as

“don’t do that, you might hurt yourself”.

If a child constantly hears that, he loses the desire to try and becomes a child who is non adventurous and more content to remain in his comfort zone.

Positive language when children are trying activities that are challenging should be used. Making statements such as “that looks tricky, how can I do that safely” encourages many skills to develop.

- Alerts the child to the activity potentially could be harmful if he am not careful
- Interaction between the child and caregiver on how to work out how to do the action safely ensues.
- The child problem solves
- The child achieves the challenge
- The child’s self esteem rises
- The child will naturally want to do the activity again because success has been achieved.

Encourage the adoption of the PAUSE, PROMPT, PRAISE initiative.

- Pause – give the child time to work out how to do the activity. Adults are very quick to rush in and do it for the child!
- Prompt – give some clues as to how to work out the challenge, but don’t solve the whole thing!
- Praise – give specific praise e.g. “you lifted your leg really high when you climbed over that ladder.”

This gives the child something to relate to and encourages him when he next attempts it to lift his leg high again. Using words such as fantastic, well done, great etc



The Bump Club



Sport Bay of Plenty applied for funding from the EBPHA to develop and deliver a programme aimed at supporting healthy pregnancies in the Eastern Bay of Plenty. From January 16 to April 17, four 16 week programmes will be delivered to pregnant women who are looking for support around physical activity and nutrition during pregnancy.

The Bump Club is free and there are places for 20 women for each of the 4 programmes.

All participants will receive an education session on pregnancy nutrition, 6 free yoga and 6 free aqua aerobics sessions followed by talks from the Whakatane Hospital lactation consultant and immunisation nurse. There will also be a child nutrition and child development session.

I am sure you will agree that this is an amazing opportunity for pregnant women in the EBOP. Registration is easy so if you know anyone who will benefit from support with nutrition and physical activity; please encourage them to register on line at <http://www.sportbop.co.nz/bumpclub>

The next programme starts on 24th May 16. The first programme is drawing to an end and I look forward to reporting how it has gone in the next newsletter!

There's an old Finnish Saying..

"Those things you learn without joy you will forget easily"

A Poem

*I tried to teach my child with books,
He gave me only puzzled looks
I tried to teach my child with words,
They passed him by, oft unheard.
Despairingly I turned aside,
"How shall I teach this child?" I cried.
Into my hands he put the key.
"Come", he said, "play with me".*

Author Unknown



Preschools without walls



Here's an interesting link to an article I found recently:

[Preschools Without Walls](#)

For more on activities that will help with the above skills, contact me for a free professional development workshop for your team.



Professional Development

Amy and I have been very busy delivering workshops to early childhood centres and parent groups in the first part of this year.

We really enjoy this opportunity to connect with our community. Please remember; these workshops are FREE, fun and full of interesting information and ideas for parents and teachers – anyone involved in early childhood

With winter coming up – now's a great time to get some fun indoor activity ideas for your children so give me a call!

Contact

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Sport Bay of Plenty
more people, more active, more often

