



SmartKids Street 10 talk

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Year 9, Issue 1



Dear Parents,

We have had a great start to the year! It is always exciting to welcome the children back after a long break; to welcome new children and see them becoming part of the class; and to transition children from a Kiddies class (18 months-3.5 years old) to a Big Kids' class (3.5-6 years old).

At SmartKids, we focus on where each child is at in their development - not on age - and assess when it is best for them to move on to a more challenging environment: the Big Kids class.

We have a letter about our Big Kids program that may help you understand how we make the decision that a child is ready to go to the Big Kids class and that may help you support your child in those areas at home: the expectations of a child in this class; the developmental skills required; and the focus of the activities.

Please feel free to ask me for a copy if you haven't received one yet!

All children are settling in well and adapting to their new environment. As usual we will continue to welcome new children throughout the school year.

This summer, at SmartKids Street 10, we hosted the Summer Camp for children from all 3 locations for 5 weeks! We had an amazing time with a new theme each week and it was a good way for children who stayed in town during the summer to have the same routine as in their class! It has kept them busy, entertained and learning!

We are looking forward to this new school year, to continue seeing your children grow and supporting them where they need.

We hope you enjoyed the Parent Social Evening in September and we will organize other Parent Info events later on.

PARENT-TEACHER

MEETINGS Our 1st session of Parent-Teacher meetings will be held from November 16th-23rd. Please make sure to sign up - you will find - later on - a sign up sheet on your child's classroom door.

The meetings go on for 20 minutes during which your child's teacher will tell you how your child is doing in the class; the progress she/he has made; the points to work on and a report written by the teacher will be given to you. **Please note that we do not allow children to be present during these meetings, neither in the class nor on the premises so please arrange for them to go home if the meeting is scheduled after school hours or after your child's program.**



AFTER-SCHOOL ACTIVITIES IN ENGLISH & VIETNAMESE

If your child has turned 3, feel free to look into our After-School activities, we offer sessions in Vietnamese on Mondays and in English on Thursdays. Those sessions are full of creative, exciting and diverse activities (Yoga, arts & crafts, cooking, obstacles courses, Music & Dance...) where children can explore and discover new things each week. This is also a good way to prepare them for a Big Kids' environment as the expectations of children in this class are more aligned with the BK program and the sessions takes place in the BK class.

SMARTKIDS' TURNED 10 THIS YEAR!!!

Thank you to all of you who joined our party on Saturday, October 1st! We had an amazing time with you and your children!

I hope you enjoyed our nice activities, games and healthy treats!

We are so excited about continuing the great work we are doing for at least the next decade!



RULES AND BOUNDARIES?

Research has shown that rules and boundaries help children - and later on teenagers - feel **safe** and **secure**. They also help children know how to behave at school and at home. It helps them achieve a balance between getting what they want and respecting the needs of others and society.

At SmartKids, everyday, we teach children about rules and boundaries - and why they are there - as well as giving them the freedom to express themselves and make choices - when appropriate - in order for them to feel safe in their environment and secure about what they can or cannot do.

It is important for parents and educators to work together to set clear and healthy rules and boundaries both at home and at school.

Did you know that we have a lot of Pedagogic Articles available for you in our location and in our Parenting Magazine? I have added 1 in this newsletter for you.

WHY IS IT IMPORTANT TO SET RULES AND BOUNDARIES FOR YOUNG CHILDREN

One of the main roles that parents play in their child's growth and development is to provide boundaries to guide them.

If adequate boundaries are in place, they help to provide a framework in which a child feels safe and supported. Boundaries provide guidelines for behaviour and help children to learn what is socially acceptable and unacceptable behaviour. They learn self-control and self-discipline and begin to set limits for themselves. In this way children are more likely to grow up into responsible, socially and emotionally mature adults than those children who have been set few or no limits.

Research has proven that children need rules/boundaries in order to grow and develop:

RULES PREPARE CHILDREN FOR THE REAL WORLD: Your child will learn what is expected of him and what will happen if he doesn't comply.

Having expectations of your child and enforcing consequences if the rules are broken, will help your child adapt better to new situations.

RULES TEACH CHILDREN HOW TO SOCIALISE: Some rules are basic manners; saying "please", "thank you", "excuse me".

RULES PROVIDE A SENSE OF ORDER: Certain rules can help a child remember what will come next (like washing hands before eating, putting on shoes before going outside). Young children cooperate better when they know what is required of them and that helps them gain a sense of belonging.

RULES HELP TO KEEP CHILDREN SAFE: Many rules are designed to protect children (hold the railing when going up/down the stairs, holding hands of an adult before crossing a street, wear a helmet on the bike, etc).

RULES BOOST CONFIDENCE: If you gradually expand the limits placed on your child, he/she will become more confident about his/her growing independence and his/her ability to handle responsibility.

Young children take pride in achieving simple milestones (like putting on shoes by themselves, going to the toilet by themselves, having play-dates at a friend's house without mum, etc).

THE REST OF THE ARTICLE... WHY IS IT IMPORTANT TO SET RULES AND BOUNDARIES FOR YOUNG CHILDREN

ESTABLISHING RULES/BOUNDARIES

- Make sure the limits you set are in line with your child's development and support your child's natural drive to explore, learn and practice new skills.

When possible, give an explanation for the reasons of the rules. (you can't expect your 2,5-year-old to put his toys away without being asked, but you can expect him to help you tidy up. Explain your child: "the faster we tidy - up, the earlier we can go outside".)

- Set clear consequences for breaking rules and be consistent and follow-up on what you have said. When you allow a certain kind of behaviour one day and then you don't allow this the next time, you'll confuse your child.

Of course being consistent doesn't mean being inflexible - you can bend the rules once in a while under special circumstances (but explain your reason.)

- Involve children in setting basic rules. This helps them understand the value of having rules and it motivates your child to cooperate.
- You might need to discuss as a family (include nannies, drivers, grandparents!) the sort of rules/boundaries that you want to set for your child. These might include things like: talking to each other instead of shouting, asking before taking things, no hitting, putting away toys after playing with them, washing hands before eating, no television or I-pads during meals, bedtime-rituals, etc.)

Many rules you want to set will depend on your own values, cultural beliefs and individual style of parenting, but it is important for your child that everyone in the family is on the same page!

- Don't be too easy or "weak" to set rules. Today, in many households the child's voice or opinion is equal to those of his/her parents. Although it is extremely important for children's emotions to be heard and validated, a parent still needs to be in charge, in order to create a secure and stable environment for their children.

Parents are responsible for setting boundaries in the household, in order to foster an environment where their children can be heard, but also encouraged to develop patience, self-awareness, responsibility and independence.

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Literature used:
"Why kids need rules" Marianne Neifert
KidsMatter.edu.au
Childalert.co.uk

