



# Thao Dien Talk



**SmartKids' Birthday celebrated on 2<sup>nd</sup> Oct.**

**Next year it will be our 10<sup>th</sup> anniversary!!!!**

We have celebrated our 9th birthday in all 3 locations. The children made nice presents and they enjoyed party-banana's for snack. Everyone was dressed in their SmartKids shirt and a lot of pictures were made. Some of them we have already shared on our facebook. (we hope you have enjoyed them - Not yet a friend on our facebook - link up at facebook/smartkids.vietnam). SmartKids website has also been modernized and is now also better accessible on your mobile app. Check it out at smartkidsinfo.com.



## **After School Activities (from 15.15 to 16.45):**

**Good for older "Kiddies" to get used to Big Kids groups and "Big Kids" activities.**

We are still running our after school activities in all locations, for children from 3 to 6 years old. On Tuesday in Thao Dien, Wednesday in Tran Ngoc Dien and Thursday in Street 10. The groups are small and it is a nice opportunity for your child to enjoy different activities.

On Monday's we run after school activities in Vietnamese, in our Street 10 location; for parents who want their child to learn some Vietnamese (taught by a native Vietnamese teacher).

## **Parent Teacher Meetings:**

**(From 23rd-27th of November)**

Please make your arrangements and book an appointment with your child's teacher to talk about the development of your child.

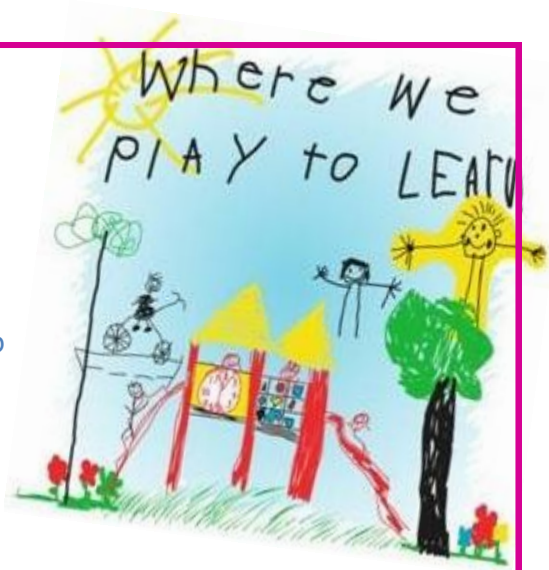
This is a great opportunity if you have any questions or any concerns or just want a detailed review from your child.

Watch the signing-in sheets on your child's classroom door or on the class notice board. These meetings are without children. It's not appropriate that your child plays in the class while you have a meeting with the teacher. Please arrange a baby sitter.

# The importance of teaching your Child to be Independent

At birth each of us is completely dependent on others.

Childhood is then an apprenticeship that gradually prepares us to handle adulthood. From infancy, children naturally reach out to the world; beginning with mom and dad. When that attachment is cemented, children seek more achievement and competence. By the time children are 2 years old, controlling their body, making it do what they want it to, and getting what they want, are major goals. Gradually they practice skills to help them reach those goals, such as walking and talking.



Sometimes parents have mixed feelings about children's flowering abilities. On one hand we applaud their determination to spread their wings. On the other, we cling to the closeness, dependence offers. But encouraging developmentally appropriate self-help skills, helps children in the long run. They become more self-assured, accountable and responsible as they grow towards adulthood.

Independence contributes to the development of self-esteem, identity and wellbeing. Doing something for yourself produces a powerful sense of success. When children have opportunities to make choices, to attempt tasks for themselves, and to take on increasing responsibilities, their sense of themselves as competent members of the society grows.

In SmartKids we provide children opportunities to develop the confidence to explore their world, to ask questions, to express ideas, to get things right, but also to understand that you can be wrong and learn from mistakes. Curiosity, creativity and imagination, and learning processes such as inquiry, experimentation and investigation all belong to child-independence.

Teaching children self-help skills is no magic. It's most often a matter of patience and following your child. Simple self-help skills for children include attending to their own cleanliness, grooming, clothing and toys. Following is a list of self-help skills children ages 2 years and older can handle, regardless of gender. After that you will find some "household chores" most children aged 4 and older can carry out. By including children in these activities, they will learn to contribute to the family and to take care of themselves and their personal belongings.

## Self-help Skills for Children:

- Wash hands before eating, after toileting and playing outside.
- Use toilet as development allows, including flushing and wiping.
- Cover mouth when coughing or sneezing, using a tissue.
- Use grooming supplies, such as a toothbrush and comb, help bathe self.
- Eat independently, using utensils and cup as abilities allow.
- Clean up own spills and messes with paper towel, sponge or child-sized broom.
- Put own garbage into trash container.
- Help make bed.
- Choose clothes in laundry basket, clean ones in drawers or on low hooks.
- Get personal toys, such as puzzles and blocks and put away after play.
- Keep track of favorite blanket or stuffed animal.
- Help with simple toy repair, like taping torn pages in a book.
- Cooperate getting into safety seat or belt.



Cooperate with medical care, like taking temperature.  
Help put items in child care cubby.

### Home Chore Options for Children Age Four and Up

**Morning preparation:** help with tasks such as packing backpack items or clearing breakfast dishes.

**Evening preparation:** put on pajamas, lay out clothes for morning, turn off TV.

**Meals:** help set table, help with simple food preparation like cleaning vegetables, clear dishes, help doing the dishes.

**Household cleaning:** dust, shake rugs, help water plants, rinse bathtub with water, wipe countertop.

**Garage care:** sort recyclables, sweep garage, dust car interior and wash outside with sponge&water.

**Pet care:** feed, water, groom, exercise, put clean litter in cat box, help calm pets at vet visits.

**Yard care:** rake leaves, sweep walk, fill birdbaths with hose.

**Clothing care:** collect dirty laundry, sort and fold dry laundry, clean and organize shoes.

**Errands:** get mail or newspaper, help make shopping list, help grocery shop, carry light bags.

**Gardening:** plant, water, weed, harvest, clean fruits and vegetables.

**Celebrations:** make gifts wrap, decorate, write invitations and thank-yous, help plan and prepare snacks, clean up after party.

Promoting the development of independence enables children to become active participants in their own learning as well as active and valued members of a group. Such experiences form the foundation for long-term successful learning, positive esteem and future success.

Joke Otter - Van Zuijlen, Pedagogue  
General Director, ICCC SmartKids Ltd.  
(from "childcare exchange" and "early childhood Australia")

