

# Eatonville Newsletter

## March 2025



Celebrating 54 years providing childcare in Etobicoke

### *From the Desk of Admin*

#### **Are You Faced with Challenging Behaviours?**

Educators work with a variety of complicated behaviours every day and have mastered several techniques to deal with them. Most challenging behaviors, such as aggression and stubbornness can be redirected through meaningful action.

Social skills are very important to instill in children with challenging behaviors. Take the time to model and teach them how to share, take turns, and show respect and kindness. These skills don't develop overnight so investing your time now into training, practice and making mistakes will mean positive results later.

Take the time to hug, this not only distracts from negativity but also creates an important sense of belonging. If your child is disinterested in hugging, you can tell them that *you* need a hug and when they are ready you are just a short walk away.

Check out your own actions. Are you setting too many rules? Are you using a lot of "no and don't" statements? Are you encouraging finger-pointing, arguing or raising voices? Are you allowing your young child too much "power" in determining what is happening?

It is important to remember that you are the adult and, as such, have more experiences and life lessons to ensure that your child grows with limits, guidelines and expectations appropriate for that age. Talk with your child's Educator for further tips and information!

### **Spring**

Now that March is here, Daylight Saving Time is about to begin. While some breeze through the change seamlessly others feel out of sorts for days, children included. Young children need more sleep and do not tolerate sleep deprivation as well as adults. The loss of just one hour can really affect a child's attention span, appetite and overall mood. Even though our brain knows that the time on the clock has changed, our body's internal clock does not.

Here are a few tips to ease the effects of DST:

**Start Early**, give yourself more time to adjust before the work week begins. Reset one of your clocks Friday night or Saturday morning; be mindful of the correct time in the event of weekend activities planned.

**Stick with a Routine** as it is absolutely critical for young children. Options for a bedtime routine could be giving your child a warm bath, reading a book and/or snuggling together before lights out.

**Be Sympathetic** the time change can cause short-term changes in your child's mood, but your understanding and support will help them adjust a little better. Remember: these effects are short-lived, within a week or so everything should be back to normal.

### **Board and Staff News**

Next Board meeting will be held on April 9<sup>th</sup> via ZOOM. Please notify Michelle if you would like to attend.



Terry Tan Child Centres closes at 6 pm. Please notify us as soon as possible if you anticipate that you will be late picking up your child. Also note the late fee will be imposed.

### **Special Dates**

9<sup>th</sup> – Daylight Savings Time Begins  
(turn clocks forward one hour)



17<sup>th</sup> – St. Patrick's Day  
20<sup>th</sup> – First Day of Spring

