

Director's Notes

Sharing is Learning

Young children have a hard time understanding the concept of sharing. They are *egocentric*—that is, they are at a stage where they view themselves as the center of the world only from one perspective. They do not easily see the viewpoint of another person. As parents and teachers, we sometimes mistake egocentricity for selfishness. But they are not the same. Egocentricity refers to the total inability to see another's viewpoint. It is normal in young children. Selfishness, on the other hand, is doing something for one's own benefit, knowing that it may inconvenience or even hurt someone. Sharing is a learned behavior. It is up to us to install in our children the value of sharing. We can help kids learn to express their feelings and understand the feelings of others. At the same time, we should not shame any child for not sharing. To foster sharing in our program, we have toys that promote cooperation, such as blocks, dramatic play area, and big puzzles. We two children want to play with the same toy, we try to help them work out a way that they can use it together, take turns, or reach a solution. But it is a process. Most children do not begin to decenter until 5 or 6, when they begin to see themselves in relation to other children. Even then, some traces of egocentricity remain until the child is 11 or 12. Instilling the values of sharing requires continuous support and encouragement by teachers and parents. Family friendly Communication for Early childhood programs, editors Debrah Diffily and Kathy Morrison.

Your Child's Fears

October can be a time of year when your child may experience some fears just because of the scary things related to Halloween. Below is parts of an article from "Parent Connections" by Karen Klein, Your Child's Fears.

Fear is an emotion, like others such as love, happiness, anger, hurt, sadness. We need emotions to process information that we receive and decide how to respond. Being afraid of the consequences of a choice that we make prevents us from getting into trouble, and that's the healthy part of an emotion like fear.

There are some things we can do to help children understand their fears and grow normally in their ability to resolve them.

Recognize that children's fears, no matter how silly or small, are very, very real and should be accepted not dismissed as trivial. As in all deeply felt emotions, children's fears need to be recognized, notice and accept as real for that child.

Fears in young children commonly center on certain animals like snakes or big dogs. Sometimes children are afraid of the dark or unseen monsters. Fears are usually learned, often because of experiences or ideas expressed by others, and at times, the media.

Many normal fears during early years, like walking on a sidewalk grate, men with beards or large dogs disappear with age. Those relating to personal failure and ridicule or trauma persist through adult hood and may need special help to overcome.

Research shows that as a child matures, his/her fears center on people and their actions more than anything else. We cannot always prevent experiences from happening but it is essential that children be allowed to freely express their emotions without judgement. Empathy and an open, caring listener will help ease the pain of these fears.

Read books and stories to your child about children who have experienced similar fears. This help children talk about fears and to find ways to cope.

As with all emotions, fear becomes less of a problem for children as they gain self confidence, see their world as safe and find that fear is normal and can be dealt with.

"Do Not fear for I am with you" Isaiah 41:10



October 2022

Zion Lutheran ECEC

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Upcoming Dates:

- ☉ October 3 & 4 Photo Days
- ☉ October 5 Pizza Night
- ☉ October 10—No School Holiday
- ☉ October 17 -Chapel @9:10
- ☉ October 20—Trunk or Treat 5:00-7:00pm
- ☉ October 21 No school—teacher conference
- ☉ October 27 or 31 —Pajama days see teacher schedule

The full School Calendar can be found on our school website.

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Facebook: [facebook.com/zionECECHinsdale](https://www.facebook.com/zionECECHinsdale)

Instagram: [Instagram.com/zionecechinsdale](https://www.instagram.com/zionecechinsdale)

YouTube: [YouTube.com/Zion Lutheran ECEC Video](https://www.youtube.com/ZionLutheranECECVideo)

"This is the day
the Lord has made"
.Psalm 118:24



"The mission of Zion Lutheran Early Childhood Education Center is "Building and Strengthening Relationships with Jesus and Each Other & Opening the Door to a Lifetime of Christian Education."

If you have any friends who are looking into preschools, pass along a good word of mouth for Zion Lutheran Early Childhood Education Center. Thanks!