

Director's Notes

October Outdoors

School's off to a great start and it's hard to believe it's October already. October is the best time to be outdoors and observe the wonders of God's creation. I encourage you to take a nature walk with your child, point out different leaves, fluffy clouds, migrating birds and build their vocabulary. Enjoy the changing seasons together.

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, noticed and accepted 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 adulthood 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 helps 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.
(Excerpts from Parent Connection by Karen Klein)

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



October 2023

Zion Lutheran ECEC

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www.zionhinsdale.org

Upcoming Dates:

- ☺ October 2 & 3 Photo Days
- ☺ October 9—No School
- ☺ October 17 Chapel
- ☺ October 20 -No School
- ☺ October 30, 31—Pajama days

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/zioneecechinsdale](https://www.instagram.com/zioneecechinsdale)

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



"The mission of Zion Lutheran Early Childhood Education Center is to open the door to a lifetime of learning in a Christ-centered community."

Enrollment for 2023-2024 school year is open. 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!