

# 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 and only see things from their own 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, which 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 else.

Sharing is a learned behavior. It is up to us to instill 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, a dramatic play area, and large puzzles. When two children want to play with the same toy, we try to help them work out a way to use it together, take turns, or reach a solution. But it is a process.

Most children do not begin to decenter until they are 5 or 6, when they start to see themselves in relation to other children. Even then, some traces of egocentricity remain until the child is 11 or 12. Instilling the value of sharing requires continuous support and encouragement from 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, especially due to the scary things associated with Halloween. Below are parts of an article from Parent Connections by Karen Klein, titled Your Child's Fears.

Fear is an emotion, like others such as love, happiness, anger, hurt, and sadness. We need emotions to process information that we receive and decide how to respond. Being afraid of the consequences of a choice 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 real and should be accepted, not dismissed as trivial. As with 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 childhood, like walking on a sidewalk grate, men with beards, or large dogs, disappear with age. However, those relating to personal failure, ridicule, or trauma may persist into adulthood and may require special help to overcome.

Research shows that as a child matures, their fears center more on people and their actions than anything else. We cannot always prevent certain experiences, but it is essential that children be allowed to freely express their emotions without judgment. Empathy and a caring, open listener can 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 their fears and 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 understand that fear is normal and can be dealt with.

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



October 2024

### Zion Lutheran ECEC

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### Upcoming Dates:

- ☉ September 30 & October 1  
Photo Days
- ☉ October 14 No School Co-  
lumbus Day
- ☉ October 17 —Trunk or  
Treat 5:00-7:00pm
- ☉ October 18—No School -  
Teacher Institute Day
- ☉ October 22 -Chapel @9:10
- ☉ October 30 or 31 —Pajama  
days see teacher schedule

The full School Calendar can  
be found on our school web-  
site.

<http://www.zionhinsdale.org>

Facebook: [facebook.com/  
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Instagram: [Instagram.com/  
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"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!