

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 2025

Zion Lutheran ECEC

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Upcoming Dates:

- ☺ October 7 -Chapel @9:10
- ☺ October 13 No School Columbus Day
- ☺ October 16 —Trunk or Treat 5:00-7:00pm
- ☺ October 17—No School - Teacher Institute Day
- ☺ October 29 or 30 —Pajama days see teacher schedule

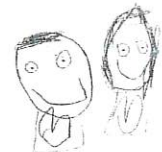
The full School Calendar can be found on our school website.

<http://www.zionhinsdale.org>

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

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

"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!

Work and Play Together

Children need to be able to work and play with other children who may have different ideas, experiences, or characteristics. Making and keeping friends are important skills for children to learn. Here are some ways you can help your child learn to get along with others.

Set a good example

Your child learns how to treat people kindly by watching you. Show your child cooperative and kind behaviors when you interact with other people.

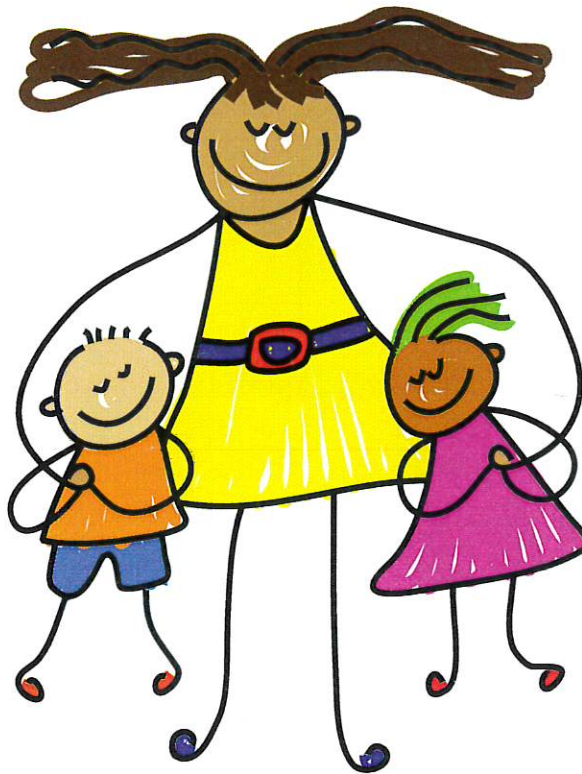


Talk about what kind friends do

Explain taking turns and sharing. Stay close by to help children with sharing and taking turns. Provide encouragement for these types of behavior.

Provide opportunities to play

Your child can learn friendship skills by playing with cousins, neighbors, classmates, and siblings. Encourage playtime activities in which children work together. Children learn as they pretend, build, and talk together.



Teach them to talk it through

Help your child talk through problems with other children. Encourage her to share her feelings and to listen to other people's feelings. Explain that the way she feels about a problem may be different from the way another person may feel.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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Illinois State
Board of Education

Supporting Adult-Child Relationships

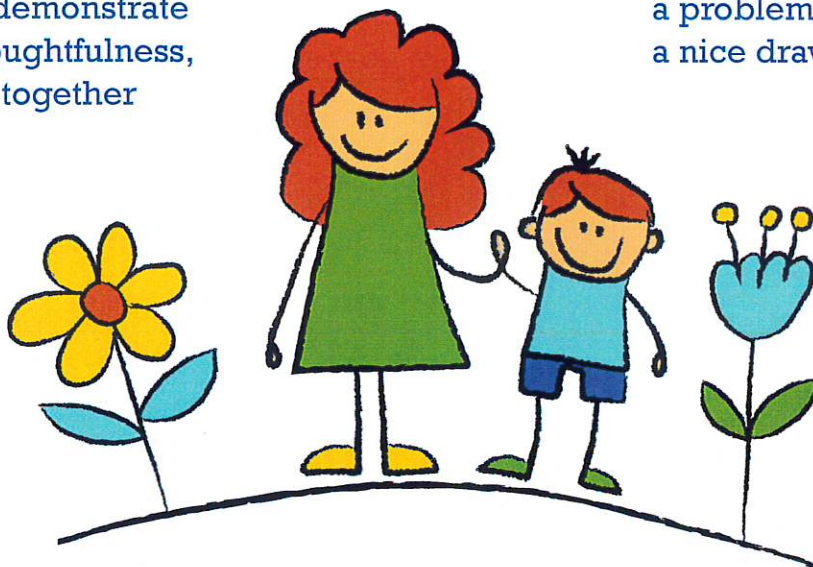
Young children thrive when the adults around them show they care. Young children learn they have value and develop a sense of self-worth through warm interactions with primary caregivers. Your children learn from your words and actions whenever they are with you.

Playtime is practice time

Your child practices social and communication skills during playtime by learning to share ideas, take turns, and express emotions. As you play, demonstrate kindness, thoughtfulness, and working together to solve problems.

Set a good example

Your child learns how to treat people kindly by watching you. Show your child cooperative and kind behaviors when you interact with other adults. He notices when you say "Thank you" when a cashier hands you change or when you say "Excuse me" to the stock clerk in the grocery store when you need help finding an item.



Build connections

Encourage your child's connections with relatives, neighbors, child care providers, and teachers. He will turn to these safe adults for help when he has a problem. Say, "This is such a nice drawing. I think Uncle Joe would like it. Let's send it to him."

Use appropriate language

Explain appropriate ways to talk to adults. Teach your child to use kind words and polite manners. Your child notices your tone of voice and body language. This includes using appropriate ways to address people such as calling the dentist "Dr. Patel" or calling a neighbor "Mrs. Jones" if that is how she prefers to be addressed.

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