



OP TIMES

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Academy

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Separation anxiety

It's that time of year – new school, new teachers, new routines. We have all been through it and yet when we experience it with our own children there is a heightened sense of fear.

Let me assure you this IS normal.

Separation anxiety coincides with a new intellectual skill called object permanence -- the ability to remember objects and specific people that are not present. Your baby can now call up mental pictures of you when you are not there.

Babies learn about people leaving before they learn about people returning. Your son can tell from your actions and from the environment that you are getting ready to leave, and his anxiety starts to build. Coming back, though, is different. Each day he doesn't know when or if you will come back.

As kids learn about returns, separation anxiety decreases. So, once children have learned about leaving, you want them to learn about returning. Separation/return games and short practice separations are quite helpful. The classic separation/return games are peek-a-boo and "Where's the baby?" Also, transitional objects such as blankets or stuffed animals are a healthy way to minimize separation anxiety.

When you take him to day care, good-byes should be brief, affectionate, and with a clear statement that you will be back. If the caregiver can engage your child with a toy or mirror, it can make your leaving easier. If you are leaving your child at a day-care center, or someplace other than home, the separation will be easier if you spend a few minutes there with your child (and also with the new caregiver).

I know that separation anxiety can make parents feel awful, but know that separation anxiety is a normal stage of development for healthy, secure children.

Monthly Themes

September

This month we are learning about our Wonderful World and how special and unique we are.

October

This month we are learning about the sights, colors and sounds of Fall.

November

This month we are learning about giving thanks and spending time with our families.



Pinnacle

Events

Enrollment continues

Open enrollment on NOW – children age 3 months to 4 years

Fall Term

Starts on Tuesday, 6th September, 2011

Parent Teacher Meet N Greet

Wednesday, 21st September, 2011
5:00 – 6:00pm

Storybook Character Parade

Students dress up like their favorite characters and bring in a featured book for parents to read to class.

Goodbye Diapers, Hello Underwear: Ideas for Successful Potty Training

If your child is ready to learn how to use the toilet, you also want to determine if you are ready to take on this sometimes daunting task. Here are some pledges you can commit to yourself before getting started:

- I am prepared with paper towels and cleaning products when my child, house, furniture, and clothes need to be cleaned after an accident.
- I will set aside a couple of days to start the process. A weekend is a good time to start for working parents. Don't forget to talk to your child's caregiver about your plan to start potty training your child.
- I will be patient.
- I understand that my child will be potty trained and that "when" is not a direct correlation to her future success in life.
- I am willing to wash unlimited amounts of laundry.

What Do I Need to Get Started?

As with everything we do with our children - feeding, sleeping, and toilet learning - there are lots of products designed to help make it easier. You can decide which of these products you would like to use. You might want to consider a potty chair that sits on the floor. Children seem to have a greater sense of security without the giant steps up and flushing water below. We already give children little spoons, little beds, little cups, and little books. Little potties just make sense.

How Do I Encourage and Praise My Child?

Nurturing, positive, and patient parents foster learning success in any learning situation and this is especially true with toilet training. Accidents will happen. And often it feels like they happen and happen and happen. Some children have lots of accidents and others only a few, which is not developmentally significant. Try considering each accident a near-success.

Sticker Fun

Giving a child a reward for going to the potty works well for some children. Try keeping a sticker chart. Let your child add a sticker every time she goes to the potty. When the stickers add up, treat your child to some special time with you.

Shopping for Underwear

When your child is ready to start toilet training, make a special date with your child to go shopping for underwear. Let your child pick the type of underwear and then treat her to ice cream. It's her special potty day.

Personalized Potty Chair

Put your child's name on his potty chair. Children love personalized things and a chair of his own will really make him feel special. Put a clean, disinfected potty chair in the playroom and let your child experiment and play with it just like any other toy. At first he'll find that it's a great place to collect Legos and eventually all the stuffed animals will be lined up "to go."

Musical Potty Chair

Place a clean potty chair in your child's play space and turn on the music. Tell your child to sit on the potty every time the music stops. Your child will love this game and it's a great activity for children who are just getting used to the potty chair.

Books and Reading

Keep a [basket of books](#) in the bathroom. Your child will have so much fun reading she might forget she's sitting on the potty.

Potty Picture Book

Make a Potty Picture Book of photographs you cut from old magazines. You and your child can pick pictures of potty chairs, pull-ups, toilet paper, wipes, underwear, and diapers. Parenting magazines are great to use. Then read it with your child and name the pictures and talk about what is happening.

Potty Time

Create a toileting routine. Make "potty time" part of your everyday schedule, just like brushing teeth or getting ready for a nap. When you find that your child's diaper is dry after a nap, start the routine of heading to the potty as soon as your child wakes up. Your child will have a better chance of success because he probably needs to go.