

# Kindy Kids Connect

## Build & cultivate resilience in children.



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- Key activities to support your child
- What supports are available at school?
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### CHILDREN'S HIERARCHY OF NEEDS

Wellbeing refers to an individual's physical, mental and emotional health. For children there are many things that build positive wellbeing; it comes from understanding and managing emotions, having good relationships, experiencing a sense of achievement, utilizing strengths, and taking part in healthy routines involving activities, sleep and eating. The global health crisis has led to dramatic changes in how we live and learn. For young children, these changes can be scary and confusing, making learning more difficult than it may have been before. Supporting the emotional and social needs of children is shown to increase academic learning.

### WHAT IS MASLOW'S HIERARCHY FOR KIDS?

Put simply, Maslow's hierarchy of needs pyramid suggests that people, such as our children, are unable to reach their full potential until they have satisfied their most basic needs. The important difference between comparing children's hierarchy of needs to an adults hierarchy of needs is that children are wholly dependent on others to meet their basic needs.

#### Physiological - Are your child's basic needs being met?

This is the foundation level. The basis of all the other needs which are the first and some of the most important in a child's life. A child must have access to food, water, shelter and healthy/ adequate amounts of sleep.

#### Safety—Does your child feel safe and secure?

If a child does not feel safe and secure they will be unable to adjust to an educational environment and gain the most from learning new skills and information. Safety needs

include a sense of security and feeling physically and emotionally safe. This also includes feeling safe at school and in the classroom. A sense of stability is crucial for a child's safety needs to be considered.

#### Love & Belonging—Does your child feel a sense of belonging?

Relationships with others is crucial to fostering a sense of belonging. A child learns to belong first to a family and their environment. It is important that children build strong relationships at school. Once they feel they belong, it will be easier to learn and gain confidence.

#### Esteem—Does your child feel confident to face challenges?

Esteem needs refers to positive self worth, accomplishment and respect. Listening to the voice of the child is about taking their experiences seriously, and is crucial in assisting them to gain confidence and feeling accepted. Learning goals that are appropriate for your child's developmental age and their individual needs are crucial

to building self esteem and confidence.

#### Self-Actualization—Reaching your child's full potential

Self-actualization is to do with achieving one's full potential, being creative and finding individuality of oneself. It's important to spend time regularly doing activities that your child loves and chooses. This will also assist with openness and connectedness with your child.



# Key activities to support your child

Play is one of the most important ways in which children learn. It enables the child to develop their self-worth, emotional regulation, social skills and critical learning capabilities.

**1**

Sand—Sand play is a great opportunity for developing self-confidence and physical development. Scooping, digging, pouring and sifting teaches children how things work, whilst also building their muscles and coordination. Include a friend, and it becomes about teamwork, sharing, and social skills.

**2**

Play Dough—Play dough has great potential for learning. Not only does it strengthen fingers in preparation for a lifetime of writing, it further teaches fine motor skills, creativity and hand-eye coordination.

**3**

Doll and Character Play—Providing characters in the form of mini-figures and dolls allows children to develop their social play. It encourages imagination and the expression (and labelling of feelings).

**4**

Sensory Play—Sensory play is any activity involving touch, smell, taste, sight and hearing. This can be provided with a plate of jelly, beads, ice, rice, or even sand and slime. Sensory play stimulates exploration and investigation. It also assists with emotional learning and regulation.

## What supports are available at school:

- School staff
- School counsellor
- Pastoral care staff

CatholicCare provides a range of services that support families, children and individuals. Popular parenting groups include: Circle of Security Parenting TM (abbreviated), 123 Magic & Emotion Coaching, Mindfulness webinars and a course for children experiencing anxiety. Please view the courses page on our website for further information or call our friendly intake team on 02 4254 9395.



## IMPORTANCE OF PARENT ENGAGEMENT FOR SCHOOL READINESS

### Routines and safety

✓ Routines support children in building their independence, such as opening lunchboxes and unpacking bags, which will be important skills at school

### Focus on social and emotional learning

✓ Acknowledge children may be affected differently. Some children may not appear to be stressed, whilst others may exhibit visible signs of anxiety such as withdrawal or clinginess, or change in behaviour.

### Work with primary schools on transition

✓ The strong partnerships educators have developed with families will serve children well as they transition from early learning to school. The school community is crucial for a child's successful transition and sense of belonging.

### Reassure your child that it is safe to go to school

✓ Reassure your child that it is normal to have mixed emotions such as excitement, relief, worry and anger. Have conversations about what they are looking forward to and what they are worrying about.