

SUMMER 2021

Palmer LifeWays

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www.palmerlifeways.org

SUMMER CAMP SCHEDULE

June 11 - PL will close at 1pm for Professional Development

June 14-18 - Theater Camp (play presentation will be at 11:00 Friday the 18th - Parents are welcome to attend)

June 21-28 - Teddy Bear Picnic

June 28-July 2 - Fish/Water

July 6-9 - Craft (we are closed July 5th in observance of July 4th)

July 12-16 - Painting/Wood

July 19-23 - Fiber Arts

July 26-30 - Fairy/Gnome

August 2-6 - Animal Tracks

August 9-13 - Outdoor Week

Reminders

Children please bring:

- Fruit each week
- Sunscreen/
mosquito
repellent
- Fridays - pizza
toppings
- Lunch

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This is the time of year that holding a Rhythm and Routine can be a true challenge. We recognize that lots of sunlight and the nicest part of the day starting at 5pm makes an early bedtime a challenge. No matter what time your child goes to bed, they need 12-14 hours of sleep a day in order for their brain to build and develop. We really encourage you to continue with consistent bedtimes and no media on days your child attends school here at LifeWays. The young child is unable to learn if they are too tired. As educators we are unable to compete with media. The slow telling of a story is not able to compete with the fast action cartoon a child watched in the morning. A child who is both tired and who has had a lot of media will not benefit from our program.

Below is an article about the importance of Rhythm and Routine. Partnering with us in creating a sanctuary of childhood is one of the best ways to help your young child develop their brain and prepare for school and academics.

The Need for Rhythm, Routine, and Reverence

The Waldorf Early Childhood Education philosophy is built on the 3Rs, Rhythm, Routine, and Reverence. This is in-line with current research on brain development of the young child. Young children are not able to understand the concept of time and do not order their days in minutes and hours. It is “anchors” in their days, weeks, months, and seasons that allows a child to feel safe and in turn allows them freedom to explore their world. This exploration builds the brain. Here at Palmer LifeWays, we have many anchors in our day, weeks, months, and seasons that help the young child feel safe. These anchors include our circle time, lighting our candle, set potty and hand washing times, set snack and lunch times, and washing the feet of children who stay for cozy in lavender water. During the week we have a color of the day, grain/snack of the day, and activity of the day. During the season, we acknowledge nature and the season. We do this in our crafts, stories, and circle times. Consistent staff is also a pillar in exceptional care. It is also the philosophy of Palmer LifeWays to have consistent staff who in turn have their own needs met. The best way we can do this is by providing a livable wage.

A young child’s brain builds from the bottom up. When a baby is born, they do not have control of their bodies and it is their “job” in the first year to go from an infant lying on the ground to a young toddler that is able to stand and walk. The 2nd and 3rd years of life is often spent with the child learning speech and vocabulary. At age 3, the child shows signs of wanting to do more and is now able to control their body in such a way that they are able to sew, cut with scissors, and draw shapes. All of this is done at the same time that the young child is learning about society and where they fit into the group. Through free play we are able to model empathy, sharing, cooperation, and caring for the child. Children learn to use words and not hands, to share, to be patient, to forgive, and to play. All of this is essential for the growing child. It is also imperative that the young

All children need to make sure they have the following in their cubbies:

- Extra clothes
- Rain Gear

If your child shares a cubby, please make sure you clean your cubby out so the child sharing the cubby has space to store their items. You are welcome to leave your extra clothes in a labeled Ziploc bag.

REMIND APP

To get up to date messages about closures or weekly reminders, please sign up for text messages by using the following code:

<https://www.remind.com/join/palmerli>

Or join us on FB at parents of Palmer LifeWays:

<https://www.facebook.com/groups/526921314896461>

child learn that it is ok to make mistakes and know they are still loved and the mistake doesn't define who they are as a person. This builds resiliency.

As we learn more about the young child's brain and it's development, we learn that a slower world and lifestyle is often superior to our modern fast paced lives. Young children thrive in an environment where they know what is going to happen next and that our responses to their needs are consistent.

Overall, it seems that "we" have forgotten the importance of all of these soft skills in our world today. The push for early academics, high test scores at a young age, and the need for more, are all taking away from a simple lifestyle where we build the foundation of the brain. This foundation is so important.

In Kim John Payne 's (KJP) book Simplicity Parenting", KJP talks about his work with traumatized children (PTSD) in refugee camps in both Jakarta and Cambodia. He then worked in England in a private practice and began to notice that many of the children in his counseling practice had many of the same issues as the children with PTSD. It is at this time he coined the acronym CSR, cumulative stress reaction. The children in urban London that had constant small stresses would be hypervigilant, nervous, anxious, lack resiliency, lack impulse control, lack empathy, and lack perspective taking. His treatment plans for both children with PTSD and CSR were the same. What KJP realized was that the sanctity of childhood had been breached in both groups of kids. Whether it's a one-time traumatizing event or a cumulative attack on childhood that leads to many small stressors, the effect is the same. This discovery led KJP to start the Simplicity Parenting movement. In the first chapter of his book Simplicity Parenting, KJP states:

"Our society – with its pressures of "too much" – is waging an undeclared war on childhood." (pg. 8)

"The pace of our daily lives is increasingly misaligned with the pace of childhood." (pg.10)

"A protected childhood allows for the slow development of identity, well- being, and resiliency." (pg.12)

It is our goal here at Palmer LifeWays to create a sanctuary for children. It is a place where children know they are loved, their needs are met, and they are able to make mistakes while exploring both physically and emotionally. The rhythm and routine of the day, week, month, and season lay this foundation.

For children to benefit from our program, this sanctuary needs to be held in the home. Our days at Palmer LifeWays consist of a "breath in" and a "breath out". Imagine the "breaths in" as times of focus or self-reflection or just quiet times that could include stories and books. "Breaths out" are moments of being lost in the world (including getting lost in art or play), gross motor movements, or silly time. Outside is almost always a breath out.

Media for the young child is neither a breath in or breath out. We highly encourage you to limit your child's media use as much as possible. If possible, please avoid use of media during the days your child attends LifeWays.