



Hello parents and welcome back to Innocent Minds!

September is that time of year where children start preparing to come back to school! We hope you spent an enjoyable and fun filled summer break with your family and loved ones.

This is the first newsletter you will receive from us for this academic year. Many others will follow during the year as these newsletters will update you on what your child is learning each month. So do not forget to check our website at the end of each month.

At Innocent Minds, the aim at the first few weeks is to help children feel at ease with their new surroundings. It is important for students to start adapting to their classrooms, their teachers and their peers and to help them overcome any separation anxiety.



Separation anxiety is a developmental stage during which children experience anxiety when separated from their parents especially when they go to a daycare or to a school. This is only apparent in the first days or weeks depending on the child.

As toddlers, children experience various emotions. Before the age of 8 months infants are so new to the world, they have little knowledge and they become familiar with their home environment. They feel comfortable when their parents are present.

From 8 to 14 months, children often become uncomfortable when they meet new people or visit new places. When separated from their parents, particularly away from home they do not feel safe and secure. Therefore teachers help children to:

- **Feel safe** in their new environment by being approached by the same familiar faces every morning.
- **Trust teachers** especially during feeding, changing and nap time.
- Trust that their **parents will return** by the end of the day to pick them up.

Parents are always advised to:

- **Practice separation:** Leave your child with the teacher for brief periods at first then gradually increase the duration until he/ she is adapted.
- **Schedule separations after naps or feedings:** your child is more susceptible to separation anxiety when he/ she is tired or hungry.
- **Develop a “goodbye” ritual:** Rituals are reassuring and can be as simple as a special wave or a goodbye hug or kiss.
- **Keep familiar surroundings:** Let your child bring a familiar toy from home to share with his/ her friends.
- **Leave quietly and firmly:** Tell your child you are leaving and that you will return, then *go*, don't stall.

It's natural for your young child to feel anxious when you say goodbye. Although it can be difficult, separation anxiety is a normal stage of development. With understanding these coping strategies mentioned above, separation anxiety can be relieved and will fade with time.

When the adaptation period nears its end, teachers start offering many activities: directed or free to help children interact with the adults as well as with their peers.

The schedules of each class take into consideration the milestones of each age and its characteristics.



The first day at school started with a photo shoot of children in their respective classes and in the playground.

Children were happy to see, dance and sing with Mickey Mouse at the Bliss Branch while Dora and her cute bag visited the Sanayeh branch. As for the Hazmieh branch, Barney in his purple outfit was posing for some nice photos with parents and children.



IM-Bliss



IM-Sanayeh





IM-Hazmieh



By the end of the month, children attended a puppet show about Pepa pig and his friends and shared delightful claps and laughs.



The Innocent Minds Fun Club opened its doors and welcomed babies, toddlers, preschoolers and elementary children from Monday to Saturday for a lot of fun activities. The kids who graduated from Innocent Minds years ago were happy to come back to the welcoming environment where they grew up.



**Fun Club Of
Innocent Minds**
offers a large
selection of activities
for children aged 1 to 12
from **Monday to Saturday**
10:00am - 6:00pm
And receives children
during Schools Holidays

Music for Babies Toddlers & Children



Muffins with Mom and Donuts with Dad



Yoga Kids & Craft



Mom & Baby Gym



Puppet Show, Story telling,



Characters visit + Theatre



Little Medical School



Play & Learn with Lego



ZUMBA For Kids



Kids birthday party
(animation+face painting)



Gardening





Bliss Branch

**For more info call us on:
03-648697 / 01-370079**

During the month of October, Innocent Minds will launch the academic program for all levels. Children will learn to listen to others, to wait for their turn, to line up, and gain autonomy.



They will enjoy listening to stories, singing, dancing, and taking part in some messy and fun activities as well as, science experiments, and much more.

