



EKLAVYA SAMACHARA

email: contact@eklavyaearlyyears.com

website: www.eklavyaearlyyears.com

October 2024

EKLAVYA EARLY YEARS

Vol. 2 / Sr. 6

FORTHCOMING EVENTS

Diwali Holidays	31 Oct - 3 Nov
Children's Day	14 November
Drawing Day	14 November
Eklavya Early Years' Foundation Day	14 November
Guru Nanak Jayanti	15 November

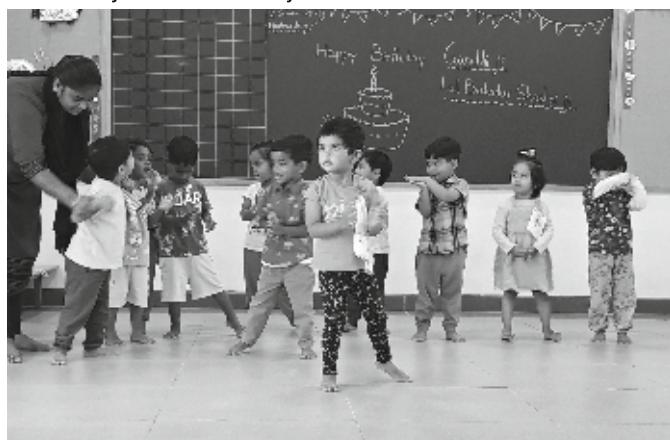
ANNOUNCEMENTS

Parents' Workshop Dates: 9 November, Sat 10am – 11am
23 November, Sat 10am – 11am

Celebrations

2 October Gandhi Jayanti : Children of PG and KG celebrated Gandhi Jayanti by performing a beautiful dance and reciting a poem respectively. PG children danced to 'सावरमती के संत' while the KG children recited 'शीख', a beautiful poem that illustrated Gandhiji's see no evil, hear no evil and do no evil ideology.

Children also learnt about Gandhiji in Circle Time through stories about his honesty and non-violent nature in childhood. And they sang 'र्घ्यपति राघव राजा राम' during assembly as it was one of Gandhiji's favourite bhajans.



3 Oct, Dusshera Celebrations : We celebrated Dusshera at Eklavya Early Years by performing a Havan. All the children, educators and staff were involved in the havan. As we purged negative thoughts from our beings by giving ahuti to the fire, we felt a profound sense of peace and positivity prevail.

Children also observed the Dusshera Golu display and learnt about the Dasavataaras of Vishnu. As they had previously visited the Dusshera Golu making workshop, they were already familiar with the kind of dolls made and displayed during this time. They were excited to also see the vast array of animals placed in the Golu display and eager to learn about each of the avatars of Lord Vishnu.

Finally, the children enjoyed performing Garba, a traditional Gujarati folk dance synonymous with Navratri. It was a joy to see the little ones clapping their hands to the rhythm and twirling to the tune.



Graceful offerings



Purging negative thoughts



Our Dusshera Havan



Spreading positivity



Garba twirling



Our Dusshera Golu display



Learning about the Dasavatara of Vishnu

Diwali Celebrations: Children made their own rangoli powder and made and painted clay diyas as part of their Diwali preparations. Children enjoyed both processes a lot and felt creative satisfaction for not only making a rangoli but even making the powder for it on their own. Children also enjoyed the Diwali cleaning of their classroom. They dusted the shelves meticulously and put back each material in its place carefully.



Making our own rangoli powder



Mixing the colour to make the powder



Ready to dry the rangoli powder



Making their own designs



Sieving to get a fine powder!



Collaborative rangoli



Meticulous work



Rangolis are fun!!!



Moulding the diyas



Diya painting



Little hands painting diyas



Deep in concentration



Spick and span



Taking care of our environment



My diya, my style!



Sardar Vallabhbhai Patel Jayanti : Children of PG and KG learnt about the 'Iron Man of India' this month on his birth anniversary. They heard stories about Sardar Vallabhbhai Patel's courage and will power.

Curriculum

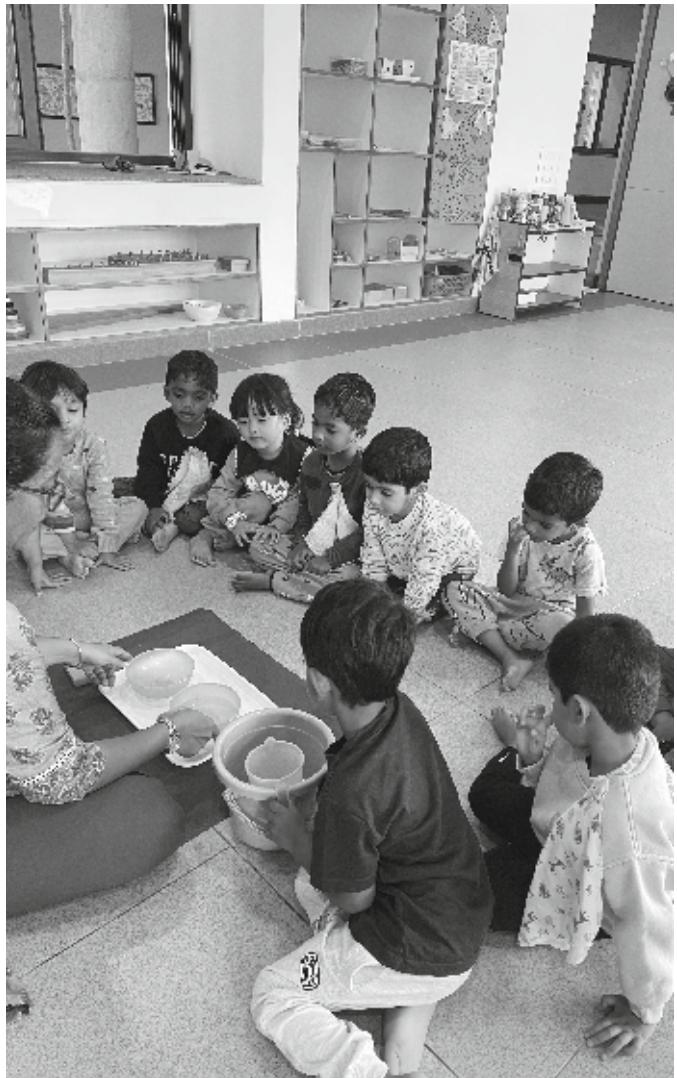
PLS: Offering guests - Children of PG and KG have been learning how to talk to guests and offer them a glass of water this month. Through enactments, children took turns to become guests and hosts, and learnt how to behave gracefully and courteously when guests visit their home.

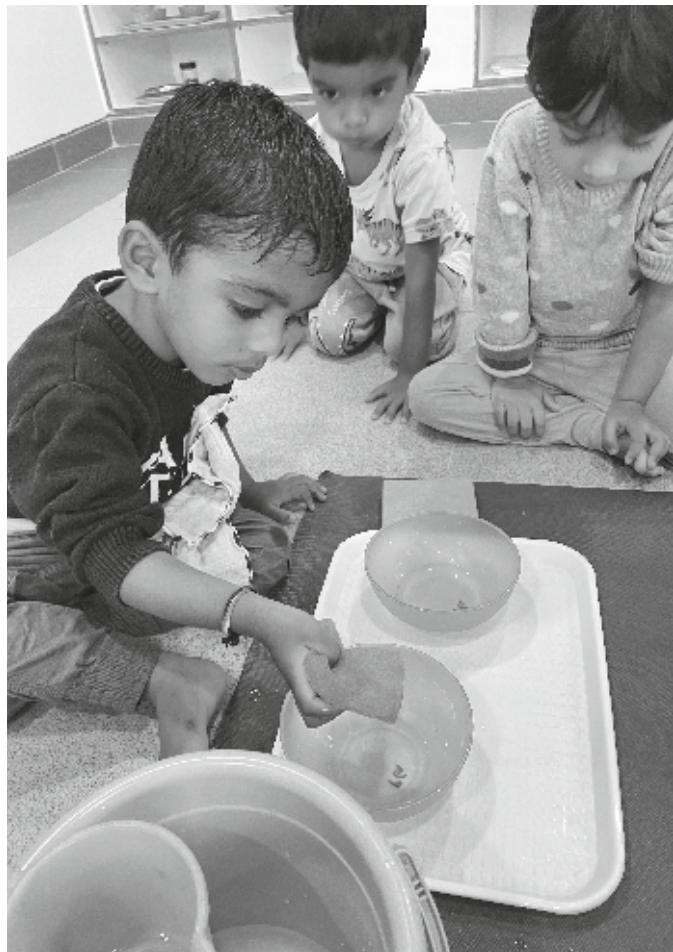


FMS: Tearing this month PG children practiced tearing using the pincer grip. First they began with tearing newspapers, which are thin. They learnt how to hold the paper with just their thumb and index finger and slowly and carefully learn to tear it. Next, they tore different coloured papers into strips. These papers were thicker and required more strength. Then they crumpled up the strips and made small paper balls so that they can make a beautiful rainbow out of it.



FMS - Transferring water using a sponge : Children learnt to transfer water from bowl to bowl using a sponge this month. The process of pushing the sponge in the bowl to absorb water and then squeezing it to release it, strengthens the children's finger and palm muscles a great deal. They also learnt how heavy the sponge gets when it is full of water versus when the water has been squeezed out of it.





English : Children of KG2 continued their exploration of reading and spelling through their work with the Montessori Moveable Alphabet. They learnt to make many three letter words with the letter-sounds they have learnt so far. Through this, they also learnt to blend the sounds together to make a word.



Quiz : This month KG children had a quiz activity with children taking turns to answer and question each other. The questions were related to their school environment and encouraged them to be more observant.



Kar Seva : Children of PG and KG did Kar Seva this month of leaf picking from the garden. Kar Seva, or service with hands, teaches our little ones not only dignity of labour but that when we perform selfless service ourselves, we enrich our entire being.



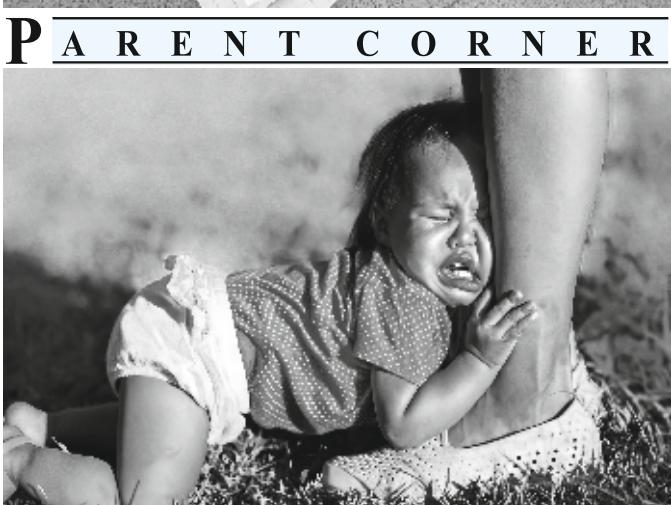
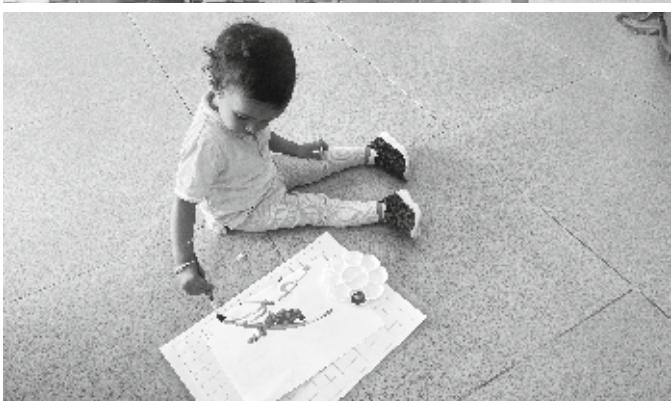


My Time : Children continued their exploration of various puzzles and toys during their designated My Times this month. My Time has shown us how beautifully, children as young as two and three, can work independently when given the responsibility and opportunity to exercise true discipline, which emanates from within.



Toddler Group : This month we welcomed the youngest little ones at Eklavya - our little Toddlers. In Toddler Group, children were given exposure to a wide variety of interesting activities, from water play to play with treasure baskets and sensomotoric activities. Each day in the Toddler Group, children learn to most importantly socialise and work in collaboration with other children.





The Off the Hip Technique

It is very natural for our infants and toddlers to go through phases of being clingier to those closest to them. Even though at times it can seem rather special, for that short phase the reality is the more we can raise our children to feel competent in stepping out and exploring, knowing that we are always there for them, the less we will see of this clingy separation anxiety behaviour.

For those parents who have not mastered this balance just yet they can be driven to despair when trying to achieve any given task having to juggle it with their child constantly on their hip and wanting to be picked up all the time. This is when the Off The

Hip Technique can be incredibly useful in teaching a child that we are there for them in every way without having to be literally attached to them.

It's all too easy to get into the habit of picking up our children constantly because it is a natural reflex to do so, for all the times they have held their hands out wanting to be picked up. Then on top of that we do it for all the reasons we want to in being just close and attached to our children. The truth of the matter remains in the fact that our children must learn to become more independent and self-sufficient on their own, knowing that we are there for them, watching them play from the side-lines but not necessarily needing to join in when they are playing with their little friends at a play group for example.

Weaning your little one off your hip is more than creating independence, it's enabling them to walk down stairs on their own, to hold your hand in a shop, to play whilst you cook, and for them and to feel safe and entertained all in the vision of you doing household tasks. Let's not forget the ability of being able to do this is of great achievement. For example the first day of nursery, going over to grandparents for the afternoon, or being dropped off for a play date.

See below on how to achieve this.

Steps to Hop Off the Hip

- Crouch down so you're on your child's level able to give them eye contact.
- If your child is desperately trying to cling to you, and is climbing up on you, gently put some space between you and them by using your arms as a soft barrier.
- Explain to your child kindly and in a conversational tone that you need to do your tasks and right now are unable to pick them up. But tell them they can watch you and bring in some toys and books that they can be distracted with. (This doesn't mean that they will play with them.)
- If they continue to cry, explain calmly that you can't understand what they are trying to tell you because they are crying. This can be difficult because our instinct is to cuddle when they are crying but, know the crying is coming from not being picked up.
- Slowly but gently emphasize you are still here even though you are not picking them up and that everything is okay! Reassurance is important, being apologetic is not what you want to be as it gives the child a mixed message.
- If your child is older you may want to suggest they watch you from a little stool, or a table where you can have them busy doing things like putting carrots into a pot. Please know that if you remain calm this state will actually reassure your child there is no need to panic and it will just be a matter of seeing you in the home but not always being attached to your hip.
- Once the crying has stopped make sure that you acknowledge exactly how good they did handling the situation. Be descriptive, 'good job' never tells them anything.

Note: Please remember that applying this technique is to help your child to become more confident in their self-sufficiency, without the need to be physically attached at all times. However, emotional comfort, illness, new surroundings, new people, will always make our children feel apprehensive and this is the time when they do need those cuddles and reassurance until it all becomes familiar. You will be the best judge in knowing the difference.

Written by Jo Frost (Supernanny),
<https://www.jofrost.com/off-hip-technique/>