

November 7, 2021

Dearest Nursery parents,

Daylight Saving has ended and I know it throws your rhythm at home off.

Just like any activities out of the ordinary or surprises that get thrown at you into your daily routine, *breathe*. We all feel the effects of it the first week or so but we will no doubt adjust to the new time change.

The challenge the timeshift brings us is an affirmation that rhythm and habits are so nourishing to a young soul and to adults too!

Mealtimes and bedtimes are where you are likely to feel the most challenge when the time changes.

What I recommend is if your supper time is at 6PM and you want to adjust to the new time, extend it by 15 minutes every day until you reach your desired 1 hour timeshift.

Remember that the children know what is to come by the sequence of events and activities that are provided on a daily basis.

And I know it's easier said than done but stay your course with keeping your day predictable.

Slowly but surely, the children will adjust to the consistency you provide.

Miss Claudia and I will be welcoming your children with open arms through these tricky time adjustments!

I am going to save the article about Vestibular Movements for next week.

Enjoy your sweet children and I am sending you lots of positive energy on your way. I will see you tomorrow!

I also look forward to our Teacher/Parent conferences this week. Please let me know if these times don't work for you.

Blessings on our week ahead!

Warm regards,
Maria Morioka
WSOC Nursery Teacher