



Parent-Toddler Program | Just Toddlers Program | Preschool Program | Afternoon School Program

# Community Newsletter

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## Letter from our Founder

Dear Parents and Staff,

I hope this message finds you well. Over the past few months, I have been away due to a personal family crisis that has deeply affected me and my loved ones. During this challenging time, I have experienced firsthand the remarkable resilience that children, and indeed all human beings, possess. It has been both a humbling and enlightening experience that has only strengthened my commitment to our school's mission.

As a parent and as the founder of this preschool, I have faced profound challenges within my own family. Through these experiences, I have come to appreciate the strength, patience, acceptance, and ability to manage frustrations that children so naturally embody. I have seen how life's trials, while difficult, can lead to profound growth and transformation. These values are not easily taught; rather, they are cultivated through experience, support, and love.

This journey has reinforced my belief in the importance of our mission at Circles & Cycles, to nurture resilience in our children, to encourage them to face challenges with confidence, and to provide a safe and loving environment where they feel supported every step of the way. If we, as educators and caregivers, can help our children find the courage to overcome their struggles with grace and perseverance, then we have truly accomplished something remarkable.

I want to assure you that we remain fully committed to fostering growth in every child. We are dedicated to providing the best learning environments, filled with love, nurturing, and care. Together, we will continue to build a community where every child feels valued, empowered, and ready to take on the world.

Thank you for your understanding, support, and trust in us during this time. I look forward to reconnecting with all of you soon and continuing our journey together.

With gratitude and warm regards,  
Mrs. Naama Singh  
Founder, Circles and Cycles

# Letter from our Pedagogista

Morning dear C&C Community,

This Monday 16 September, we will celebrate our Parent-Toddler children who will be 'graduating' and moving into our new Just Toddler program.

At Circles & Cycles, we believe that every child's journey is unique, and this new program for children aged 14 - 24 months reflects this. Developed through a collaborative effort, with valuable input from parents and facilitators, one of our significant goals is to empower each child as they begin to explore the world more independently.

Our program is designed to foster confidence and empower each child by valuing their individual curiosities and interests. Through designing thoughtful provocations, we extend upon these natural inquiries to support their growth.

In making authentic connections to children's ideas and wonderings, we incorporate learning experiences that introduce pre-literacy and pre-numeracy skills in a holistic and meaningful way. By integrating these areas of growth with everyday play and exploration, we ensure that our 'Just Toddlers' will develop a strong foundation and be prepared for their continued learning journey into Preschool.

In mentioning all of the above, transitions into something new can be emotional, messy, and challenging, especially where separation takes place between young children and parents or caregivers. Please trust and know that as a team we work and reflect every day together to continually build bonds of trust between home and school where the care and safety of your child is our highest priority.

Below are some tools and strategies to try to ease the discomfort and stress of separation anxiety.

Yours in collaboration,  
Ms. Angela Mee Lee  
Pedagogista, Circles and Cycles



# UNDERSTANDING SEPARATION ANXIETY AND HOW TO SUPPORT YOUR CHILD

Separation anxiety is a natural and healthy stage of development, where children experience distress when separated from their primary caregivers. According to Dr. John Bowlby, the pioneer of attachment theory, this anxiety reflects a child's deep attachment to their caregiver, which is essential for their emotional development. It's especially common in children between 14 months and 4 years old. While it can be heart-wrenching to see your little one upset, it's important to remember that this is a sign of their strong bond with you.

## For Parents, It's Emotional Too

As Dr. T. Berry Brazelton, a renowned pediatrician, emphasizes, separation can also be emotionally difficult for parents. Leaving your child in the care of someone else can bring feelings of uncertainty or worry, and this is a natural part of the process. Acknowledging these emotions is important. Trust takes time—trust in the educators and in your child's ability to adjust. Building this trust with those caring for your little one is essential for a smoother transition for both you and your child.

## Practical Tips for Parents and Educators:

- **CREATE A POSITIVE GOODBYE ROUTINE**

Establish a predictable and loving goodbye ritual, whether it's a special hug, a wave, or a short goodbye phrase. As recommended by Dr. Mary Ainsworth, consistency in routines can help children feel secure and make parting easier.

- **KEEP GOODBYES SHORT AND SWEET**

Dr. Louise Porter, an expert in early childhood behavior, advises that lingering or showing hesitation can increase anxiety. A calm and confident goodbye reassures your child that everything is okay.

- **TRUST IN YOUR CHILD'S ABILITY TO COPE**

Dr. Alison Gopnik, a leading developmental psychologist, reminds us that children are more resilient than we often think. Often, their anxiety passes shortly after you leave. Allowing them to navigate their emotions, with support from educators, is crucial for their growth.

- **INTRODUCE GRADUAL SEPARATION**

Starting with short separations and gradually increasing the time apart helps children learn that separations are temporary and that you will always return. This aligns with the gradual withdrawal techniques suggested by early childhood specialists like Dr. Brazelton.

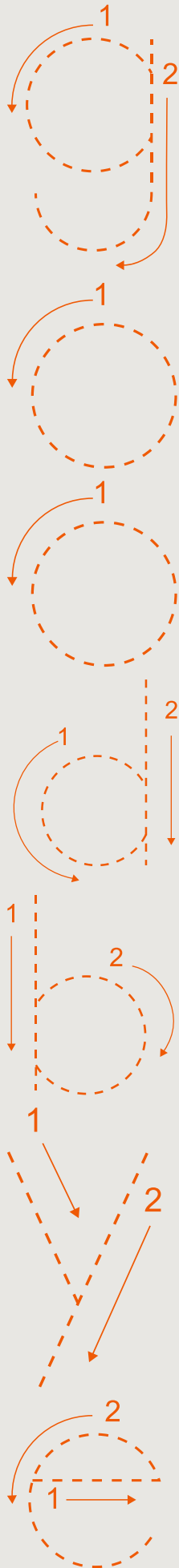
- **COMFORT ITEMS CAN HELP**

A favorite stuffed animal, blanket, or a small item from home can provide comfort and serve as a transitional object, a concept popularized by Dr. Donald Winnicott, who emphasized the importance of such items in soothing children during separations.

- **COMMUNICATE WITH EDUCATORS**

Let teachers know how your child is feeling. Open communication helps build trust and ensures your child receives the support they need. Dr. Gopnik also highlights the importance of this partnership between home and school in easing transitions.

Remember, separation anxiety is a phase that will pass with patience and understanding. While it may be difficult at first, every small step helps your child grow in independence and confidence. With time, your trust in their new environment will grow too, allowing both you and your child to flourish.







Sakura & Avyaan exploring ice & scooping



Shay having light table fun with magnetic tiles



Yohan having some outdoor fun!



Preschool full of laughs



Rei & Maya exploring the citrus tub



Exploring all types of Trajectory!



Kobe & Avyaan making some biryani!



Story time with Liam & Veer



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