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## Beautiful Minds



*Mental health* is not a phrase we commonly hear associated with children. It is a challenge for many adults, but for small children it is even more so as they are unlikely to have enough understanding to label what they are feeling or the communication skills to share their thoughts with an adult.

Early childhood mental health and wellbeing is related to healthy physical, cognitive, social and emotional development. Here at Butterflies, we engage in the following practices:

- Help children understand and manage their feelings, as this can help them develop coping skills.
- Help children learn to cope with challenges by providing support and reassurance.
- Help children to understand that stress, loss and grief are a normal part of life.
- Try to maintain routines as much as possible. Routines and consistency in life help children feel secure.
- Acknowledge children's feelings and try to understand and respect them, especially when they are going through a difficult time.
- Listen to the concerns of children and parents without judgement and help them work through their problems.

As your childcare provider, we do everything we can to foster and strengthen resilience and mental wellbeing in your children.



The Montessori classes held a Halloween Party Day in aid of Temple St Children's Hospital and all proceeds collected went to this very deserving cause. Arranged by Mairead and Charmaine, the children had a great day and the total amount collected by both classes was €210 which went directly to Temple St.

Thank you to all who gave so generously.

On another note, a lot of coughs, colds, infections and viruses are doing the rounds at present so please, in order for us to get rid of these nasty viruses, keep your child at home if they display any symptoms as this is the only way we can stop the circle of infectious diseases.

November is upon us and with it the cold and biting wind. We will continue to bring the children outside to play so please wrap them up well..

That's all for now folks !



Cathy

# What's Going On?



Maggie & Lisa

## Baby Room

This month we are focusing on physical development and we will be encouraging and supporting the babies through physical play. Activities and learning opportunities will vary from supporting the younger babies through the sitting, crawling, rolling and walking stages as well as encouraging the toddlers with balancing, climbing and construction play.

## Early Learning/Toddler Room

I'm back from my travels, and have missed everyone very much. It's the time of year again for our hats and scarfs. Also please send in a change of clothes for the garden...it can get mucky out there :). This month we are learning all about animals i.e. lions, sheep etc. We are also learning a few songs, The Wheels on the bus and Humpty Dumpty, so listen out.



Louise Stewart



Louise Hurley & Hazel

## Pre-Montessori Room

For the month of November we are focusing on number recognition, learning new songs to help us count with confidence and using our number flash cards to recognise the numbers we see. Even with the change in weather we strive to make it to the garden each day, so please ensure hats, scarfs, gloves and a change of clothes are all provided. Wellies are great for the garden, especially for those that love jumping in the puddles! :)

## Montessori Rooms

The children have been taking in so much this month, they can now recognise the letters s, a, t, o, j and m, pronounce them phonetically and have been practicing writing them too. They also know their primary and some secondary colours in Irish. It is great to watch how eager they are to learn and how quickly they soak up the information. We have also introduced them to the 7 continents and concentrated on Australia this month. In preparation for Halloween, the children learned the song "Hello My Friend", complete with spooky actions and they really enjoyed singing it each morning. To help develop their hand eye coordination, fine and gross motor skills, they threaded spider web paper plates. We hope you enjoyed the ghoulish results!!!



Charmaine & Mairead

## The Pantry – Recipe Of The Month

### Treacle Bread

#### Ingredients

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4 ozs Treacle  
2 standard eggs well beaten  
1 level teaspoon each cinnamon / mixed spice  
1/2 level teaspoon baking soda  
2 oz each currents & Sultanas  
1/4 pt.milk  
10oz plain flour  
1/2 level teaspoon baking powder  
2 oz butter/margarine

#### Method

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Combine treacle & milk then add beaten eggs. Sift the dry ingredients, rub in fat then add fruit and mix to a soft consistency with the liquid.

Turn into a well greased 2 lb loaf tin and bake in the centre of a slow oven reg 3 / 325 f for 1 3/4 hours. Turn onto a wire tray, slice when still a little warm and serve with butter. Enjoy!



Rachel & Mags