

COVERALL

The scoop on family engagement in early year's settings from the Vancouver Island Cooperative Preschool Association (VICPA)



What does a healthy co-op look like?

Original submission by Carol Mitchell (PCPI, Cooperatively Speaking)

Healthy co-ops have certain characteristics keep them rolling along smoothly. Are these commonplace at your preschool?

Everyone is Included

It's never assumed that someone won't be interested, always extend the invitation to all.

Honesty Prevails

Feelings, concerns, and motivations are discussed openly.

Participation is Universal

People are encouraged to contribute in whatever way they can, there are guidelines but also some flexibility.

Understanding is Encouraged

Everyone tries to focus on issues, not personalities; to look at the other side; to be prepared to consider others' priorities and feelings.

Appreciation is Obvious

Group members, board members and staff recognize each other's contributions, and there is tolerance for mistakes and other methods.

Support is the Norm

Once a decision is democratically made, regardless of initial disagreement, it is supported.

Resolution is Key

Conflicts are dealt with. There is a problem solving process.

Communication is Effective

Opportunities abound for communication. Productive meetings, social occasions, newsletter, bulletin boards, and opportunities for two-way communication. Links and friendships have opportunities to form.

Enjoyment is Crucial

There is time, motivation, and opportunity for enjoyment and the establishment of good member relations.

Healthy co-op preschools are great places to be!

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MAKING TOMORROW CONFERENCE SEEKS MORNING VOLUNTEERS



LAKEHILL PRESCHOOL
Play is Children's Work

Helping Young Children with Big Feelings

Managing big feelings through self-regulation

Most parents would agree that one of their jobs is to help their child learn to manage their feelings. This ability to manage thoughts, feelings and behaviors is called **self-regulation**.

Self-regulation includes many important skills, such as:

- Impulse control (e.g., growing a mental “pause button” on your brain)
- Identifying the present emotion and selecting a coping strategy
- Organizing and planning behavior to solve problems constructively
- Sustaining attention in order to monitor your own and others behavior as you regulate

Children with stronger self-regulation abilities are likely to feel more successful in school, have stronger relationships with adults and peers and have fewer behavioral challenges.



How do we teach self-regulation? CO-REGULATION!

Co-regulation, sometimes also referred to as mutual regulation, is when another person steps in to help the child identify and process the emotion. In this scenario, you can assume the outside entity is you—the parent or guardian.

For many toddlers, they haven't yet learned how to self-regulate. Co-regulation is a fantastic tool to help them learn the skills to identify, process, and manage their emotions.

Co-regulation can be particularly helpful for neurodivergent children with conditions like autism that may struggle more with regulating and expressing their emotions.

FIND OUT MORE:

[Using Co-Regulation to Build Self-Regulation in Kids](#)
[What is Co-Regulation? \(Explained by a Pediatric OT\)](#)
[How Co-regulation with Parents Develops into Self-Regulation in Children](#)




LAKEHILL PRESCHOOL
Play is Children's Work

Our model embraces the 'learn through play' method, as we believe that play is one of a child's most natural actions. Our ECE certified teachers strive to support and inspire your children, providing a safe environment for them to lead and direct their own play and to develop their whole self.

The ECEs at Lakehill Preschool encourage children to become independent, develop self-control, share with others, gain self-acceptance and self-worth, and develop their small and large motor skills. Our program also guides children in developing their social skills in preparation for school.



Registration is now open for September 2023. Space is limited. Please call or [email today](#) to inquire about registration.

LAKEHILLPRESCHOOL.ORG
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EXECUTIVE DIRECTOR'S MESSAGE



Hello all,

Spring is here and flowers are blooming! What a lively time of year this is for families of young children. My 4-year old is enjoying spotting new bugs and birds, searching for early spring crocuses. and getting every inch of her body as muddy as possible!

VICPA is ramping up for the Making Tomorrow Conference on Saturday April 22, 2023 and seeking a few volunteers to help us with morning registration. Coffee and snacks provided! This is a great chance to give back to the ECE community and be a part of our 40th Making Tomorrow Conference. Drop me an [email](#) for more information.

In appreciation,

~Tori

