

Hey All!

It is September! A new month! I hope you all are doing well. I hope you all are in a rhythm with your students and families, and that everyone is continuously growing and being stimulated in some area of your life. My month has started great! I was able to celebrate my daughter's 17th birthday in Cancun and my cousin's vowel renewal and the whole experience was nothing short of amazingly beautiful. Then back to reality, right!!! But I enjoyed time away from the normalcy of life. I hope you all take time to do the same from time to time. As fall quickly approaches us on Sep. 22nd, I hope you all are planning on some fun fall activities. Feel free to share with me any activities or events that you all are having so I can share them on my social media platform. I am always here to help and support! With Grace & Love, Tevis

Classroom Rules

How do you all establish your classroom rules? Do you allow the preschoolers to help you? Or do the teachers create them on their own?

It's important to:

1. Involve the children-this makes them feel involved, respected and included, and more than likely they will be more willing to follow the rules.
2. Rules should be simple-short, clear, and easy to understand. There should only be 4-5 rules.
3. Rules should be positive.
4. Use visual schedules for students who do not read. This will help them remember.
5. Ensure consequences are immediate and consistent. All things must be fair and apply to everyone.
6. Create routines-this helps students feel safe and comfortable because its predictable.
7. Allow students to use their voices and brains. Ask for their opinions about their classroom.

I hope that some of you who are new to setting classroom rules will find this helpful!



Free Play

Many people wonder why everyone stresses the importance of free play. Why is it so important? We have grown up in a world that is created by systems and structures, it is routine for all of us from the time we come out of our mothers womb. Systems and structures help life run smoothly. So why not have it in the classroom?

Research states that free play = Brain development = language development = problem solving = creativity = physical abilities = social skills = communication skills

Reggio Emilia believed in less structure and more flexibility. He also believes that a classroom should be welcoming and aesthetically pleasing. Inspiration comes from the community, students' cultures, and nature. It is play based learning, allowing students to explore with their hands and their minds. Children are encouraged to use all five senses while exploring.

When playing freely, it allows the children to have the freedom to explore, create, and discover without rules, guidelines, and expectations. This promotes emotional, social, physical, and cognitive development.

Other benefits of free play are:

1. Improved mental health and wellbeing
2. Problem solving skills
3. Emotional regulations skills
4. Helps students safely explore their fears

There are a lot of pluses in free play but that doesn't mean that the teachers aren't involved in that. Teachers are involved because you ask questions; you help them with critical thinking and thinking outside the box.

Suspine Position Or Lithotomy

Lithotomy is when the woman is on her back during her labor time. When a woman is lying on her back, the woman's uterus, which is already enlarged compresses the blood vessels that are most important. This also cuts off the amount of oxygenated blood available to the placenta, which can place the baby in distress. It is very important that when a woman is in labor, she is physically active. The baby is repositioning and descending, preparing itself for birth. The lithotomy position forces the woman to push against gravity during birth. Moving around helps the pelvis to open wider, and during this time it is changing shape, which helps the baby move through. When a medical person requests a woman to be in bed during any part of her labor, it decreases her ability to move, which increases the need for intervention.

Even if you choose a mediated birth, there are plenty of positions that you can be in with the help of your doula, nurse, and support team that will help the laboring process become much smoother.

Ask questions and know your rights.