

February Newsletter

Bragg Creek Education Services Association

Dear Parents,

It's February and that means it's time to check in with IPP goals and see where each child is progressing.

Parent IPP meetings for **PUF** children (codes 42/44/47) are happening at the beginning of the month. We cannot wait to see you again!

Moderate-Language IPP goals will be updated and sent to parents for review and signatures. The next IPP meeting will be in May/June for the final IPP.

Mild-Moderate children's IPP goals go until June and are updated as we go along. At any time parents are welcome to reach out to the team and check on all of your child's achievements to date.

Calendar

- Therapy visits continue
- FEB 2-13 PUF IPP Meetings
- FEB 14 Valentines Day
- FEB 16 Family Day
- FEB 27: BCESA PD Day

THINGS TO KNOW

As always, when the therapists (SLP/OT/BHS) visit your child in the classroom a contact note will be shared with you outlining the goals they are focusing on and activities they have done with your child.

Narrative Skills

Building narrative skill is foundational for your early learner. Please read more about "Simple Ways to Build Narrative Skills at Home," brought to you by our SLP, Hannah Schmitt.



ONE SIMPLE WAY TO BUILD NARRATIVE SKILLS AT HOME



WHAT ARE NARRATIVE SKILLS?



These are the skills children use to tell stories and talk about their experiences in a clear and meaningful way. This includes sharing what happened, putting events in the right order, and explaining their thoughts so others can understand.



THE REALITY

Have you picked up your kids from school or daycare and asked “what did you do today?”, only to be met with silence, or the standard response “I forget” or “I don’t remember”. This is very common for young children. Not only is the question broad, vague, and possibly overwhelming, but often our children have not built their narrative skills enough to be able to appropriately answer the question.

While it is not unusual for kids to struggle with it, it is also an extremely important skill. Evidence has shown that narrative skills in children predicts future academic success in reading and writing and is hugely important for their social and emotional growth.



WHAT CAN YOU DO?



Try this: At bedtime, narrate your child’s day to them. Put it to the tune of a song or just start by telling your child what they did, starting with when they woke up. Continue to do this every night. For the first few nights, narrate their day without asking for help. This gives them a model of how to do it. Show your child how you think back. After a few nights, you can ask for their help remembering, which will sound like “What did we do next? Can you remember?”. If your child is not able to remember, you can fill in the blank for them. If you don’t know everything that happened in your child’s day, take your best guess. This gives them the opportunity to correct you, and tell you what actually happened.



COGNITIVE AND LANGUAGE BENEFITS



This activity is so simple but so powerful! Narrative skills are correlated with improved reading comprehension, executive functioning abilities, vocabulary, sentence structure and a child’s ability to express ideas, thoughts, feelings and share experiences. You are building language skills, memory, critical thinking and problem-solving, and skills necessary to plan ahead and organize information.

SOCIAL-EMOTIONAL BENEFITS

Narrating the day helps children explore and understand their feelings in a safe environment. Discussing highlights and challenges of the day with all of the associated feelings builds empathy and emotional awareness. Storytelling is a calming activity that has been shown to lower cortisol levels (stress hormone) and increase oxytocin (bonding hormone). This helps children sleep more easily and can reduce nighttime anxiety.

Something simple that makes a big difference