

The Early Childhood Chronicle

Issue 9

Dear Readers,

Welcome to the latest edition of ECED's Early Childhood Chronicle.

This issue will take you through some quick symptoms and remedies for common cold during early childhood, towards fostering affection and sense of belonging in family from an early age and then talk about building fine motor skills.

Hope you enjoy the journey. Here's wishing you a very wonderful day and an extremely happy reading!

Warm Regards,

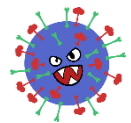
The ECED Early Childhood Chronicle Team



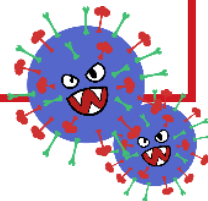
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Common Cold

Runny nose, ear pain, cough, sore throat and slight temperature... yes... winter is here.



As parents and carers it is important to know that— children catch colds more often than adults and can sometimes have several different minor infections with a short recovery period in between, making it feel as though the cold has been going on for a long time! It's normal for a child to have eight or more colds a year because there are hundreds of different cold viruses and young children don't have immunity to any of them as they've never had them before. Gradually they build up immunity and will get fewer colds.



Myths about viral illnesses:

Antibiotics will help – antibiotics will NOT help treat a viral infection-

You can catch the flu from going out in cold weather without a coat, with wet hair or by sitting near a drafty window – exposure to the virus is the only way you can catch it

Avoid dairy if you're sick – milk does not increase cough, sore throat or fevers

Your child must stay indoors if he/she is unwell – going for a short nature walk outside or playing at the park can help re-energise your child

Although, these infections are most commonly self-limiting viral illnesses, they can go on for many days leaving parents and care givers feeling helpless and longing for a “quick fix”. They also cause children to go off their food and have decreased energy levels. If your child is unwell, remember to offer him/her plenty of fluids (water and milk are best), fresh fruit and vegetables and tender loving care when they're feeling grizzly! They may not want to eat and drink as much as usual but even small amounts are useful for them. Keep children comfortable by ensuring your home is well-aired and avoid wrapping them in too many blankets or excess layers so they don't get too hot.

Common symptoms:

Dry cough
Mild Earache
Muscle ache
Mild Sore throat
Sneezing
Runny nose

When to seek help:

Symptoms last longer than a week and seem to be getting worse rather than better

Chest pain or coughing up blood-stained phlegm

Severe earache (irritable child constantly rubbing his/her ear)

Persistent or severely sore throat
Wheeze

Difficulty in breathing
Non-blanching rash

Things to do to help:

- Ensure vaccinations are up to date
- Offer your child plenty of fluids and small amounts to eat often rather than big meals
- Use layers to ensure kids stay warm and comfortable but avoid over layering so they don't feel too hot - generally kids need a layer more than an adult to keep warm
- Ensure children wash their hands regularly with soap and water and cover their mouth when sneezing/coughing

As parents or care givers, we often worry that there could be something more serious going on. Whenever you're concerned, please speak to your health advisor or GP - you are the expert when it comes to knowing your child!

For more information visit : www.nhs.uk

Family Tree

A fun project for you to do with your child

Here is a wonderful project that is perfect for spending a nice family weekend together- a family handprint tree. Children love making handprints because it is fun, messy and allows them to free their ideas. In addition, creating a family tree that is personalised by using your family's handprints makes this extra special, and instils love, affection and sense of belonging...

You will need:

White cardboard or paper
Non-toxic washable paints
Paint brushes



Instructions:

Draw a large, brown tree on paper leaving at least 1/3 of the top blank for leaves.

Paint yours and your children's hands with coloured paint and leave your prints on the sides and top of the tree – these will be the leaves!

When the handprints are dry, write the names and birth dates in the middle of the hand print.

Feel free to include any other information to make it more personal.

Hang the family art on the wall.

Enjoy!





Self Esteem *Building strong children*

Self-esteem is an important component in almost everything children do. Not only will it help with academic performance, it supports social skills and makes it easier for children to make and keep friends. Relationships with peers and teachers are usually more positive with a healthy dose of self-esteem. Children are also better equipped to stick with challenging tasks and complete learning activities. Self-esteem is needed life-long and we need to remember the important role we play to enhance or damage a child's self-esteem.

Parents/carers can support self-esteem by remembering some of the following things:

Always accentuate the positive. Do you ever notice those suffering from a low self-esteem tend to focus on the negative? You'll hear statements like: 'Oh, I was never any good at that'. 'I can't keep friends'. This actually indicates that this person needs to like themselves more!

Give children the opportunity to tell you 10 things they like about themselves. Prompt them to state things they can do well, things they feel good about. You will be surprised at how many children suffering with low self-esteem have difficulty with this task - you'll need to provide prompts.

Avoid criticism. Those suffering with low self-esteem struggle the most when given criticism. Be sensitive to this.



Play and Do *Activities to Develop Fine Motor Skills*



Fine motor skills are very important, they are hand movements such as: holding a spoon the correct way or picking up small objects, e.g. a marble.

Good motor skills are essential for children to be able to use scissors, hold a pencil to write and zip up their coats to name a few. Those who struggle with this often feel less confident when building their independence, which is very important to do at an early age.

There are many activities you can do to help your child build their fine motor skills.

Holding a pencil using a tripod grip: Practice using their index and middle finger and thumb is essential for your child before they start writing or learning to tie their shoelaces.

Playdough activities: Great for strengthening their muscles in their hands by patting, rolling and pinching.

Use of scissors: Helps children build their muscles in their fingers for writing. It is important to let children begin to use scissors by the age of 3 as it is considered a pre-writing skill.

By incorporating activities into your child's daily routine, you can help them develop the necessary skills and therefore, allow them to have a head start before they start school.

Saligrah and the Celebration of Birthdays



Birthdays are a time to think about the meaning of life and to celebrate it as a gift.

In December there are some special birthdays to celebrate:

Salgirah: the birthday of our beloved

Mawlana Hazar Imam

On 13th December 2016 we hope to celebrate Mawlana Hazar Imam's 80th birthday. This is a milestone and worthy of further reflection. We can remember all the amazing work that our beloved Imam has done, over so many years, to make our lives better. We can also think about the 48 Imams that have guided us before Hazar Imam. We will say special *shukrana* tasbihs in Jamatkhana to express our thanks and to pray for many more years of Mawlana Hazar Imam's guidance, generosity and love for us, his *murids*.

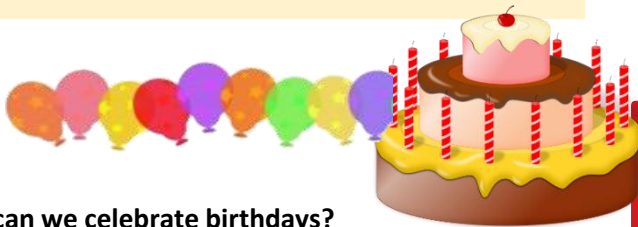


Christmas: the birthday of Hazrat Isa

On or around 25th December people across the world celebrate Christmas as the birthday of Jesus.

In Islam Jesus is referred to as Hazrat Isa ibn Maryam (may peace be upon him) which means 'Jesus, son of Mary'. One of the chapters in the

Qur'an – Sura 19 – is called 'Maryam'. So, as Muslims we recognise and learn about Hazrat Isa and when we celebrate his birthday we can also think about the birthdays of the other Prophets before him: Hazrat Adam, Hazrat Nuh, Hazrat Ibrahim, Hazrat Musa, and of course, Prophet Muhammad - the Prophet of Islam - that came after him.



How can we celebrate birthdays?

Perhaps we can find out more about what Prophets and Imams have done during their lives and think about what we can do to walk along the path they have set out.

- Are there ways we can help other people in our family, at school, in our community and give our time and knowledge generously?
- Can we smile more, be kind and enjoy the days we have together? Mawlana Hazar Imam has talked about Islam being a faith of happiness, and that to be able to smile is a blessing.

When we celebrate the birthdays of our family and friends we can:

- Make our own card using different colours, materials, stickers, or technology. Perhaps we can also think of our own message to write inside.
 - Give a gift that we know will be appreciated. It might be something we have made or bought, to touch, smell, look at or listen to; it might be a new experience or it might be eating our favourite foods together.



Whatever tradition we belong to whichever country we live in, however we choose to celebrate birthdays, perhaps there is a theme that connects all birthday celebrations: expressing thanks for all that we have experienced in the year gone by; being grateful for the people who have been part of our journey and making sincere wishes for our future years so that we can contribute as best as we can whilst we are here.

Jubilee Games for Under 5s

It was a great turnout at the under 5s area during the Jubilee Cup Sports Tournament with about 27 children participating and tons of activities including jungle play zone, ride zone, reading zone and face painting. It also had Rachel Allen come along from MamaBabyBliss yoga centre to do a yoga and baby massage session for the pre-crawlers. And to top it all off, there was a special appearance from Mickey Mouse and Minnie Mouse!



To keep up with the spirit of sportsmanship and competition the area had egg spoon race with race 1: 3-4 year olds and race 2: 5 year olds. These two races ended with bronze, silver and gold medals. To add to the excitement... parents/carers and children also had 3 legged races without medals just for fun!

The Early Childhood Chronicle An Aga Khan Education Board Initiative

Dear Parents,

Did you like the Chronicle, perhaps didn't like it; find it useful or need information on other subjects?
Do you want to read it more frequently?

We'd love to hear your thoughts.

Please take our short survey:

[Survey](#)

A very big thank you to all our writers and contributors for all their hard work, creativity and insights.

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