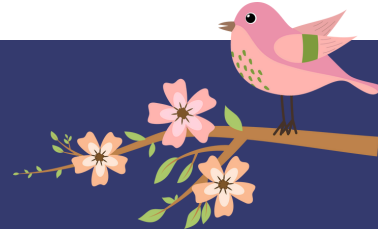


VCCI

March/April Newsletter



Village Child Care **Centre News**

Reminders

Please be extra cautious driving in and out of our parking lots. Parents are always in a rush to get to work and to get home, but they need to watch out for other vehicles and especially children/families walking through our parking lots.

Please don't hold the door open to let strangers enter our building.

This will be the last newsletter this year. In June the summer packages will be distributed (calendars) and summer program information.

Spring Break: If children aren't attending, please let staff know.

If parent information changes such as address, phone number, email or anything relating to your children, please let us know so we can update our files.

Please refer to our website for information and staffing updates. If parents have any suggestions for additions to our website, let us know.

Plan ahead! We will be closing our programs on Monday, June 2 for a professional development day for staff. More info to follow.

Keep extra clothes and socks at the Centre to change into if/when wet from outdoor play!

Important Dates

MAR 31 - APR 4 Spring Break

When calendars are ready, they will be emailed and posted in our Facebook groups.

APR 18 CLOSED for Good Friday

APR 27 - MAY 3 Week of the ECE

History

The Week of the Early Childhood Educator was established by MCCA in 1992, following the release of the national Caring for a Living Study. The celebration is intended to recognize the valuable work of those who "care for a living" by providing early childhood education, family support, and a service that contributes to the social and economic development of our province. It has been proclaimed annually by the Minister responsible for Early Learning and Child Care.

Whether you work in an early learning and child care centre or a family child care home the Week of the ECE is a celebration of the important work we do with children and their families.

Featured Article

The Power of Temperature

Written by one of our staff, Camryn Steer

We've all witnessed children overcome with intense emotions. Stress is a universal human experience, affecting individuals of all ages and stages of life. It can arise from a variety of circumstances, both (seemingly) trivial and significant. When young children grapple with powerful feelings they struggle to comprehend, it can be challenging for their caregivers to determine how best to soothe them. However, the innate biological mechanisms that are underlying stress may also hold the key to managing it effectively.

1 in 12 young children will struggle with leaving a consistent state of physical and mental worrying, this number increases to 1 in 4 by the time children reach adolescence (Kowalchuk, 2022). When stress is excessive and lingers, causing discomfort without necessarily needing a trigger from some outside stimuli/source, it is medically understood as anxiety (APA, 2022). Anyone can experience anxiety and stress, whether you do or do not have an anxiety disorder, and whether you are 3 or 35.

So, What can we do when a child is experiencing a downward spiral of stress? A normal human emotion is completely encompassing them and we don't know how to directly make it stop. The child may be so consumed by the intensity of their emotions that they lose sight of what initially triggered this feeling. What we do know however is that they are not silly for having this emotion, and that experiencing stress and worry is a normal part of development, with limitations.

Therapists and other professionals have been utilizing temperature to stimulate parts of the brain and nervous systems of their clients for years now (Cox, 2022). This practise has been mostly conducted on the vagus nerve. The vagal nerves make up most of the parasympathetic nervous system. It controls and balances things in the body like digestion, heart rate, blood pressure, and respiration. The vagus nerve plays an important role in the bodily functions we do all day, every day, involuntarily (without thinking about it) (Psych Central, 2022). This nerve runs from the medulla of the brainstem and goes all the way down our neck, chest, and bodies until it reaches our large intestine. Like many other systems in the human body, the vagal nerves respond to changes in outside stimuli (Cleveland Clinic, 2022).

Studies have found that, when the vagal nerve is cooled it can lower a persons heart rate & blood pressure, cool them down, and slow their breathing (Richer, 2022, p.7). This is because the blood vessels within the nerve are restricted when cooled (Cox, 2022). The vagus nerve being activated affects many of the functions that are also biologically wired within us to experience changes during stressful events. Think of what adult bodies experience when under intense moments of stress. Sweating, heart racing or palpitations, and heavy breathing often come to mind, these aren't experiences humans grow into, biological reactions to stress is not learned behaviour, and can therefore happen to people of any age.

The easiest way to locate and cool the vagus nerve is to place a cold towel, or cooling pack to the sides of the neck, anywhere from behind the ears to just above where the neck connects to the shoulders. This will not work for every child, every child and person, especially while undergoing stress, have their own preferences. Hopefully, this article is helpful.

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