

Early Start ECD Centre- Nakuru



April 2024

First Term, First Ever

New Children, New Parents, New Staff

The first ever “first term” is just over and we are indebted to the wonderful collaboration of our parents and the larger Free Area community in the service of our children. They arrived one child and one parent but concluded the term as friends and a larger family. What a joy! Our staff could already feel the loneliness without the children for the next four weeks. But it is time to learn at home too!



Our curriculum acknowledges that every child is unique and develops at their own pace. We place emphasis on the elements of learning that align and support the child's developing brain. We are cognizant of the rights of every child and hence we have designed holistic programs to promote children's best interests. Play is especially central in every part of our learning design whether indoors or outdoors. Play is children's work. Through play, children explore the world and stretch their inquisitive mind. We encourage parents to support play at home.

Early Start Africa works with parents and other stakeholders to ensure access to quality early childhood care and education for all children regardless of their contexts.



What we saw

We have witnessed growth in language, self-confidence, social relationships, physical health among other competences in varied degrees for different children. In the course of the term, we received new parents and benefited from everyone's uniqueness. Parents participated in our first parents' engagement forum and shared their joy seeing the children transform in a short period of time.

We look forward to a wonderful second term with new opportunities for children to learn. We will continue to ensure that every child is loved, listened to and served. We seek the cooperation and support from all our parents and other stakeholders as we do this.



Some ideas for you to help your child develop

We know that the task of raising up a child can be challenging in the modern society. But it is equally a huge privilege we have in our hands. Here are some ideas to help you during this holiday.

Show unconditional love

Show your child love through affectionate gestures such as hugs, praises, and acknowledgments of their success

Create a safe and loving home

Do your best to provide proper nutrition for your child and encourage them to exercise and get sufficient sleep.

Encourage play

Encourage outdoor play that uses large muscles, like running, jumping, and climbing. Limit screen time to one or two hours per day. More activity is engaging and healthy for your child.

Read to your child

Reading to your child builds language skills. Point to pictures in the book and ask questions about the story. Find appropriate materials that have pictures and read together.

Use every day experiences as learning opportunities

Narrate what you are doing to stimulate language. For example, count and sort laundry to teach math. Play with food ingredients and textures to promote scientific thinking.

Foster a sense of belonging and self-worth

Teach your child skills like self-control, cooperation, and taking the perspective of others.

Create a conducive learning environment

Be positive, emotionally present, and reassuring when they fail. An environment of love and openness that allows children to fail and learn and be confident.

Communicate effectively

Talk to the child and hear what they have to say before jumping to conclusions. In every conversation, make sure you think from your child's perspective and let them express themselves. Positive feedback is always better than negative punishment or blames.



Please visit school and speak to the administrator should you have questions or concerns about your child or just for ideas. Our centre is a place for all. The task of raising our children belongs to all of us.