

Full Day Early Learning-Kindergarten

This program provides children with the support they need to develop independence, confidence and competence in learning as well as a sense of security and respect for diversity.

Children learn to self-regulate with support

- The full day Early Learning-Kindergarten program provides children with support for learning self-regulation.
- Self-regulation involves attention skills, working memory and cognitive flexibility - the skills required for planning and problem solving.
- The ability to self-regulate, or to put limits on oneself, is central to a child's capacity to learn.
- For many children, requiring constant compliance to adult demands undermines their own abilities to self-regulate.
- Self-regulation is best developed in a play based learning environment.

The ability to self-regulate emotions, behaviour and attention increases over time with age, experience and responsive relationships.

Self-regulation is a central focus because the skills lead to physical, social, emotional and behaviour competence.



Self-regulation is a deep internal mechanism that enables children as well as adults to engage in mindful, intentional and thoughtful behaviour.

Teachers and Early Childhood Educators plan learning opportunities that require children to work alone, in a small group and, sometimes, in a whole group.

Materials are organized so children can manage on their own.

Children are encouraged to plan and problem solve.