



# روضه امباسادور

## AMBASSADOR KINDERGARTEN

INSPIRE INQUIRE INNOVATE

MONTHLY NEWSLETTER - JUNE 2018



## Principal's Note:

Dear Parents,

It is that time of the year when it is time to pack our bags and set off to explore the mysteries of the world!!!

We wish you and your family a safe and happy holiday; and look forward to experiencing the beauty of the unknown through the eyes of our little ones, once they are back after their break. So please don't forget to treasure your memories through lots of photographs, which can be shared by your child with her/ his peers at a later point.

Through our journey of learning and facilitating the same for our children, let us pause and reflect on the following piece of article which throws light to certain aspects that are integral in supporting our children's growth as wonderful human beings, adding to the over-all well-being of the community:

'Don't become preoccupied with your child's academic ability, but instead teach them to sit with those sitting alone. Teach them to be kind. Teach them to offer help. Teach them to be a friend to the lonely. Teach them to encourage others. Teach them to think about other people. Teach them to share. Teach them to look for the good. This is how they will change the world' - Unknown

Adieu till we meet again in September!

With best regards,  
Rashmi Nagendra





## Reading Day- Grandparents

Reading day celebrated at AKG by inviting our dear grandpas and grandmas with amazing stories and experiences to share with our little ones!! Grandparents are like a library....full of good stories!!

## Helping Hands

The donations of toiletries brought in by our generous and humble students were handed over to the hard working labourers busy building our future Ambassador School campus. Indeed... Charity begins at school!



## Environment Day

June 5th was celebrated as Environment Day at AKG to create awareness about the ways to cultivate plants and trees and recycle paper to create paper bags!!





## Father's Day

Father's day on 21st June was celebrated to honour and recognize the unending love and infinite sacrifices of dear Daddies by creating handmade cards pouring in lots of their love and emotions.



## Rainbow Day

Rainbows were seen at AKG by our little ones!! Pre Kg students playing with hues and shades of different colours creating their own Rainbow effect!

## Wow moments – Ms. Ayesha Ms. Aarzo

We had our Science lesson and I was waiting to execute my plan! I had told the children that we would be having a 'surprise visitor' in the UOW centre that day. I had my resources ready and was excited to watch the reaction of my little ones. They did try and guess who it might be and were anxious to find out.

The time finally came when eager faces sat on the UOW table anxious to meet the guest. Finally, I broke the suspense, placed the jar containing the caterpillar in front of them and waited to see the impact. My joy knew no bounds as I watched the children first amazed, speechless and then slowly reacting to the situation. After that, it was a delight seeing them observe intently, hear them talk, discuss and explore.

It was a great hands on experience for the children and a joyful moment for me to see and hear them link their prior knowledge to new learning and talk endlessly about their 'NEW FRIEND.'



# POWER BRAIN PARENTING

## FOR 21ST CENTURY LIFE

Parenting is the most difficult and challenging full time job, but also the most responsible where it is not just brains which are filled but brains which are crafted, enlightened and prepared for the new 21st century life.

‘POWER BRAIN PARENTING’ in collaboration with Ambassador Kindergarten was designed by Dr. Sweta Adatia, to provide insight into the minds of the little ones and shared valuable tips that she has mastered as a subject matter expert in neuroscience, to help rear children in the best possible way.

Parenting is an art and science and with effective knowledge, its application one can ensure that the babies are grown with whole brain development contributing to a healthy, happy and harmonious society. “Every year of a child’s life is precious, but when it comes to development, the first five years are the most important. This is when a child becomes the person they are going to be. It is when they learn appropriate behaviour, boundaries, empathy and many other important social skills that will remain with them for life.” She emphasized. “Also it’s not just after the child is born or the first 5 years which is all that matters, the whole impression formation happens quite early during pregnancy. All of us want our children to grow up to their best and believe me the preparation should and must start from the womb.”

The experiences in the first five years are crucial for the development of social skills, personality, cognitive skills, thinking skills, decision-making, ability to concentrate and behaviour.

The session introduced parents to the critical sensitive periods of growth, focusing on the impact of digital technology; disruption that parents face and as well as the advantages of wise and judicious use of the digital platform and interactive technology.

She touched upon an important area of providing an environment where the child is stimulated to learn new things. The critical sensitive periods of life when the brain is in the most receptive ability with ability to capture all the experiences quite vividly is very important to note. Particularly at 3 years the neuronal synapses go from 2500 synapses per neuron to over 15000 synapses per neuron. We need to provide adequate sensory simulative environments to the children at this stage. They can very well mimic behaviours that adults display with the fundamental of so called mirror neurons and hence parents have



to be extremely careful in this regards to not show case anger, frustration, negative emotions or fights in home environment. The synapses grow almost at the rate of 700 / second and hence providing them with adequate sensory experiences is must and every minute counts to it.

“Playgrounds nowadays are deserted, even on weekends. Parents – and children – are choosing the exciting, quick-response video games or phone videos that are very visual, and children up to the age of 5 translate their environment from the things they see rather than the things they hear or feel and touch. Believe me that experience cannot match touch and feel of the old age books or story times.” However exciting a game is; video, iPad or any gadget, children will always prefer to spend time with parents. And hence giving effective and quality time to children is a must. An average child spends globally about 5 to 6 hours on screen which is deleterious to the brain growth. That robs them away from many more experiences like movement, touch and feel. Children who engage in fewer movement skills are more prone to difficulties later on. We look forward to you sharing quality time with your children during the summer holidays and ensure a screen discipline for your family.

“I cannot better stress this as I am afraid what kind of society we shall move into if technology would replace human interaction. We do not want robots to be leading us and taming our brains. The day is not far if we do not rise to this clarion call of change.” She added.

Bringing up whole brain children is not completely about genetics, it is also about mechanics showcased by the parents. Parenting is never a part-time activity but a whole hearted full-time every day dynamic role - not only to bring up the best child for the family but also to nurture the best citizen; a ‘global human’ who showcases empathy, walks the world with grace and builds a peaceful and harmonious society

Being a Neurologist passionate about brain functions, I cannot more stress on pleading parents to consider some fundamental scientific approach to parenting. And believe me all the change rests on the saying : “Knowing is knowing & Doing is doing.”



Power Brain Parenting  
**Dr Sweta Adatia,**  
 Neurologist & Career Coach  
 Arabian healthcare group  
 Dubai, UAE  
[www.drswetaadatia.com](http://www.drswetaadatia.com)

