



Lincoln Nursery School

SUMMER



Places to Experience in the Sculpture Park

Lars Fisk, "DeCordova Ball," 1999

"Since 1995, Lars Fisk has re imagined familiar and common-place objects—from trees to tractors—into spheres. As a basic, accessible form, the sphere provides Fisk with a formal framework to compare vastly disparate elements in our everyday lives. By transforming objects into balls, he encourages viewers to reconsider their surroundings and questions how we might recognize something by seeing it for what it is not."

- thetrustees.org

Yesterday's All School Celebration was lovely! Thank you to Rubi Lichauco for planning the celebration and to the children for engaging with the singing!

Now that Summer Time is upon us, we offer a few "Summer Tips":

- Stay hydrated
- Use sunblock
- Limit adult screen use in front of children
- Limit children's screen time - Bring Back Boredom

Recently, we listened to a Brookings webinar, "Screens and children's well-being: The latest evidence of technology's impact on mental health and education." We wanted to share some highlights with you! Concern was expressed about the data used in the book, *The Anxious Generation* by Jonathan Haidt. Many parents and book groups are reading this book now. Another book on the same topic, but with a different perspective, was recommended: *The Mediatrix's Guide: A Joyful Approach to Raising Healthy, Smart, Kind Kids in a Screen-Saturated World*, by Michael Rich.

For very young children experiencing a social world, building social connections is most important. There is nothing more important than conversations. We don't always recognize how interactive we are with our phones & devices. Screen usage is a byproduct of how we currently navigate the world. When we look at our screens we break the social connection; the "serve and return" of conversation with our child is interrupted.

We can't ignore that technology is a part of our lives and it has allowed us to advance in so many ways. So, how can we strike a balance between digital and human interaction?

- Mindfully put away our phones when we are with our children so the temptation to respond to "the ping" is not there.
- If using screens, consider things which can foster critical thinking. Weston Woods/Scholastics offers true to book videos of many children's stories. Mad Libs has an app which can be used to create funny stories together while waiting at a restaurant or doctor's office. Circle Round shares folktales through stories and music which are engaging for children and/or families to listen to.

And most importantly:

- "Bring Back Boredom"! - allow children (and ourselves) time with nothing planned or presented (screens, activities, etc.)

As we look ahead to the summer, let's schedule down time for our children - unstructured time for the children to play! Initially, you may hear, "I'm bored." Try not to react to this statement and solve their boredom. Let children sit with the feeling of not knowing what to do. This is the space where imagination and creativity have an opportunity to develop. Give children the gift of time and they will play!

We hope you get to play too! Have a wonderful summer!

Nancy & Sisy

