

COUNTY PLACE

EARLY LEARNING & CARE CENTRE

OCTOBER 2026 NEWSLETTER

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SPECIAL DAYS

October 2 - Fruit Salad Day (Children can bring their favourite fruit to add to our fruit salad)

October 5 - Blue Shirt Day (Bully Awareness)

October 9 - Yoga Day

October 12 - CLOSED - Thanksgiving

October 16 - Mr. Matt music day

October 21 - ECE Appreciation Day

October 30 - Halloween celebration

HAPPY BIRTHDAY

Joshii - October 2 - 2 years old

Korbyn - October 5 - 4 years old

Maria - October 11 - 5 years old

Arthur - October 17 - 1 year old

FROM THE OFFICE

On October 30, we will have a small Halloween celebration with the children. Costumes are welcome, and if you want to bring treats for the children, please bring by the 28th.



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PARENT CORNER

OCTOBER IS ADHD AWARENESS MONTH

ADHD in children commonly presents as inattention, hyperactivity, and impulsivity, with symptoms varying by age and type.

Core Symptoms

Children with ADHD typically show a combination of the following behaviors:

Inattention: Difficulty sustaining focus on tasks or play, frequent daydreaming, forgetfulness, trouble following instructions, and making careless mistakes in schoolwork or daily activities. They may struggle with organization and completing tasks on time, often appearing easily distracted.

Hyperactivity: Constant motion, fidgeting, difficulty staying seated, excessive talking, running or climbing in inappropriate situations, and trouble engaging in quiet activities.

Impulsivity: Acting without thinking, interrupting conversations, difficulty waiting for a turn, grabbing objects from others, or speaking out of turn. Impulsive behaviour can lead to accidents or social challenges.

Types of ADHD

ADHD is classified into three main types based on symptom patterns:

- **Predominantly Inattentive (ADHD-I):** Mainly shows inattention symptoms, often less noticeable than hyperactivity, and may be underdiagnosed, especially in girls.
 - **Predominantly Hyperactive-Impulsive (ADHD-HI):** Primarily hyperactive and impulsive behaviours, often disruptive in school or social settings.
 - **Combined Type (ADHD-C):** Exhibits both inattentive and hyperactive-impulsive symptoms, which is the most common form.
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Age-Specific Considerations

- Toddlers and preschoolers: Symptoms may appear as excessive activity, trouble focusing, or behaviours different from peers. Diagnosis is usually not made before age 4, but early signs can be observed.
- School-age children: Inattention becomes more noticeable with academic demands. Hyperactivity and impulsivity may disrupt classroom activities and social interactions.
- Adolescents: Symptoms may persist, sometimes with reduced hyperactivity but continued inattention and impulsivity affecting school performance and relationships.

Impact on Daily Life

ADHD can affect multiple areas of a child's life, including:

- Academic performance: Difficulty completing assignments, following instructions, and staying organized.
- Social interactions: Challenges in making and maintaining friendships due to impulsive actions or inattentiveness.
- Home routines: Struggles with chores, daily tasks, and following family rules.

When to Seek Help

If a child consistently shows these behaviors across multiple settings (home, school, social environments) and they interfere with daily functioning, it is important to consult a pediatrician or mental health professional for assessment and guidance. Early diagnosis and intervention can improve outcomes and help children develop coping strategies.

