

August 2021

**THE MOST IMPORTANT TIME
IN YOUR CHILD'S LIFE:
GOLDEN PERIOD**

Heguru Program: EYE TRAINING

Article:

**HOW TO HELP YOUR
TODDLER OVERCOME THEIR
FEAR OF THE DARK?**

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Greetings

Dear parents,

Warm greetings to all of you!

I hope you are enjoying your learning time at home with your child. I am so delighted that you are part of our amazing learning family. I welcome and value your positive energy and dedication to excellence in education, and it is an honor for me to serve you and your children.

All signs point to another incredible and productive school learning this month. I received many positive testimonies, remarkable testimonies that become our energy to always do our best everyday through Heguru Learning Method.

Our skilled and devoted staff is planning and preparing for your child's need all the time. They are enthusiastic to welcoming new families, ordering needed materials and updating your child's files. We are indeed a joyous and caring team with the common goals of nurturing responsible, caring students and promoting high-level learning.

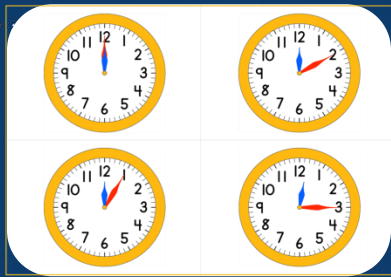
Thank you for all of your support to Heguru Academy. We definitely look forward to meeting you all again in Heguru class. Have a productive learning with Heguru Academy.

Warmest regards,
Mr. Suryanto Lim
Principal Heguru Academy



Announcement

STAYATHOME SALE 30%



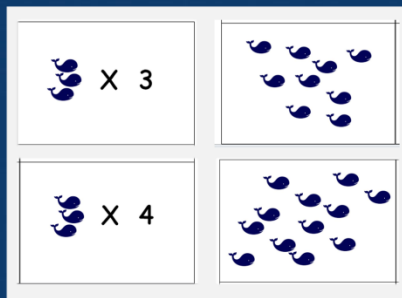
CLOCK CARDS



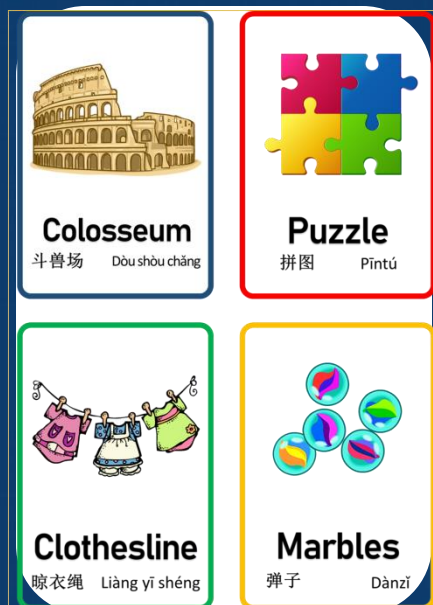
PEG MEMORY



FLAGS CARDS



MULTIPLICATION



MEMORY CARDS

Article

HOW TO HELP YOUR TODDLER OVERCOME THEIR FEAR OF THE DARK?

Does your toddler have difficulty sleeping in the dark?

Toddlers may suddenly have a fear of the dark and it is likely because they are at an age when they start to have a sense of imagination but unable to differentiate between reality and fantasy. Things that they come across in storybooks or videos may become real to them, or their sense of imagination may make them fearful of what is underneath the bed or the shadow cast by a chair. Fear is a normal part of life, and the fear of the dark is common for children since nighttime is a time without distractions (giving imagination more time to run free).

Here are 12 tips to help your toddler overcome the fear of the dark!

1. Acknowledge the fear

The fear of the dark, and the “monsters” that your toddler tells you about, may seem irrational to you. However, brushing it off or commenting that your toddler is silly, may make the child less likely to share with you his fears (which still remain). A more respectful way is to acknowledge the fear and adopt a supportive attitude to overcome this fear.



2. Be a Detective on what triggers the (fearful) imagination

Observe what your toddler may have come across that fires up his imagination that it is scary at night. Is it a book that he has been reading? Is he watching a video with your older child about aliens that make him feel scared? Is there an event at home or in school that makes him feel scared? It helps to find out what your toddler has been exposed to so that you can help to address (and remove) the source of fears.

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3. Do not add fuel to your child's imagination!

Likewise, observe your speech as well as that of other family members and caregivers. Do not make statements like “the green monster will come and get you if you do not eat your peas!”. Some well-intentioned parents may help to fight off the “monster” when the child is scared, but that is also reinforcing the idea that the monster exists.

4. Create a soothing bedtime routine

About one to two hours before bedtime, be sure that the activities are calming and joyful ones, not exciting or scary ones. Watching cartoons, or peek-a-boo are more appropriate as late morning activities while reading a calming book or chatting with stuffed friends are more suitable for the evening.

5. Avoid sugary foods and drinks before bedtime

While your toddler should not be consuming sugary foods and drinks at all, it is even more important not to do so before bedtime. Sugar may cause your toddler to be more awake and harder to fall asleep.



6. Overcome the fear without sleeping with another family member

While a short-term solution for the night may be sleeping with you, or an older sibling, it is not a long-term solution. The fears may not go away after a night of a sleepover, or even a week if the reason that your toddler feels fearful of the dark remains. It is better to listen to what your child is saying about his fears and support him by working out a solution together.

7. Empower your toddler

Ask your toddler what he needs to feel safe at night. If it is a night-light, blanket or stuff animal, you can get one together. If you are getting a nightlight, get one that is safe and accessible to the toddler; it is also important to get one that does not have light shining right into your toddler's eyes, thus one which can be turned downwards or away from the sleeping area is better.

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8. Reward your toddler for his courage

You can also work out a reward system whereby every night of bravery earns a special reward, thus gradually boosting your toddler's confidence. The rewards for toddlers should be kept simple and visible, and easy to understand.



9. Be in your toddler's shoes

You can dim the lights at nighttime and try sleeping where your toddler normally sleeps. Is there any shadow or sound that may look scary or sound eerie? Sometimes, a certain shadow cast by a chair or decoration on a shelf, or certain sounds by the neighbor at times may be scary to the toddler.

10. Have fun in the dark

You can try to get your toddler to enjoy having the room dark and playing with shadows – it is fun to make animal shadows or you can get a shadow flashlight with plastic covers that project different shapes and colors. Having fun in the dark can change what the dark means for your toddler.

11. Schedule physical activity in the day

Another way to help your toddler sleep better is to schedule sufficient exercise in the late morning or early afternoon. Avoid going to bed too tired or sleeping too much during the afternoon.

12. Read a book

Young children tend to relate better to storybooks. Well, you can try looking for books that could potentially help them to overcome their fear of the dark. Check out these two books "The owl who was afraid of the dark" by Jill Tomlinson or "Can't you sleep, little bear" by Martin Waddell.

Source: <https://thenewageparents.com/fear-of-dark-toddler/>

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Testimony

a letter for Heguru

Good morning Mr Suryanto,

This is the outcome of joining Heguru.

Kimi learns and understands things very fast. Currently, she is 5.5 years old and going to attend primary 1 on Monday, 26 July 2021.

She supposed to be in Kindergarten, but she skipped it and goes straight to P1 with the almost perfect result test. She didn't go to school for a year, but her intellectual and number skills developed from working on S1 and S2 workbooks.

Thanks to Heguru
Ms. Ria – Kimi's Mom



Birthday of the Month

Kayrene Anette D.
2-August-2017

AA S L Alisa Widjaya
9-August-14

Reinhart Orlando L.
28-August-2015

Conrad Hartaja
31-August-2017

Sharon Araya T.
8-August-2017

Olivia Victoria
21-August-2018

Reign Dawis
8-August-2018



Bryan Johnson I.
16-August-2018

Sebastian Simon
27-August-2017

Alessa Joanne
18-August-2017

Michael Kurniawan
14-August-2015

Materials Knowledge

EYE TRAINING

Eye training program focuses on developing visual senses. It helps to train the agility of the eyes of children by catching on the movement of object that moves very fast.

The goal is to help children to strengthen the focus and concentration. Eye training is the basic training to achieve photographic memory.



Calendar of the Month

August 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Dates to Remember

7,8,9 August 2021

Promo 8.8

17 August 2021

Independent Day

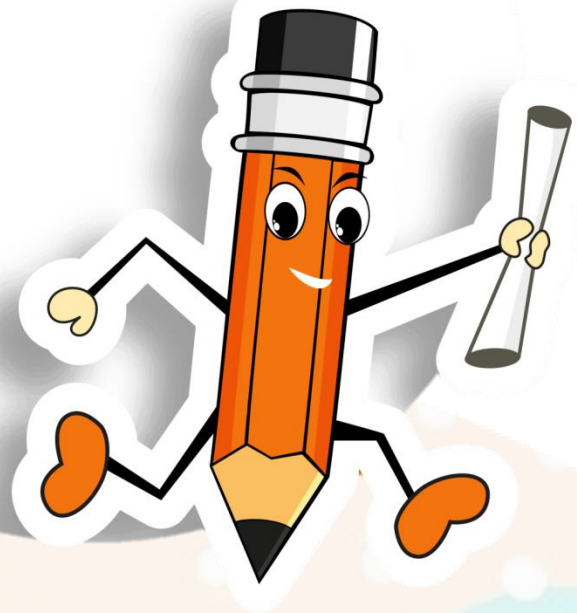
WEEKLY ZOOM WEBINAR for parents session
*please confirm with Administrator for date and availability

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