

Ontario Early Years Centre Monthly Newsletter



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Ontario Early Years Centres



A Place For Parents And Their Children.

Helping Children Build a Solid Foundation

CROW is dedicated to supporting and strengthening childcare, family life, child development and community links in Lanark County

Children's Resources on Wheels is a United Way Member Agency.



National Volunteer Week is April 19 – 25.

The theme this year for the 36th annual National Volunteer week is “Celebrating People in Action”. Children’s Resources on Wheels would like to recognize and thank those individuals who dedicate themselves to volunteering in our community.

Sometimes we may ask ourselves “does my volunteer work really make a difference”? Marian Wright Edelman eloquently answers this question: “We must not, in trying to think about how we can make a difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.”

We would like to wish Sandy Keeler, our acting Executive Director, good luck and best wishes in her next endeavour.

We would also like to welcome back Sue Cavanagh, our Executive Director. Sue has been on a sabbatical for one year.

Reminder: The Ontario Early Years Centre will be closed Friday, April 10 and Monday, April 13 – Good Friday and Easter Monday.

Welcome to the world of MOPS (Mother of Preschoolers). MOPS is a dynamic program designed to nurture mothers with children from infancy through kindergarten. MOPS is here to come along side you during this season of mothering and to provide you with support and resources offering tips and discussions about parenting, marriage, health, money matters and more. A support network of women who share the common bond of raising exceptional children. Come and join us at the old Smiths Falls High School 2 Gould Street, on the 2nd and 4th Thursday from 6 – 7:30 p.m. For information call Smiths Falls Free Methodist Church 613-283-5383.

Please Note: If you would like to receive the newsletter electronically please give us a call with your email address.



The Ontario Early Years Centre & Licensed Child Care are programs of Children's Resources on Wheels (CROW)

Provider's Page
Submitted by CROW Licensed Child Care

Knowing What To Expect

"I found out toddlers are naturally curious and love to explore the world around them. Now I can be more patient when my 15 month old gets into everything. Now I understand she's not just doing it to make me mad; exploring is an important part of her growing up." The father who made this comment after taking a short workshop in child development had learned an important lesson: if you know what you can realistically expect from children at different stages of development, you won't feel as frustrated or disappointed. It gets easier to be patient.

Development and discipline

Discipline becomes easier when you understand what a child's needs and capacities are at different stages. For instance, the father of the 15 month old started directing her to places where she could explore without damaging anything. He filled the bottom drawer in the kitchen with safe and appealing objects. Because he understood what she was learning, he could satisfy her curiosity and his own need for order at the same time.

Understanding difficult behaviour

Awareness of developmental stages can give useful insights into difficult behaviours. Many parents and providers find it upsetting when a two year old refuses to share the toys. Two year olds like the company of other children, but in this stage of their social development, they are discovering and practicing the meaning of "this is mine!" To minimize conflict, expect to stay close to help children of this age get along when they play in a group. Learning to share will come when they're older. Don't be surprised when a two year old loses control and has a tantrum. At this age, children still have trouble controlling their strong emotions and are easily overwhelmed by frustration. They want to do things for themselves, but are physically unable. They want to do things their way, but may not have the words to tell you how. Let your understanding give you patience.

Different timing, similar sequence

We know different children reach developmental milestones at different ages: one child walks alone at 10 months and another at 15 months. However, the order in which they accomplish the various stages will be quite similar: a child must be able to walk alone before being able to run and kick a ball. Toddlers start by playing beside one another before they are ready to really play with one another. Each stage builds on the one before.

Individual differences

Individual differences mean each child develops at his/her own pace. For instance, some children are able to learn colours earlier than others. The same child may be ahead of others in physical abilities, but be slower in emotional development. Cultural variations in childcare practices will also make a difference. Recognizing this diversity, developmental charts give an age range within which behaviours typically appear, rather than specifying an exact age.

Development through play

Young children achieve their development potential through play. Adults help most by giving children the opportunity to experiment with materials and activities appropriate to their developmental stage. A simple obstacle course of boxes and chairs for a crawler, tumbling mats and a small slide for toddlers, a more complex climber for an active preschooler. All these allow children to practice their physical abilities at their developmental level.

Identifying problems

Some differences in rate of development are considered normal. On the other hand, milestones are important enough that children who do not achieve them within the expected age range should be checked by a professional. If there is an underlying problem, the earlier it is identified, the more effective help will be.

Becoming informed

You can learn about child development in many ways: books, magazine articles, videos, workshops, parenting courses, playgroups at Early Years Centres, websites – ask at your local Early Years Centre or library to find resources in your community.

Literacy Page

Introducing abc123 videos for parents

Helping your child improve his/her reading, writing and math skills is as easy as abc123 with new video resources, now available in English and French.

A – Apply what your child learns in the classroom to regular activities at home.

B – Bring reading, writing and math skills into your family’s everyday life. That could mean counting items at the grocery store or reading signs while you take a walk.

C – Check out ontario.ca/abc123 to view video podcasts and watch real families like yours using some of the practical ideas to help their children learn.

1. There’s only **one** requirement for watching the video podcasts: a computer with a media player, such as Windows Media.
2. **Two** new videos will be posted every month – so bookmark the abc123 website and keep checking in for simple ways to help your children learn.
3. You can view the video podcasts in **three** different ways:
 - ⇒ Watch them online
 - ⇒ Download them to your computer
 - ⇒ Put them on a mobile device with video capabilities (such as an iPod)

Complete instructions about how to download the videos are available at ontario.ca/abc123

Beside the video podcasts, the abc123 website offers tip sheets and guides for parents who want to help their children improve their skills in reading, writing and math. These tips and guides are available in English and French.

View the full text at: <http://www.edu.gov.on.ca/abc123/eng/podcast/>

If you have questions call 1-800-387-5514 or contact them at openlist@edu.gov.on.ca



Parenting Page

Building Your Baby's Brain

By Diane Trister Dodge and Cate Heroman

To give your baby the best start in life and a healthy brain, keep these ideas in mind:

- Ø what you do with your child, good or bad, can affect how his/her brain grows and develops. It takes 15-20 years for a child's brain to grow to its full size, but most of the connections are made in the early years.
- Ø Take care of yourself, both before and after your baby is born, by eating healthy foods, getting daily exercise, having regular check-ups, and trying to stay calm.
- Ø Help your child to feel safe and secure by responding to his/her needs, staying calm, and reassuring him/her when he/she is frightened.
- Ø Touch, cuddle and hold your child to let him/her know you love him/her and to help him/her calm down.
- Ø Provide lots of sensory experiences – tasting, touching, seeing, hearing, and smelling. These experiences build the connections that build your child's brain.
- Ø Ask your doctor to check your baby's eyes during the first few months.
- Ø Build a relationship with your child. Children who form attachments to a few special people in their lives are more likely to grow up to be people who feel secure, can relate well to others, and are ready and eager to learn.
- Ø Talk, sing, play music, read, tell stories, touch, and play with your child every day.
- Ø Take the time to find a child care centre or preschool program that is warm loving, and safe. Don't settle for less.
- Ø Take your child to playgroups offered by Early Years Centres.

To protect your baby's brain and healthy development:

- ü Avoid alcohol, drugs, and smoking during pregnancy.
- ü Never shake or throw your baby in the air.
- ü Make your home safe.
- ü Take your baby for regular check-ups.

Adapted from www.teachingstrategies.com

Tips For Confident and Effective Fathering

Raising children, is not just a mother's job, but very often people mistake it to be just that. Father's-to-be are always apprehensive about their newborns but it is worth the effort to be close and connected with your little ones because, father's influence children in a big way. Here are some tips that can help you be a **confident and effective father**.

- Be close to your children right from their birth. This will increase your sense of responsibility and spontaneity towards them, In fact, you will learn to manage crisis situations.
- Never pass on your responsibilities to your wife because you need to contribute as much as she does in taking care of your children.
- Try solving the problems of feeding and cleaning the children on your own.
- Don't depend on your spouse to deal with all the difficult situations.
- Whenever your children insist on allotting jobs for their mother because they like it that way, resist and allow yourself to take charge of those duties as well. For example, reading bedtime stories etc.
- Your wife needs to take a break, so act immediately when your child needs attention. After all, it's all about living in harmony and sharing responsibilities.
- Set limits with your children. It will teach them how to respect others and their respective boundaries.
- Do not completely rely on your partner to search for alternatives and solutions to problems related to your children. Come up with your genuine concerns and suggestions that will help resolve issues as a family.
- Participate actively in household activities like, cooking, cleaning the house or gardening.
- Develop your parenting skills like, listening, nurturing, playing and limit setting.
- Try instilling values in your children by spending quality time talking and sharing experiences and opportunities with them.
- Work on your relationship with your partner and don't let the pressures of raising your children affect you both in a negative way.

Be patient and cooperative while dealing with your children and partner. You, as a father, should be an equally effective and responsible parent. Confidence can be developed if you are willing to share the responsibilities of taking care of your children.

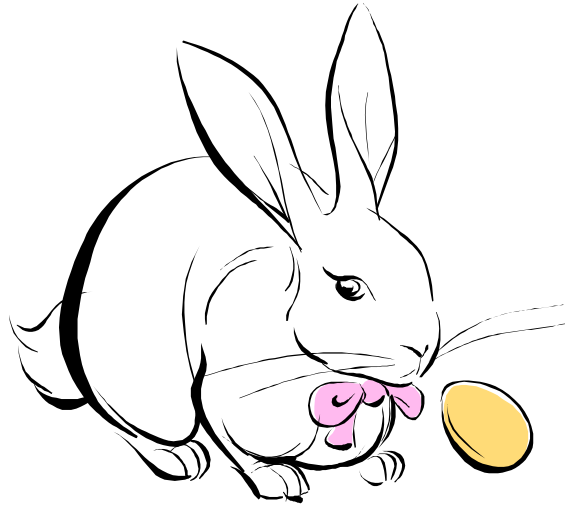
Adapted from parenting.ygoy.com/tips-for-confident-and-effective-fathering

The Ontario Early Years Centre is offering a workshop for fathers. Come and join Rob Burns on April 15, 7 – 8:30 p.m. to learn why fathering is important and why fathering is important in the development of children. You must pre-register by calling our centre at 613-283-0095.

Songs, fingerplays and crafts

Easter Bunny Ears

You need: construction paper (pink, white and/or brown), scissors, stapler or tape and glue.
Cut bunny ears shapes out of construction paper, pink pieces should be slightly smaller. Glue pink pieces onto white/brown pieces. Measure your child's head and cut out a band to fit, it should be approximately 2 inches wide, staple or tape ends together. Attach ears to band.



Handprint Lilies

You need: construction paper (green for leaves, and your choice for flower colour), straws, scissors, pencil, scotch tape. Pipe cleaner is optional.
Trace your child's hand onto a piece of construction paper rounding out the palm. Cut out hand print. Roll the palm into a cone and tape. Use a pencil to twirl out the fingers to make the shape of petals. Put straw through bottom of flower and tape flower to straw. Cut out green paper to make leaves and tape at base of flower to straw. Cut 2" piece of pipe cleaner and put into the top of the straw. Make one or make a bouquet.

How does the Easter Bunny travel?
By hare plane!

Rocking Chick

You need: a paper plate, yellow paint/markers, orange paper, scissors, googly eyes, yellow feathers and glue.
Paint or colour paper plate yellow, let dry. Fold the plate in half, with colour on outside. Cut a triangle from the orange paper and fold in half to make the beak. Glue beak across the fold on the paper plate. Glue on eyes and feathers to each side.

I'm a little chicken (tune: I'm a little tea pot)
I'm a little chicken, ready to hatch
Pecking at my shell
Scratch scratch scratch
When I crack it open, out I'll leap
Fluff up my feathers and
Cheep cheep cheep

Save those dyed Easter egg shells! Draw a picture, spread on glue and sprinkle egg shells and you have an EGGcellent mosaic!

3 Easter Bunnies (tune: 3 Blind Mice)

3 Easter Bunnies, 3 Easter Bunnies
Hip hip hop, Hip hip hop
With baskets full, they hop around
They hide their Easter Eggs on the ground
They hop away without a sound
Hip hip hop, hip hip hop

Why did the Easter egg hide?
He was a little chicken!

Playgroups

Please note: We are closed April 10 and 13 for Good Friday and Easter Monday.

Day	Location	Time	Staff	Dates
Monday	Almonte	10:00 - 11:30	Leanne	April 6, 20, 27
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	April 6, 20, 27
Monday	Smiths Falls	9:00 – 11:00	Lori	April 6, 20, 27
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	April 7, 14, 21, 28
Tuesday	Lanark	9:30 – 11:30	Jane	April 7, 14, 21, 28
Tuesday	Smiths Falls	9:00 – 11:00 5:00 – 7:00	Lori	April 7, 14, 21, 28
Tuesday	Stanleyville	10:00 – 11:30	Linda	April 7, 14, 21, 28
Wednesday	Almonte	10:00 – 11:30	Leanne	April 1, 8, 15, 22, 29
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	April 1, 8, 15, 22, 29
Wednesday	Perth	9:30 – 11:30	Jane	April 1, 8, 15, 22, 29
Wednesday	Ramsay	9:30 – 11:00	Linda/Janet	April 1, 8, 15, 22, 29
Wednesday	Smiths Falls	9:00 – 11:00	Lori	April 1, 8, 15, 22, 29
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	April 2, 9, 16, 23, 30
Thursday	Clayton	10:00 – 11:30	Linda	April 2, 9, 16, 23, 30
Thursday	Lanark	9:30 – 11:30	Jane	April 2, 9, 16, 23, 30
Thursday	Montague	9:30 – 11:00	Leanne	April 2, 9, 16, 23, 30
Thursday	Smiths Falls	9:00 – 11:00	Parent run	April 2, 9, 16, 23, 30
Thursday	Smiths Falls – old high school	9:30 – 11:00	Lori	April 2, 9, 16, 23, 30
Friday	Smiths Falls	9:00 – 11:00	Parent run	April 3, 17, 24

Food Sensitivities: Playgroup participants!! Please avoid bringing snack foods that contain or may contain traces of nuts.

Upcoming Events

Topic: Fathering – why it is important	Date: April 15
Place: Ontario Early Years Centre, Smiths Falls	Time: 7 – 8:30 p.m.
Topic: Coping With Multiple Births	Date: April 22
Place: Mississippi Mills Public Library - Almonte	Time: 6:30 – 8 p.m.
Topic: Autism/Aspergers Information evening	Date: April 29
Place: Ontario Early Years Centre, Smiths Falls	Time: 7 – 8:30 p.m.
Topic: Learning Begins – Infant Brain Development	Date: May 6, 13, 20
Place: Ontario Early Years Centre, Smiths Falls	Time: 6 – 7:30 p.m.

Pre-registration is necessary. Please call 613-283-0095 to register.

The Back Page

Mom, it's OK I jumped in the mud puddle. I had my boots on.

Children's Resources on Wheels Staff	
Ontario Early Years Centre	Licensed Child Care
<p style="text-align: right;">EXT</p> <p>Michele Aunger, Data Analysis.....316</p> <p>Diane Bennett, Administrative Assistant.....313</p> <p>Kathy Boelsma, Early Literacy.....312</p> <p>Emily Cassell , Data Analysis, maternity leave316</p> <p>Sue Cavanagh, Executive Director303</p> <p>Linda Cybulski, Playgroup Facilitator304</p> <p>Leanne Dwyer, Playgroup Facilitator318</p> <p>Janet Wheeler Lackey, Toy Library/Resource.....311</p> <p>Linda Lalonde, Reception300</p> <p>Pauline Levesque, Office Support305</p> <p>Dayna McCumber, Parent Ed307</p> <p>Deb McGuire maternity leave307</p> <p>Issie Mullen, Playgroup Facilitator311</p> <p>Jane Paul, Playgroup Facilitator305</p> <p>Lori Wintle, Playgroup Facilitator310</p>	<p style="text-align: center;">EXT</p> <p>Kelli Cassidy, Director 309</p> <p>Sherry Harder, Administrative Assistant 301</p> <p>Janice LePage, Home Visitor 306</p> <p style="text-align: center;">Lanark County Child Care Programs</p> <p>Licensed Home Child Care offers home based care throughout Lanark County for children ages 6 weeks – 12 years.</p> <p style="text-align: center;">Caregivers Needed</p> <p>We are currently taking applications throughout Lanark County. Contact us for more information.</p> <p style="text-align: center;">Lanark Village Child Care Programs located at Maple Grove School</p> <p>Preschool Program</p> <p>Joe Ann Hodgins, Supervisor.....613-259-3389</p> <p>Catherine Cole, Cook613-259-3389</p> <p>Barb Bonsall613-259-3389</p> <p>School Age program</p> <p>Nikki Dailey.....613-259-3389</p> <p>Mary Rose Corbett.....613-259-3389</p>

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