

Ontario Early Years Centre Monthly Newsletter



Volume 7, Issue 4 Dec. 2009

THIS ISSUE

Provider's Page 2
 Literacy Page 3
 Parent Page..... 4
 Do's and Don't's of Holiday
 Decorating..... 5
 Crafts 6
 Songs and fingerplays..... 6
 Playgroups, fall workshops..... 7
 How to reach us..... 8

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

Website: www.crowoeyc.ca

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



Setting a budget is the key to a stress-free holiday. You can do it. Here's how:

- Calculate how much money you have to spend (real money – not credit).
- Make a list of all anticipated expenses, including gifts, food, drinks, wrap and events.
- Determine how much to allot for each item. If the total exceeds your available cash, go back and reduce the amounts until they match up. Be ruthless!
- Use a small notebook to track your spending. Record all purchases, with a running total. One of the biggest reasons people overspend is simply because they don't pay attention.
- Trim your list by suggesting to extended family that gifts be given only to the children or have adults draw names.
- Share the expense. Go in with a sibling to buy a gift for your parents.
- Suggest kids make gifts. They might burn CD's of favourite music, make simple bracelets or ornaments, or frame their paintings or drawings. They can also promise chores or events, such as a tea party with Grandma or shoveling the walk for Dad etc.
- **Go big.** Is there a big ticket item the kids are desperate for? Cut back on individual gifts in place of a family one.

The staff at the Ontario Early Years Centre and CROW wish all a happy and safe holiday season.

Children's Resources on Wheels is happy to announce that we have a new website. Check it out at www.crowoeyc.ca You will find a current listing of web links, announcements, newsletter, licensed child care, and much much more.

Illness/Sickness: Please do not attend playgroup if you or your children are sick or have a cough, fever or any flu symptoms. People will be asked to leave the playgroup if they or their children are sick or are symptomatic. Please use hand sanitizer, which will be provided, upon arrival at the playgroups. For more information go to www.fightflu.ca

CRIB RECALL: Stork Craft has recalled more than 2 million drop side cribs. Contact Stork Craft 1-877-274-0277 or www.storkcraft.com for more information.

Please Note: If you would like to receive the newsletter electronically please send an email to oevclanark@bellnet.ca or 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

Helping Children Grow and Develop

Providing a supportive learning environment and activities...

Children learn about themselves and their world through their daily experiences with the people, environment and events around them. Children's daily experiences have a significant effect on their growth and development and that is why parents and providers play such an important role in helping children learn. Providing children with individual support and interesting experiences will help children discover the joy of learning.

Children learn about themselves when you help them sort out and articulate their feelings; gain insight into their own unique qualities; gain confidence in their abilities; and learn to deal with others. As you share their everyday life with them, you can help them feel good about who they are and offer gentle guidance and encouragement when needed.

Talk with the children as you go through the day together. Answer their many questions with simple straightforward answers and discuss your thoughts and ideas with them. Sharing activities such as making muffins for snacks, sorting the laundry or watering the plants can become fun learning experiences for everyone. As you're walking to the park, you can talk about the names of the streets and the street signs, the dogs or cats you see, or look for all of the houses that have a number three beside their door. Take advantage of these casual opportunities to help children learn about the world around them. Children are interested in everything around them, so the possibilities are endless.

Provide books, toys and activities that are open-ended. That is, that they supply ideas that will create continued play. After reading a book about starting school, you might encourage the children to talk about their feelings about going to school, and then play school themselves. Playing with a plastic farm set may spark an interest in paying a visit to a real farm and finding out more about animals. Building blocks, such as Lego, can be played with over and over again and children particularly enjoy this activity because they can decide for themselves the direction their creation will take.

Share your own interests with the children. Talking about your own ideas and beliefs will expand the children's world and establish a connection between you. Do you love reading? Then you will probably enjoy reading stories with the kids. Help them become comfortable finding their way around the library and teach them about the joy of books. Do you enjoy nature? Share your knowledge and enthusiasm with the children, in your backyard, on your walks or at the park, about birds, squirrels, plants and trees. Cooking, crafts or computers – choose an activity you enjoy and share it with the children in your care.

Build on the interests of individual children within your daycare as well. A child will feel special and appreciated when the focus is on his/her particular interest. If there is a child who is especially interested in fish, for example, he/she might be invited to bring some related books, toys and information from home to share. Others in your care could then be encouraged to add their own items and information to further build on the interest. You could arrange for a field trip to a museum and additional supporting activities as a follow-up. This kind of active learning is very responsive to the children's interest and would be enjoyable as well as informative.

--adapted from Canadian Child Care Federation Resource Sheet

Literacy Page

The Alphabetic Principle

A, B, C, D, E, F, G...the alphabet song has been a hit with the preschool crowd for decades. It is but one of the tools that helps children learn about the alphabet. As well as the names of the letters, children need to understand the alphabetic principle. The alphabetic principle is the understanding that there is a systematic and predictable relationship between letters and spoken sounds. Young children need to learn about the alphabetic principle before they can use it to read and write. It is one of the core literacy skills that helps your children learn to read.

Children learn about the alphabetic principle in a predictable sequence by:

1. **Learning the letter names**

- Sing “alphabet songs”
- Recite rhymes about letters
- Learn the letters in their names

2. **Learning the letter shapes**

- Use magnetic and wooden letters to play with
- Use playdough to make letters
- Use alphabet books

3. **Learning the letter sounds**

- Through rhyming and alliteration
- Through games that point out the sounds
- By direct teaching of the letter sounds

Use these ideas to encourage and support your children’s learning of the alphabetic principle. Later, when they know how to read, a good understanding of the alphabetic principle will help your children figure out how to read unknown words and to spell.



Parenting Page

Toy Safety Tips

Toy makers must make sure they produce safe toys that meet the safety standards set by Health Canada. Sometimes unsafe toys do make their way onto store shelves and into homes. You may also have older toys that are no longer safe, or the way the toys are being used may expose children to hazards.

Following are some tips to help you choose safe toys and help you keep children safe when they play with toys.

When buying toys:

- ¶ Read and follow the age label, warnings, safety messages and assembly instructions for the toy
- ¶ Look for sturdy, well-made toys
- ¶ Remember toys for older children may not be safe for younger children. Remember to check home-made toys for all of the same hazards listed on this sheet
- ¶ Avoid toys with chords long enough to wrap around a child's neck.
- ¶ Avoid loud toys – loud noise can damage a child's sensitive hearing
- ¶ Check the toy does not have sharp points or edges – these could cut a child

Choking hazards:

- ¶ Children under three years of age tend to put things in their mouths – small toys, small balls or small loose toy parts are choking hazards for small children.
- ¶ Check squeeze toys for loose or removable squeakers.
- ¶ Check toy cars and trucks for loose or removable wheels, tires or other small parts
- ¶ Check eyes, nose and other small items on stuffed and plush toys
- ¶ Check that infant toys like rattles and teethingers are large enough they won't get stuck in infant's throat.

After Buying toys

- ¶ Always supervise children and teach them how to use toys safely
- ¶ Promptly remove and discard all toy packaging
- ¶ Keep all toys away from heat sources
- ¶ Check toys often for loose parts, broken pieces or sharp edges and discard them.

Toy Storage

- ¶ Store toys and games for older children separate from those for younger children.
- ¶ Use a toy box without a lid, or one with a lightweight lid that will not fall on a child
- ¶ Not all storage boxes are good for toys, if the box has a lid remove it or check to make sure the box has air holes for breathing, in case a child climbs inside. Check to make sure the lid has a hinge to hold it open in any position and ensure it will stay open even if a child pushes down on it. Make sure there is no latch on the box that could lock the lid and trap a child inside.

Ride-on Toys

- ¶ Choose a ride on toy that suits the child's age, size and abilities
- ¶ Check that the ride-on toy will not tip when the child is using it
- ¶ Use the ride-on toy far away from stairs, traffic, swimming pools etc.
- ¶ Be aware a child on a ride-on toy can move very quickly.

Toys With Batteries

- ¶ Only adults install batteries. Improper installation or mixing different battery types, can cause batteries to leak or overheat and this could injure a child.
- ¶ Check children cannot open a toy's battery compartment.
- ¶ Do not let your child take a battery operated toy to bed. Burns or other injuries could result from batteries leaking or overheating.

--adapted from Health Canada website: www.hc-sc.gc.ca

Do's and Don'ts of Holiday Decorating

The holiday season is here and we need to keep safety in mind as we decorate for the holidays. Flickering candles, blinking holiday lights and fragrant evergreens are beautiful staples of the holiday season, but when used improperly, these holiday decorating “must haves” can pose deadly dangers.

Following are some safety tips when decorating for the holiday season:

Trees and Decorations

- When purchasing an artificial tree, look for the label “fire retardant”. Although this label does not mean the tree won't catch fire, it does indicate the tree is more resistant to burning.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and do not break when bent between your fingers. The bottom of the tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up the tree at home, place it away from fireplaces, vents and radiators. Heated rooms dry out live trees rapidly, so be sure to keep the tree stand filled with water.
- When trimming a tree, use only non-combustible or flame-resistant materials.
- If you have small children, avoid sharp or breakable decorations. Keep trimmings with small removable part out of the reach of children who could swallow or inhale small pieces, and avoid trimming that resemble candy or food that may tempt a child to eat them.

Lights

- Use only lights tested for safety by a recognized testing laboratory. Check each set of lights for broken or cracked sockets, frayed or bare wires, or loose connections. Throw out damaged sets.
- Check labels to be sure your outdoor lights are for use outside. Plug outdoor lights into a ground-fault circuit.
- Turn off all lights when you go to bed or leave the house.

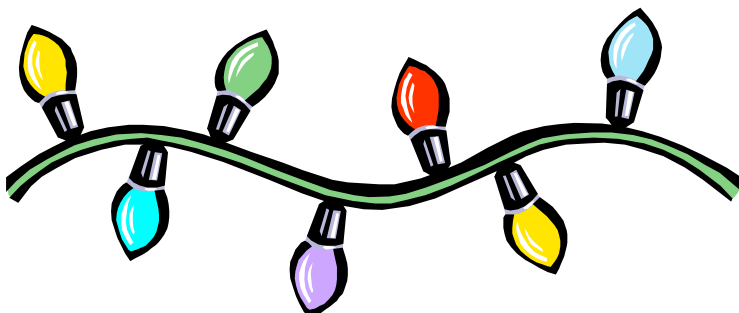
Candles

- Keep burning candles within sight.
- Keep lighted candles away from items that can catch fire and burn easily, such as trees, other evergreens, decorations, curtains and furniture.
- Always use non-flammable holders and keep away from children and pets.
- Extinguish all candles before you go to bed, leave the room or leave the house.

Fireplaces

- Do not burn wrapping paper or plastic items in the fireplace. These material can ignite suddenly and burn intensely, resulting in a flash fire.
- Place a screen around your fireplace to prevent sparks from igniting nearby flammable materials.

--adapted from Consumer Product Safety Commission website: www.cpsc.gov/cpscpub



Songs, fingerplays and crafts

Whose (Tune: "Mary Had a Little Lamb")

Guess whose beard is long and white?
Long and white? Long and white?
Guess whose beard is long and white?
It's Dear old Santa.
Guess whose suit is red and white?
Red and white? Red and white?
Guess whose Suit is red and white?
it's Dear old San-ta!
Guess who comes on Christmas Eve?
Christmas Eve? Christmas Eve?
Guess who comes on Christmas Eve?
It's Dear old San-ta!

Hear his bells (Tune: "Are You Sleeping?")

Are you sleeping? No more peeking,
Or I'll tell, or I'll tell.
Santa Claus is coming.
Santa Claus is coming.
Hear his bells. Hear his bells.

Painted Christmas Bulbs

Remove the top from a clear plastic Christmas tree ball ornament and pour in a very small amount (1/4-1/2 teaspoon) of two different colours of paint. Replace the top and move the bulb around to swirl the paint along the insides.

Glittery Pine Cones

Pine cones begin to fall to the ground just in time for teachers to gather them up for easy Christmas crafts for preschoolers. Give each child a pine cone, a paintbrush and some clear glitter paint and let them cover the pine cone with sparkles. Attach a ribbon around the base, near the top, and it's a shimmering Christmas tree ornament.

Paper Cup Bells

A paper or styrofoam cup turned upside down becomes a Christmas bell, with the addition of a jingle bell and some decorations. Poke a hole in the bottom of the cup and insert a piece of pipe cleaner or chenille craft stick that has a jingle bell attached to the end. Bend it to keep it in place.

Children can now decorate their bells. Paint and marker won't stick to styrofoam, but yarn and ribbon can be wrapped around the bell and most stickers will stay on.

Nine Little Bells

Five little bells hanging in a row.
The first one said, "Ring me slow."
The second one said, "Ring me fast."
The third one said, "Ring me last."
The fourth one said, "I'm a chime."
The fifth one said, "Ring me at Christmas time."
The sixth one said, "Ring me with the others."
The seventh one said, "Ring me for the mothers."
The eighth one said, "Ring me with a song."
The ninth one said, "Ring me all day long."



Playgroups

Please Note: There will be no playgroups December 21 – January 1.

Day	Location	Time	Staff	Dates
Monday	Almonte – Holy Name of Mary	10:00 - 11:30	Linda	December 7, 14
Monday	Beckwith – Beckwith Town Hall	9:30 – 11:30	Leanne	December 7, 14
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	December 7, 14
Monday	Perth – Old Stewart School	9:30 – 11:30	Jane	December 7, 14
Monday	Smiths Falls	9:00 – 11:00	Lori	December 7, 14
Tuesday	Almonte – Naismith School	9:30 – 11:00	Linda	December 1, 8, 15
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	December 1, 8, 15
Tuesday	Lanark	9:30 – 11:30	Jane	December 1, 8, 15
Tuesday	Montague	9:30 – 11:00	Leanne	December 1, 8, 15
Tuesday	Smiths Falls	9:00 – 11:00 4:30 – 6:30	Lori	December 1, 8, 15
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	December 2, 9, 16
Wednesday	Lanark	9:30 – 11:30	Jane	December 2, 9, 16
Wednesday	Ramsay	10:00 – 11:30	Linda/Janet	December 2, 9, 16
Wednesday	Smiths Falls	9:00 – 11:00	Lori	December 2, 9, 16
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	December 3, 10, 17
Thursday	Clayton	10:00 – 11:30	Linda	December 3, 10, 17
Thursday	Perth – Old Stewart School	9:30 – 11:30	Leanne	December 3, 10, 17
Thursday	Smiths Falls – old High School	9:30 – 11:30	Lori	December 3, 10, 17
Thursday	Smiths Falls	9:00 – 11:00	Parent run	December 3, 10, 17
Thursday	Perth – St. James Anglican Church	4:30 – 7 p.m.	Peter	December 3, 10, 17
Friday	Smiths Falls	9:00 – 11:00	Parent run	December 18

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

Fall Workshops

Topic: Book and Blanket (How To Build A Snowman) **Date:** Tuesday, December 8
Place: Holy Name of Mary School, Almonte **Time:** 6 – 7 p.m.

Pre-registration is necessary. Please call 283-0095 or 1-800-267-9252 to register.

The Back Page

Dad’s Playgroup for children ages 0 – 6 years.

Come out for some fun play, activities, supper and circle time.
 Please join us on Thursdays at St. James Anglican Church in Perth from 4:30 – 7 p.m.
 We will be in the gym of the church. Please contact Peter McCracken 613-264-1458
 or by email at peter.dad1@yahoo.ca. No Dad’s group on December 24 and 31.

Children’s Resources on Wheels Staff	
Ontario Early Years Centre	Licensed Child Care
<p style="text-align: right;">EXT</p> Diane Bennett, Administrative Assistant.....313 Kathy Boelsma, Early Literacy.....312 Emily Cassell, Data Analysis316 Sue Cavanagh, Executive Director303 Linda Cybulski, Playgroup Facilitator304 Leanne Dwyer, Playgroup Facilitator318 Janet Wheeler Lackey, Resource311 Linda Lalonde, Reception300 Pauline Levesque, Office Support305 Deb McGuire, Parent Ed.....307 Issie Mullen, Playgroup Facilitator311 Jane Paul, Playgroup Facilitator305 Lori Wintle, Playgroup Facilitator310	<p style="text-align: center;">EXT</p> Kelli Cassidy, Director 309 Sherry Harder, Administrative Assistant 301 Janice LePage, Home Visitor 306 Megan Thompson, Document Coordinator.....302 <p style="text-align: center;">Lanark County Child Care Programs</p> Licensed Home Child Care offers home based care throughout Lanark County for children ages 6 weeks – 12 years. <p style="text-align: center;">Caregivers Needed</p> We are currently taking applications throughout Lanark County. Contact us for more information. <p style="text-align: center;">Lanark Village Child Care Programs located at Maple Grove School</p> <p>Preschool Program</p> Joe Ann Hodgins, Supervisor.....613-259-3389 Catherine Cole, Cook613-259-3389 <p>School Age program</p> Natasha Taylor.....613-259-3389

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