

Ontario Early Years Centre

Monthly Newsletter



Volume 6, Issue 6 Feb. 2009

THIS ISSUE

Provider's Page 2

Literacy Page 3

Parent Page..... 4

Parents at Play 5

Crafts 6

Songs and fingerplays..... 6

Playgroups, upcoming events 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

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



Our centre will be closed on Thursday, Feb. 5 for a staff training day.

Welcome to Samantha Davidson, a student from the Social Service Worker Program from Algonquin College. Samantha will be gaining experience from the OEYC playgroup in Smiths Falls and Kinder Care program at Maple Grove School in Lanark.

We are happy to welcome Mila Puharich from B.C. who is participating with the Katimavik Program in Smiths Falls. Mila will be working with the OEYC on Thursdays and Fridays helping our Data Analysis Coordinator.

We are also happy to welcome Treena Leaver who will be volunteering with the OEYC to gain experience in the administrative field.

A warm welcome to Samantha, Mila and Treena.

Check out page 7 of our newsletter for workshops.

Remember to check your January 29 issue of the EMC for the parent support calendar.

There is nothing more valuable to families than time together. And yet it seems tougher than ever to find that time. That is why the third Monday of February is a public holiday for Ontario. It is called Family Day. On Family Day, Monday, February 16 we will be closed. There will be no programs running on this day.

Reminder: When there is inclement weather please listen to Jack FM92.3 to see if we are closed. If school buses have been cancelled across Lanark County we will be closed. Also, if the temperature is -20C or higher the outreach playgroups will be closed on that day. If you are not sure about the closure please call your playgroup facilitator (the number and extensions are on the back page).

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

abcdefghijklmnopqrstuvwxyz

7
Super
Things
Parents &
Caregivers
Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

Early Childhood-Head Start Task Force
U.S. Departments of Education and Health & Human Services

Literacy Page

Early Literacy for Talkers: Two and Three Year Olds

Early literacy is what children know about reading and writing before they can actually read and write. Research shows children get ready to read years before they start school. You can help your two and three year old learn important skills now so they can become good readers.

Vocabulary: Knowing the name of things

- Talk with your child about what is going on around you. Talk about feelings – yours and your child's.
- When your child talks with you, add more detail to what she says
- Read together every day. When you talk about the story and pictures, your child hears and learns more words.
- Research shows children who have larger vocabularies are better readers. Knowing many words helps children recognize written words and understand what they read

Print Motivation: Being interested in and enjoying books

- Ø Make book sharing time a special time for closeness between you and your child.
- Ø Let your child see you reading.
- Ø Visit your public library often.
- Ø Children who enjoy books will want to learn how to read.

Print Awareness: Noticing print, knowing how to handle a book and knowing how to follow the words on a page.

- Read aloud everyday print – labels, signs, lists, menus. Print is everywhere!
- Point to some of the words as you say them, especially words that are repeated.
- Let your child turn the pages.
- Let your child hold the book and read or tell the story.
- Hold the book upside down. See if your child turns the book around.
- Being familiar with printed language helps children feel comfortable with books and understand that print is useful.

--adapted from Every Child Ready to Read pamphlet

Parenting Page

Tips For Families

Keeping your family safe and healthy is important for any parent. Here are some helpful tips to help your family stay healthy throughout the year.

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low fat popcorn more often.
2. **Vary your veggies.** Go dark green and orange with your veggies. Eat spinach, broccoli, carrots and sweet potatoes.
3. **Focus on fruits.** Eat them at meals and snacks. Go easy on the fruit juice.
4. **Get your calcium rich foods.** To build strong bones serve low fat and fat free milk products several times a day.
5. **Go lean with protein.** Eat lean or low fat meat, chicken, turkey, and fish. Add chick peas, nuts, or seeds to salads, pinto beans to a burrito or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola and olive oil.
7. **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and sweeteners as one of the first ingredients.

Get some Exercise

1. **Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
2. **Take the President's Challenge as a Family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org
3. **Establish a routine.** Set aside time each day as activity time – walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children need 60 minutes everyday or most days.
4. **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
7. **Give activity gifts.** Give gifts that encourage physical activity – active games or sporting equipment.

--adapted from www.teamnutrition.usda.gov

Parents At Play

Sometimes life with children seems to be one long string of tasks, and parents lament that family times that were supposed to be fun are reduced to one more thing to do. But the fun is there to be rediscovered in the magical world of play to which young children hold the key. Entering that world with them bring opportunities to discover a new point of view and to strengthen family ties.

Another View of Time

While adults are worrying about the past and planning the future, children at play are absorbed in the present. They are more interested in looking at the rainbows in the oil slick on a puddle than in getting somewhere on time. This can be frustrating, but in fact there are benefits to slowing down to child speed. Many stress reduction techniques are based on the principle of focusing in the moment in order to relax from the constant pressures of daily life. Of course, some things do need to get done, but not always right away. If you can put aside your list of things to do for even a short time, you can think of your children's invitation to spontaneous play as your private, in-home stress reduction program.

Building Intimacy

In the world of play, parents and children get to know each other in a different way, building a precious intimacy. Shared smiles and laughter create a strong basis for relationships when many other forces seem to be pulling families apart.

Simple joys.

It is often moments of very simple play that help children feel close to their parents. With your children, you can relive good times you remember from your own childhood...or do things you never had a chance to do when you were young. When adults play with children, they can do things like skip down the street singing a song out loud, that would look weird if they were alone. Here are a few suggestions you can adapt to the age of your own children.

- Play peek-a-boo with a baby
- Build a tower of blocks and laugh when they fall down
- Walk in the rain and splash in puddles
- Put a blanket over a table and see what it turns into (a bear's cave, a secret castle....)
- Make paper finger puppets together and invent a puppet show
- Collect pretty rocks
- Skip stones on a lake or river

Music and dance

If you have trouble turning off the message in your head that says "you really have more important things to do than play," try short-circuiting it with music or dance. Music and movement involve different parts of our brain and are especially relaxing, for both parents and children

- Ø Sing your children songs you remember – lullabies, camp songs, family favourites
- Ø Borrow books and tapes from your library and learn a few songs
- Ø Put on whatever music you like – baroque to hip-hop – and dance your little one around the living room

Laughter

If playing makes you feel kind of silly, laugh! Laughter is relaxing and releases emotions; some therapists recommend thirty minutes of laughter a day as a remedy for stress. Humour, by putting things into another perspective, can smooth out moments of conflict and defuse tense situations.

A playful attitude

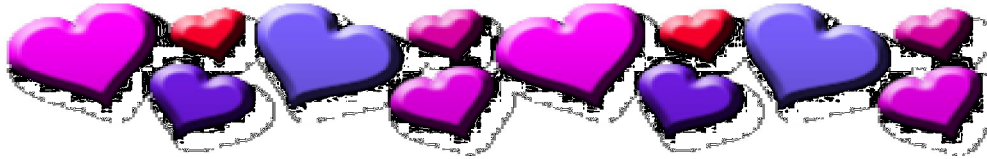
With practice, you may be able to play your way right through some of those tasks on your list. Sorting laundry can turn into a game; singing funny songs will make the time spent doing errands seem shorter. In the world of play, the load seems lighter, and children and parents can draw closer together.

--adapted from Canadian Association of Family Resource Programs

Songs, fingerplays and crafts

Heart Headbands and Crowns

You need: Bristol board or construction paper, tape, glue, scissors, markers, crayons, pipe cleaners.
Cut a 2" wide strip of Bristol board long enough to go around each child's head and tape the ends together to form a circle. Let the children decorate their headbands with hearts, markers and crayons. Add pipe cleaner antennae with hearts on the ends for some animated fun.
Crown: Cut two more strips of construction paper, each 1" wide and 12" long. Fold one strip in half and make a 2" cut in the center. Glue that strip from one side of the headband to the other. Glue the second strip on so the band is divided into quarters. Tuck and glue the center of the second strip into the cut of the first. Cut a heart and glue into the center. Decorate the royal crown with pizzaz!



Animals with hearts:

Mouse: For each child cut out a heart 5-6" tall. Turn it upside down, this is the body. Cut a heart 2-3" tall for the head. Glue it to the body. Add small hearts for the ears and smaller ones for the eyes. Add paper strips or yarn for whiskers and tail and add a tiny heart at the end of the tail.

Fish:

Each child needs: one very large heart, a large heart, three middle sized hearts, one little heart. The very large heart becomes the body. The large heart is the tail. The middle sized heart is the fins. The little heart becomes the lips of the fish.

Heart Shaped Muffins

Make muffin batter as directed by recipe. Pour into muffin liners. Take a piece of foil and form a ball about the size of a marble and shove it down along the side of the muffin cup, between the cup and the pan to form the "V" in the top of the muffin. Bake. When cool ice with red or pink icing if desired and you have heart shaped muffins!

Do You Know My Valentine?

(tune: The Muffin Man)
Do you know my valentine,
My valentine, my valentine?
Do you know my valentine?
He/she is the one I love!

(child's name) is my valentine,
My valentine, my valentine,
You are my valentine
You're the one I love!

Valentine Song (tune: Love Me Tender)

You're my rainbow, you're my star, you're my bright red cookie jar.
You're my goldfish, you're my pie, you're the apple of my eye.
You're my paper, you're my glue, you're my special "I love you"
You're my daisy, you're my vine, you're my own true Valentine!



Playgroups

Please Note: All playgroups on Feb. 5 will be cancelled due to staff training on that day.

Day	Location	Time	Staff	Dates
Monday	Almonte	10:00 - 11:30	Leanne	February 2, 9, 23
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	February 2, 9 23
Monday	Smiths Falls	9:00 – 11:00	Lori	February 2, 9 23
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	February 3, 10, 17, 24
Tuesday	Lanark	9:30 – 11:30	Jane	February 3, 10, 17, 24
Tuesday	Smiths Falls	9:00 – 11:00 5:00 – 7:00	Lori	February 3, 10, 17, 24
Tuesday	Stanleyville	10:00 – 11:30	Linda	February 3, 10, 17, 24
Wednesday	Almonte	10:00 – 11:30	Leanne	February 4, 11, 18, 25
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	February 4, 11, 18, 25
Wednesday	Perth	9:30 – 11:30	Jane	February 4, 11, 18, 25
Wednesday	Ramsay	9:30 – 11:00	Linda/Janet	February 4, 11, 18, 25
Wednesday	Smiths Falls	9:00 – 11:00	Lori	February 4, 11, 18, 25
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	February 12, 19, 26
Thursday	Clayton	10:00 – 11:30	Linda	February 12, 19, 26
Thursday	Lanark	9:30 – 11:30	Jane	February 12, 19, 26
Thursday	Montague	9:30 – 11:00	Leanne	February 12, 19, 26
Thursday	Smiths Falls	9:00 – 11:00	Parent run	February 12, 19, 26
Thursday	Smiths Falls – old high school	9:30 – 11:00	Lori	February 12, 19, 26
Friday	Smiths Falls	9:00 – 11:00	Parent run	February 6, 13, 20, 27

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

Upcoming Events

Topic: Mother Goose on the Loose (6 sessions) Place: Ontario Early Years Centre, Smiths Falls	Date: Feb. 4 – Mar. 11 Time: 1 – 2 p.m.
Topic: Stress Management Place: North Lanark Community Health Centre, Lanark	Date: Feb. 12 Time: 6:30 – 8 p.m.
Topic: Putting the “Grand” Into Parents Place: Mississippi Mills Public Library, Almonte	Date: Feb. 24 Time: 7:30 – 9 p.m.
Topic: Tuning Into Child Development Place: Arklan Public School, Carleton Place	Date: March 5 Time: 7:00 – 8:30 p.m.
Topic: Bullying Place: Arklan Public School, Carleton Place	Date: March 11 Time: 6:30 – 8 p.m.
Topic: Bullying Parent Support Evening Place: Ontario Early Years Centre, Smiths Falls	Date: March 18 Time: 6:00 - 7:30 p.m.
Pre-registration is necessary. Please call 613-283-0095 to register.	

The Back Page

Mom, it's OK if my socks don't match. My feet can't see them.

Children's Resources on Wheels Staff	
Ontario Early Years Centre	Licensed Child Care
<p style="text-align: right;">EXT</p> <p>Michele Augner, Data Analysis.....316 Diane Bennett, Administrative Assistant.....313 Kathy Boelsma, Early Literacy.....312 Emily Cassell , Data Analysis, maternity leave316 Linda Cybulski, Playgroup Facilitator304 Leanne Dwyer, Playgroup Facilitator318 Sandy Keeler , Acting Executive Director.....303 Janet Wheeler Lackey, Toy Library/Resource.....311 Linda Lalonde, Reception300 Pauline Levesque, Office Support305 Dayna McCumber, Parent Ed.....307 Deb McGuire maternity leave307 Issie Mullen, Playgroup Facilitator311 Jane Paul, Playgroup Facilitator305 Lori Wintle, Playgroup Facilitator310</p>	<p style="text-align: center;">EXT</p> <p>Kelli Cassidy, Director 309 Sherry Harder, Administrative Assistant 301 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 Catherine Cole, Cook613-259-3389 Barb Bonsall613-259-3389</p> <p>School Age program</p> <p>Nikki Dailey.....613-259-3389</p>

Ontario Early Years Centre/Children's Resources on Wheels (CROW)
 91 Cornelia Street West, Suite 118 Box 25 Smiths Falls, ON K7A 5L3
 Phone: (613)283-0095, 1-800-267-9252, Fax: (613)283-3324
 Email: oeyclanark@bellnet.ca, hcccrow@bellnet.ca
 Website: www.crowoeyc.ca