

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

Website: www.crowoeyc.ca

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



Happy New Year. Our wish for everyone: A year filled with live, laughter and adventure.

Family Literacy Day is celebrated each year on January 27. This day is set aside for families to enjoy literacy experiences together, and to remember how important it is to be able to read, write, and communicate.

Parents and providers are powerful role models, and can show that reading, writing, and language activities are useful and enjoyable. Children will learn to place importance on these activities in their own lives. By participating in interesting literacy activities together, children learn that reading, writing, and language can be fun.

As well, children's self-esteem grows and family relationships are strengthened when family members enjoy literacy-building activities together. These early experiences can help children develop positive attitudes towards learning, which improves a child's success in school and in life.

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

Please Note: If you would like to receive the newsletter electronically please send an email to oeyclanark@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)

Serving Nutritious Meals and Snacks: Menu Evaluation Checklist

The following questions provide you with an assessment tool, which can be used to assist you in planning and evaluating your home child care menu.

1. Do your food choices vary from snack to lunch to snack as well as from day to day?
2. Are your serving sizes appropriate for the children's ages?
3. Are you providing the appropriate number of servings from the four food groups?
4. Do your meals contain foods from each of the four food groups and your snacks foods from at least two of the four food groups?
5. Do your food choices include a variety of flavours, textures, colours, and temperatures?
6. Are the foods easy for children to eat and include some finger foods?
7. Do your food choices accommodate any food allergies, special dietary, and cultural considerations?
8. Do you regularly include children in the preparation of meals and snacks?
9. Do you make food choices based on the grocery store specials of that week and make use of seasonal produce to help reduce costs?
10. Have you incorporated many foods of other cultures, especially those of the children being cared for in your home, in your regular menu?

Additional Resources:

Health Canada – Nutrition www.hc-sc.gc.ca

Child & Family Canada – Nutrition www.cccf-fcsge.ca

Eat Right Be Active, a guide for parents and caregivers of preschoolers ages 3 – 5 years. Nutrition Resource Centre & OPHA

This excerpt was taken from the Family Child Care Training Project Level 2 – Unit 12: Serving Nutritious Meals and Snacks.

Literacy Page

Ontario Early Years Literacy

“**Bbb**” my name is **Bob**... and I like **bananas**, **balloons** and **beetles**!

Reading research shows that there are certain skills children must have knowledge of to learn to read. Phonological awareness is one of these skills. Young children develop phonological awareness as they realize that words in spoken language are made up of separate sounds. They begin to hear and be able to identify the beginning and ending sounds in words. Eventually they can hear and identify the sounds in the middle of words too. Often, children who have difficulty with reading have trouble with phonological awareness.

Children begin to understand the link between written language (letters) and spoken language (sounds) after they have developed some phonological awareness. These skills help children sound out words when they begin to read. Children’s ability to hear and play with the smaller sounds in words begins to develop during the preschool years.

What can parents do to help build these skills?

- ¶ Sing and say nursery rhymes, fingerplays and nonsense rhymes to help children learn to listen to the rhyme patterns
- ¶ Say tongue twisters and read books with alliteration to help children begin to focus on initial sounds in words
- ¶ Read poetry books like “Alligator Pie” by Dennis Lee
- ¶ Play games like “I Spy”. “I spy something blue that rhymes with (or sounds like) bears. What is it? **CHAIR.**”
- ¶ Pick a multi-syllable word and talk about how it has more than one beat (syllable), but it is still just one word. Tap, clap or stomp out the syllables.
- ¶ Practice blending (putting together) and segmenting (pulling apart) words using the game “Say it Fast, Say it Slow”. You slowly say di-no-saur and ask your child to say it fast...dinosaur! Next time you say it fast and ask your child to say it slow.



Parenting Page

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 worry 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 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. 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. Here are a few suggestions you can adapt to the age of your own children.

- Play beek-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
- Go outside and watch the birds and squirrels
- Go for a walk after dark

Music and dance

Music and movement involve different parts of our brain and are especially relaxing, for both parent and children. Sing your children songs you remember from when you were young (lullabies, camp songs etc). If you can't remember any songs borrow books from your local library. Put on whatever music you like – baroque to hip-hop and dance your children around the living room

Laughter

If playing makes you feel silly, laugh! Laughter is relaxing and releases emotions. Humour, by putting things into 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 to do 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 FRP Canada sheet www.frp.ca

Dad's playgroup for children ages 0 – 6 years is held the first, second and fourth Thursdays at St. James Anglican Church in Perth from 4:30-7:00 p.m. Contact Peter McCracken 613-264-1458 or peter.dad1@yahoo.ca for more information.

Babies and Aggression

Some typical adult reactions to childhood aggression include punishment, laughing at it, or just pretending it did not happen. Some even think it is best just to “let the kids work it out” and not interfere at all.

Like anger, aggression is a normal part of a child’s development and dealing with it is one of the most important challenges of parenthood. How your child displays feelings and behaves with others can be influenced by their temperament. Differences in temperament will cause some children to be more aggressive while others are hardly aggressive at all.

When infants display anger and aggression, it is often due to discomfort, pain or frustration. Older babies will use aggression to protect themselves, to express anger or to get what they want. When your baby is aggressive, it is because he/she has not learned a better way of behaving.

Using Comfort, Play & Teach strategies to prevent or to respond to aggressive behaviour will help your baby learn more appropriate ways of behaving with others.

Comfort:

- **Your crying baby is telling you something and it is important for you to respond.** When you do, your baby will learn to trust you and other adults and know you will respond consistently and sensitively when he/she is uncomfortable or upset.
- **Use a soothing voice and gentle touches.** Expressing warm feelings through touch is crucial for your baby’s emotional development.
- **Try to understand what caused the aggressive behaviour and eliminate as many sources of frustration as possible.** This helps him/her feel safe and secure.

Play:

- **Create safe play spaces so your baby can move through the house without constantly being told “don’t touch” etc.** Too many “no’s” will frustrate and anger your baby.
- **Provide your baby with periods of play with you or other caregivers throughout the day.** Play is a wonderful way for your baby to learn about his/her environment and how to relate positively with the people and things that make up his world.
- **When playing with your baby, provide many examples of your own caring behaviour, and use simple words like “softly” and “gently” to describe your actions.**

Teach:

- **Talk to your baby, congratulating him/her on every effort.** Even if he/she doesn’t understand the words, he/she understands he/she is important to you and this makes him/her want to please you which is critical when he/she needs to follow your directions.
- **Support your baby’s early efforts to soothe him/herself.** Thumb sucking or hugging a soft toy or blanket are rarely hard habits to break, and they help your baby learn to calm him/herself.
- **Provide your baby with consistent daily routines, which are the prelude to rules.** Taking the guesswork out of his/her day will help him/her develop a sense of what to expect and how to respond to your family’s routines and activities.
- **Infants need to learn to cooperate and share.** If your baby is grabbing or hitting another child, let him/her know it is not OK. Show him/her how to ask for toys or how to offer toys to others or redirect his/her attention to another toy or activity.
- **Use simple words to let your baby know his/her behaviour is too aggressive.** Remember it will take lots of repetition before your baby understands what “no” means.

To cope with aggression, remember to stay calm. Make sure no one is giving the child’s inappropriate behaviour attention. Tell the aggressor (even a baby) why the behaviour is inappropriate and what he/she can do instead. Be consistent with any consequences and follow through.

Songs, fingerplays and crafts

Big White Snowflakes! (tune: London Bridge)

Big white snowflakes falling down,
Falling down, falling down.
Big white snowflakes falling down,
I love winter!

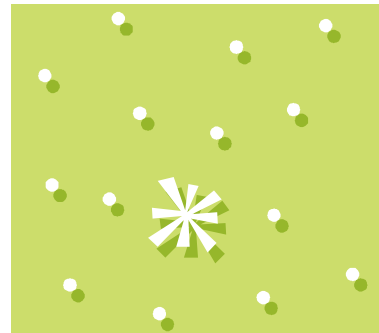
Find your snowsuit put it on
Put it on, put it on.
Find your snowsuit put it on,
That's what keeps you warm.

Find your boots and put them on
Put them on, put them on.
Find your boots and put them on,
Keep your feet warm.

Go outside and enjoy the snow,
Enjoy the snow, enjoy the snow
Go outside and enjoy the snow
Before it's gone.

Winter Time Poem

Icy fingers, icy toes
Bright red cheeks and bright red nose.
Watch the snowflakes as they fall,
Try so hard to count them all.
Build a snowman way up high,
See if he can touch the sky.
Snow forts, snowballs, snow angels too,
In the snow, so white and new.
Slip and slide and skate so fast.
Wintertime is here at last.



2010 Fireworks!

Spread glue on a piece of construction paper in any sort of shape. If the glue is soft enough, you can put a small blob on the paper and then blow some air through a straw to spread it into explosion shapes. Sprinkle glitter onto the glue and shake off excess glitter. Add more glue and a different colour of glitter. Let dry.

Q-tip Snowflake!

Give each child small circles cut from wax paper. Let them glue on Q-tips in the rough shape of a snowflake with all the Q-tips touching in a middle puddle of glue. Sprinkle glitter onto the snowflake, and then let it dry for a couple of days. When dry you can peel it from the paper and you have a wonderful snowflake.

Snowing

Way up high in the winter sky,
(raise hands above head)
Two little snowflakes, caught my eye
(point up)
Down to the ground they fell without a sound.
(flutter hands down to ground)
And before very long, it was snowing all around!
(turn in circle with hands fluttering)

Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte – Holy Name of Mary	10:00 - 11:30	Linda	January 4, 11, 18, 25
Monday	Beckwith – Beckwith Town Hall	9:30 – 11:30	Leanne	January 4, 11, 18, 25
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	January 4, 11, 18, 25
Monday	Perth – Old Stewart School	9:30 – 11:30	Jane	January 4, 11, 18, 25
Monday	Smiths Falls	9:00 – 11:00	Lori	January 4, 11, 18, 25
Tuesday	Almonte – Naismith School	9:30 – 11:00	Linda	January 5, 12, 19, 26
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	January 5, 12, 19, 26
Tuesday	Lanark	9:30 – 11:30	Jane	January 5, 12, 19, 26
Tuesday	Montague	9:30 – 11:00	Leanne	January 5, 12, 19, 26
Tuesday	Smiths Falls	9:00 – 11:00 4:30 – 6:30	Lori	January 5, 12, 19, 26
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	January 6, 13, 20, 27
Wednesday	Lanark	9:30 – 11:30	Jane	January 6, 13, 20, 27
Wednesday	Ramsay	10:00 – 11:30	Linda/Janet	January 6, 13, 20, 27
Wednesday	Smiths Falls	9:00 – 11:00	Lori	January 6, 13, 20, 27
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	January 7, 14, 21, 28
Thursday	Clayton	10:00 – 11:30	Linda	January 7, 14, 21, 28
Thursday	Perth – Old Stewart School	9:30 – 11:30	Leanne	January 7, 14, 21, 28
Thursday	Smiths Falls – old High School	9:30 – 11:30	Lori	January 7, 14, 21, 28
Thursday	Smiths Falls	9:00 – 11:00	Parent run	January 7, 14, 21, 28
Thursday	Perth – St. James Anglican Church	4:30 – 7 p.m.	Peter	January 7, 14, 21, 28
Friday	Smiths Falls	9:00 – 11:00	Parent run	January 8, 15, 22, 29

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

Workshops

Topic: Book and Blanket	Date: Friday, January 22
Place: Lanark Library	Time: 6 – 7 p.m.
Topic: Family Math	Date: Mondays Feb 1 – March 8
Place: Old Stewart School – playgroup room	Time: 1:30-2:30
Topic: Book and Blanket	Date: Tuesday, February 2
Place: Smiths Falls Public Library	Time: 6 – 7 p.m.
Topic: How To Talk So Kids Will Listen (3 sessions)	Date: Tuesday, February 2, 9, 16
Place: St. Gregory School- Carleton Place	Time: 6:30 – 8 p.m.
Topic: Book and Blanket	Date: Tuesday, February 9
Place: Holy Name of Mary School, Almonte	Time: 6 – 7 p.m.
Topic: Kids have Stress Too	Date: Wednesday, February 10
Place: Holy Name of Mary School, Almonte	Time: 6:30 – 8:30 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 January 21.

Children’s Resources on Wheels Staff	
Ontario Early Years Centre	Licensed Child Care
<p style="text-align: right;">EXT</p> <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 Facilitator.....311 Jane Paul, Playgroup Facilitator305 Lori Wintle, Playgroup Facilitator310</p>	<p>EXT</p> <p>Kelli Cassidy, Director 309 Sherry Harder, Administrative Assistant 301 Janice LePage, Home Visitor 306 Megan Thompson, Document Coordinator.....302</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</p> <p>School Age program</p> <p>Natasha Taylor.....613-259-3389</p>

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