

Ontario Early Years Centre

Monthly Newsletter



Volume 6, Issue 6 Mar. 2009

THIS ISSUE

Provider's Page 2

Literacy Page 3

Parent Page..... 4

Outdoor Activities.....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 March 16 – 20 for March Break There will be no playgroups this week.

Our Annual General Meeting and Volunteer Appreciation is April 8, 2009 at 7 p.m. at our centre in Smiths Falls. Please let us know if you will be attending by March 27.

A safety note to all of our parents: When you visit the Ontario Early Years Centre in Smiths Falls, please be aware of the increased traffic in the parking lot, due to new tenants at Cornelia Court. We care about the safety of you and your children, so please use extra care when entering and leaving the building and loading and unloading your children.

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. Check out page 7 of our newsletter for other workshops.

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

Positive Behaviour Guidance Strategies

In order to set the stage for good behaviour to occur and decrease the likelihood of problem behaviours occurring, advance planning on the part of a parent or a caregiver is often the answer.

When positive behaviour is expected ensure your child has had sufficient rest and is not hungry or sick. Consider your expectations: *do your expectations of a child's behaviour match the child's stage of development, individual personality and needs?*

1. Provide a little help before a problem occurs. If a child has difficulty dressing, you might offer help to get started and then have the child complete the final steps so they are able to experience success of completing the task. Over time, gradually increase the number of steps the child does independently and decrease the number of steps with which you help.
2. Offer encouragement when a child attempts to do tasks independently. "I really like the way you're trying to put your socks on!"
3. Offer praise for the child's successful completion of a difficult task. "Wow – great putting your socks on all by yourself!" "That was a really long wait at the grocery store. Thanks for being so patient!" Your praise should be specific to the task.
4. Provide a warning that a change is going to occur. "In five minutes we will be getting ready to go outside."
5. Use visual cues to make waiting more meaningful such as a calendar to check off the number of sleeps before Grandma comes to visit.
6. Make routines predictable. Children will be more co-operative and less likely to display problem behaviour if established routines are maintained such as regular times for snack, story, outside play, rest/nap, etc.
7. Establish clear, consistent positive limits so a child knows what is expected of them.

--adapted from article by Joanne Marshall, Child & Family Canada, Western Canada Family Child Care

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.

Narrative Skills: Being able to describe things and events and tell stories

- Tell your child stories
- Ask your child to tell you about something that happened today.
- Read books together. Stories help children understand things happen in order first, next, last
- Read a book you have read before. Switch what you do – you be the listener and let your child tell you the story.
- Being able to tell or retell a story helps children understand what they read.

Phonological Awareness: Being able to hear and play with the smaller sounds in words.

- Ø Say nursery rhymes and make up your own silly, nonsense rhymes.
- Ø Sing songs. Songs have different notes for each syllable in a word, so children can hear the different sounds in words.
- Ø Play word games such as, “What sounds like ‘ran’?” or “what starts with the same sound as ‘ball’?”
- Ø Say rhymes and sing songs in the language most comfortable to you.
- Ø Being able to hear the sounds that make up words helps children sound out words as they begin to read.

Letter Knowledge: Knowing letters are different from each other, knowing their names and sounds and recognizing letters everywhere.

- Help your child see different shapes and the shapes of letters.
- Talk about what is the same and what is different between two things.
- Write your child’s name, especially the first letter.
- Make letters from clay or use magnetic letters.
- Point out and name letters when reading alphabet books, signs or labels.
- Read alphabet books with clear letters and pictures.
- Knowing the names and sounds of letters helps children figure out how to sound out words.

--adapted from Every Child Ready to Read pamphlet

Parenting Page

Ways To Make Your Child Feel Special

Babies thrive on displays of love and affection. Older children, however, may be embarrassed by the same sort of attention. How can you show them how much you love them – without making them cringe? Author and mom Ann Douglas has some tips.

When your child was a baby, you told them how special they were a hundred times each day. You conveyed your delight with them by gazing into their eyes while you were feeding them, making funny faces while you bathed them, and singing gently lullabies while you rocked them.

Now that your child is older and more independent, you may find it more difficult to let them know how much they mean to you. A toddler or preschooler may not want to slow down long enough for you to squeeze in a cuddle. A school-aged child may let you know in no uncertain terms that public displays of affection are decidedly uncool.

Fortunately, there are plenty of things you can do to make your child feel special.

- **Help your child recognize what makes them unique and special.** Parents should make a point of acknowledging such traits as honesty, courage, insight, and creativity, heaping on praise where praise is due. It only takes twenty seconds to make someone's day.
- **Be generous with your praise but make sure it is sincere.** Try to be as specific as you can when praising your child. Children are more likely to accept praise that sounds heart-felt rather than contrived.
- **Talk to your children about things that really matter to them.** Parents can help to make their children feel valued if they take time to really listen to what their children are trying to communicate. Be genuinely interested in whatever news they care to share with you.
- **Understand your child's own unique rhythms and temperament, and honour them.** Instead of trying to change a night owl into an early riser or an introvert into the life of the party, accept and love your child for the person they are just as you expect others to accept and love you the way you are.
- **Give your child as much one-on-one time as you can.** Find ways to spend time alone with each of your children. Make a habit of taking one child with you when you do the grocery shopping so you can spend some time alone together. Or, if possible, hire a babysitter to come to your house one night a week so you and your partner can take one of your children to a movie. If you rotate kids from week to week, each child will have the chance to experience some glorious two-on-one time with the parents.
- **Celebrate regularly.** Celebrate all the little things that deserve to be savoured on a day-to-day basis – the first goal of the hockey season, a positive comment from a teacher, an exceptionally clean bedroom, and so on.
- **Let your child know you will be there for them in good and bad times.**
- **Laugh with your child.**
- **Share something of yourself with your child.** Tell them about the time you failed your math test, had a fight with your best friend or lost your dog. Most important of all, be the first to admit you have made a mistake, particularly if that mistake affects your child.
- **Above all, remember making your child feel special is one of your most important tasks as a parent.** No one can build a child's self esteem the way a parent can.

--adapted from website www.geoparent.com

Outdoor Activities

Winter Archeological Dig!

- Recommended Age: Adapt activity to match development
- Equipment Required: Toy Dinosaurs or bones etc. and water for freezing, pails, shovels, paint brushes. Archeologist clothes: hats jackets etc.
- Objective: Have the children dig up the dinosaurs and bones
- Method: Freeze the toy dinosaurs and bones in ice (you can colour the water if desired). Bury them in the snow and mark the location on a map or with dinosaur cut-outs. Then the archeologists will dig them up and dust them off.

Winter Hockey!

- Recommended Age: Adapt activity to match development
- Equipment Required: Water noodles and balloons. (Cut pool noodle in half)
- Objective: Gross Motor Skills
- Method: Play hockey- Make nets with snow, enjoy a good Canadian game!

Co-operative Skiing!

- Recommended Age: Kindergarten/School Age
- Equipment Required: Two sets of four person 'skis' made of lumber. Preparation: Nail 4 boot straps each to two pieces of 2x4s at equal intervals to make a set of 4 person skis. A snowy area large enough for two teams to 'ski' from a start line to a finish line, approx. 20 feet. It's more fun to watch the adults trying it!
- Objective: Both groups of four work together to race against each other. To develop skills in co-operation, communication, physical co-ordination, team work, healthy competition, FUN!
- Method: Two groups of four strap their feet to two pieces of lumber and attempt to move forward.

Corn Sensory Fun!

- Recommended Age: Adapt activity to match development
- Equipment Required: Large container or sensory bin. Measuring cups, spoons, large mouth funnel, small containers, scoops. Cows corn, (ask for the type that is clean and contains hardly any dust particles. (It can be purchased at any local feed store.)
- Objective: To encourage language, fine motor skills, basic math concept, and sensory play.
- Method: Place sensory bin on the ground and encourage up to four children to play. You can fill, dump, measure, pour and so much more! Explain basic concepts like full, empty, half full etc. Describe how the corn feels, size, and colour. The corn may end up on the ground. A side activity is watching small birds and small animals enjoy a feast of corn. If you are concerned about animals in your yard then create a game where children are encouraged to pick up as many corn pieces as they can find.

Jello-O-Freeze!

- Recommended Age: Adapt activity to match development
- Equipment Required: Jell-O, paper cups, stir sticks.
- Objective: Science and sensory activity.
- Method: Make Jell-O indoors, using only half the water the recipe calls for and place in a pouring jug. Outdoors have the children put their Dixie cup into a small hole in the snow (up to the brim, ensure the snow touches the sides of the cup). Give each child their own cup and a stir stick. Have bigger children or teacher pour the Jell-O into cup and have the children stir Jell-O, observing what happens to the Jell-O the longer it is in their cups. Stir until it thickens. Then enjoy the Jell-O treat!

--adapted from the Lanark Early Learning Child Care Association (LELCCA) newsletter

Songs, fingerplays and crafts

Egg Carton Lamb Craft

You need: glue, scissors, cotton balls, black construction paper, styrofoam egg carton.

Fold a small piece of black construction paper and cut out an ear shape (which is basically just a 'U' shape.) You should have two matching ear shapes. Cut out one of the cups from the styrofoam egg carton. Glue two or three cotton balls onto the cup. Glue on the black ears. You can also cut out small black eyes and a triangle nose.



Handprint Rainbow

You need: 1 sheet of light blue construction paper for each child. Place the construction paper in front of child. Have the child curve their hand and paint the side of the hand along the pinky and down the heel with red paint. Gently press side of painted hand onto the construction paper to form half of the first rainbow ray. Then paint the other hand with the red paint and press onto the paper to form the other half of the first rainbow ray. Then wash the child's hands and repeat the above steps for all the colours of the rainbow. Starting from the top of the rainbow and working downward the order is: red, orange, yellow, green, blue, purple.

When the rainbow is complete, have the child make a fist, then paint the side of their fist generously with white paint. Press onto the bottom of the rainbow to form the clouds. Repeat until the rainbow is lined with clouds. Let dry.

Paper Chain Shamrock Necklace

You need yellow construction paper, green construction paper, glitter glue, scissors, 6" length of green yarn, glue.

Cut a simple shamrock shape from the green construction paper for each child. Let the children spread glitter glue around the shamrock. Set aside to dry. Cut the yellow construction paper into strips. Glue one end of the yellow strip to the other end, forming a ring. Thread a second strip through the first ring and glue the ends together creating a second ring. Continue making the chain until it is long enough to fit over the child's head. When the shamrock is dry, carefully poke a hole through the top leaf and thread the yarn through the hole. Carefully and gently tie the yarn into a knot and then tie it again, tightening gently on the second knot so as not to rip the paper. Hold the necklace up and find the center chain link you want to hang your shamrock on. Tie the other end of the yarn to the center link and trim off the excess.

March ... (tune: Mary Had A Little Lamb)

March comes in like a lion, like a lion, like a lion
March comes in like a lion and goes out like a lamb.
March comes in with a great big wind,
Great big wind, great big wind.
March comes in with a great big wind.
And goes out with a breeze.

March Wind

Tune: Michael Row Your Boat Ashore

March winds blow with happy news:
Spring is coming!
March winds blow with happy news:
Spring is coming!
Hear them whisper, hear them sing,
See the trees play.
Hear them whisper, hear them sing,
See the trees play.

Playgroups

Note: We will be closed March 16 -20 for March Break. No Playgroups.

Day	Location	Time	Staff	Dates
Monday	Almonte	10:00 - 11:30	Leanne	March 2, 9, 23, 30
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	March 2, 9, 23, 30
Monday	Smiths Falls	9:00 – 11:00	Lori	March 2, 9, 23, 30
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	March 3, 10, 24, 31
Tuesday	Lanark	9:30 – 11:30	Jane	March 3, 10, 24, 31
Tuesday	Smiths Falls	9:00 – 11:00 5:00 – 7:00	Lori	March 3, 10, 24, 31
Tuesday	Stanleyville	10:00 – 11:30	Linda	March 3, 10, 24, 31
Wednesday	Almonte	10:00 – 11:30	Leanne	March 4, 11, 25
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	March 4, 11, 25
Wednesday	Perth	9:30 – 11:30	Jane	March 4, 11, 25
Wednesday	Ramsay	9:30 – 11:00	Linda/Janet	March 4, 11, 25
Wednesday	Smiths Falls	9:00 – 11:00	Lori	March 4, 11, 25
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	March 5, 26
Thursday	Clayton	10:00 – 11:30	Linda	March 5, 12, 26
Thursday	Lanark	9:30 – 11:30	Jane	March 5, 12, 26
Thursday	Montague	9:30 – 11:00	Leanne	March 5, 12, 26
Thursday	Smiths Falls	9:00 – 11:00	Parent run	March 5, 12, 26
Thursday	Smiths Falls – old high school	9:30 – 11:00	Lori	March 5, 12, 26
Friday	Smiths Falls	9:00 – 11:00	Parent run	March 6, 13, 27

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

Upcoming Events

- | | |
|--|-------------------------------|
| Topic: Tuning Into Child Development | Date: March 5 |
| Place: Arklan Public School, Carleton Place | Time: 7:00 – 8:30 p.m. |
|
 | |
| Topic: Bullying | Date: March 11 |
| Place: Arklan Public School, Carleton Place | Time: 6:30 – 8 p.m. |
|
 | |
| Topic: Bullying Parent Support Evening | Date: March 18 |
| Place: Ontario Early Years Centre, Smiths Falls | Time: 6:00 - 7:30 p.m. |
|
 | |
| 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. |

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

The Back Page

Mom, it's OK You don't need to paint my toy chest. I'm using it for a fort.

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 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 Ed307 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 Mary Rose Corbett.....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