

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.



March is Poison Awareness Month.

A poison is something that can make you sick or can hurt you if you eat, drink, touch or smell it. Poisons come in all sizes, colours and shapes. A poison can smell and taste good, but can make you very sick. The following website www.ontariopoisoncentre.ca has ways to help you keep your family safe. You can also learn about some of the most common poisons found inside and around your home.

March is Nutrition Month

Providing balanced meals can make a big difference in the overall health and well-being of your child. Good nutrition fuels kids for play, school and family time. When children consume the right balance of calories and nutrients for their growing bodies, they will feel better and have more energy. Try making meals a colourful event. Serve up vegetables and fruits, whole grains and healthy proteins. Enjoy family meals together and involve your child in the planning and preparation. When you make healthy eating a family affair, everyone benefits.

March Break is March 15 to 19. Check out page 4 for some suggestions on things to do with your children during the March Break. The only playgroups running during March Break are in Smiths Falls on Monday, Wednesday and Friday.

Montague Playgroup- Change of Venue:

Montague Playgroup on Tuesday mornings will be held at the Old Smiths Falls High School on Gould Street, until further notice.

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.

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.



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

Promoting Children's Social Competence

Following are some suggestions to help promote children's social competence:

- Ø During play, model social skills for the children such as offering to share, wait, give a compliment and take turns, ask for help and agree to wait.
- Ø Prompt children to ask for help, or take a turn, or share something, or give a compliment and then praise them for it if it occurs. Don't make an issue out of it if a child does not respond to your prompt.
- Ø Praise a child anytime he/she offers to share with you or offers to help you.
- Ø Participate in pretend play by taking your doll or action figure and using them to model skills such as asking to play, offering to help, taking a turn, giving a compliment, calming down with a deep breath and waiting.
- Ø Model and prompt a child with a suggestion of the appropriate words to use
- Ø Help a child notice what another child is doing and offer to help them in some way.
- Ø Help a child understand that when he/she shares with another person that other person feels happy. (ie connect a child's actions to another's feelings).



Please Note: Mom to Mom Sale on Saturday, March 27 8 – 11 a.m. at Trinity United Church in Smiths Falls.

Literacy Page

Giving Your Child A Great Start For Life – Getting Ready For Kindergarten

Talking , Reading, Listening and Writing: How you can help?

- Have ear infections treated right away. A hearing loss can affect speech and in turn affect reading ability.
- If your child can't talk or hear well and understand other people call Language Express 1-888-503-8885.
- Read out loud every day. Talk and ask questions about the stories and the pictures.
- Talk about movies, stories, and TV shows and your family
- Have your child tell you a story
- Give words to describe feelings
- Talk about and read the sounds and names of letters
- Look, talk about, read out loud street signs, flyers, magazines, food labels
- Talk about the front and back of a book and show how to turn the pages
- Repetition is great, so read a book over and over
- Sing songs, do rhymes and fingerplays
- Let children listen to music, other adults and other children
- Listen and identify common sounds around you – sirens, birds etc.
- Let your child scribble notes to you and try writing what they tell you
- Let children see you reading and writing.

To Get Along Children Need To:

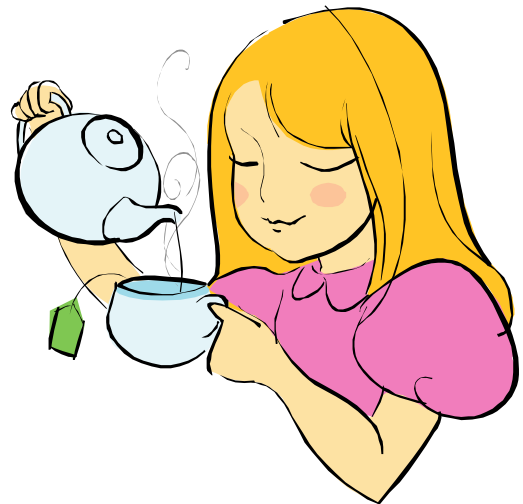
- ¶ Have many chances to play with other children and learn to share and take turns
- ¶ Learn how to talk about their feelings
- ¶ Learn how to get along with others

Parents Teach Children:

- Ø Self control
- Ø How to listen and speak respectfully
- Ø How to get along in play and at work
- Ø Honesty and acceptance
- Ø About consequences
- Ø How to give sincere praise

Doing It On Their Own – Children Can:

- wash their hands
- blow their nose
- get dressed
- go to the bathroom
- open lunch box and food containers
- ask for help
- figure out how to make choices
- do simple household chores



Learning includes:

- Ø playing “pretend”
- Ø being able to listen to others
- Ø having a desire to learn new things
- Ø believing they can succeed
- Ø knowing their printed name
- Ø knowing basic shapes and colours and counting from one to ten
- Ø playing with scissors, markers, pens, crayons, playdough, puzzles etc.
- Ø talking about time, the calendar, the weather and what to wear

Parenting Page

March is a good time to head to the National Capital area with your family to enjoy some of the fun stuff that a big city has to offer. There are a lot of free activities and/or discounts available to families, so make sure to do your research either online or over the phone. There is something out there for all ages, abilities and interests. The following is a list to get you started. Have fun!

Canadian Science and Technology Museum

1867 St. Laurent Blvd.
Ottawa, ON K1G 5A3
613-991-3044

www.science-tech.nmstc.ca

Gatineau Park

1-800-465-1867

www.canadacapital.gc.ca/gatineau

Canadian Museum of Nature

240 McLeod St.
Ottawa, ON
1-800-263-4433

www.nature.ca

Diefenbunker – Canada’s Cold War Museum

3911 Carp Road
Carp, ON K0A 1L0
613-839-0007

www.diefenbunker.ca

Royal Canadian Mounted Police Stables

1 Sandbridge Rd. / RCMP Rockcliffe Stables
Ottawa, ON K1G 3J2
613-993-3751

www.rcmp.ca

Parliament of Canada

Wellington St.
Ottawa, ON K1A 0A9
1-866-599-4999

www.parliamenthill.gc.ca

National Gallery of Canada

380 Sussex Dr.
Ottawa, ON
1-800-319-2787

Canadian Museum of Civilization and Canadian Children’s Museum

100 Laurier Street
Gatineau, Quebec K1A 0M8
1 800 555-5621

www.civilization.ca

Preschoolers and Aggression

Aggressive behaviour is a normal and typical part of growing up and it is critical for parents to help their children learn how to manage it. As preschoolers get older, they show less physical aggression mostly because the part of their brains that control aggression are better developed. However, they are capable of more harm when they do get rough. Preschoolers are also smarter and more calculating. They test their growing independence with strong opinions about what and who they like to play with, and what they like to do. They negotiate with friends, parents and caregivers. Everyday, playmates try to figure out who will have what, who will do what and who can play. Later, they will remember what worked, or didn't. This leads them to choose more indirect forms of aggression and use their increasing language skills to get what they want. They make fun of and exclude certain friends; they tease, taunt and call each other names. The goal of this type of aggression is to harm another person through insults or isolation.

Comfort: Comfort is the first thing children need from parents. When you comfort your child, she/he learns to feel secure, loved and valued.

- ¶ **Read stories together about some of the angry feelings or aggressive behaviours your child has shown.** Talk about the emotions the characters are feeling. Ask your child how else the characters might handle their feelings. Remind your child of situations when she felt that way too. Recall together whether the outcome was good or bad, and what could have made it end better. Preschoolers are capable of learning alternatives to aggression. The more choices your child can see, the less likely they act aggressively.
- ¶ Praise your preschooler for positive behaviour, without overdoing it. Complementing your child is especially important when they clearly choose not to act aggressively. Moderate praise makes your child want to please you.

Play: When you play with your child, he/she learns to explore and discover the worlds and his/her role in it.

- ¶ **Pretend play gives preschoolers the chance to test different emotions, including anger.** If you take part in your child's pretend play you can be there to explore other ways to resolve those feelings without physical or indirect aggression.
- ¶ **Take the lead in making up stories where people get frustrated.** For example, "Jennifer was playing ball when Jack came and took the ball from her." Encourage your child to make up the next part. Ask "what do you think Jennifer did?" Decide together how everyone in your story will react. Have your child draw pictures to go along with the story and share them with others. Learning to talk about and share feelings are good alternatives to physical aggression.
- ¶ **Rough and tumble play is normal in children this age.** It helps preschoolers learn social skills, the boundaries of their strength, and when to stop. However, parents need to monitor children's play. Parents are very important in helping preschoolers master the fine line between rough physical play and physical aggression.

Teach:

- ¶ **If your child hurts someone, include him/her in treating the hurt child.** This helps to develop empathy for others and understand the pain his/her actions can cause.
- ¶ **Help your child learn how to apologize and make up.** Understanding how to take responsibility for hurting someone and taking steps to make things better are critical skills for preschoolers.
- ¶ **Be a good role model by managing your own frustrations.** When you are frustrated, share your feelings and talk about different ways you might cope that are not physically or indirectly aggressive.
- ¶ **Provide routines that include frequent reminders about acceptable and unacceptable behaviour.** Remind your preschoolers it is important to take turns and not push their way into a line.
- ¶ **Communicate rules and limits and be sure they are age appropriate.** Talk about these daily to ensure they are understood. Observe, monitor and respond consistently when rules are broken.

Songs, fingerplays and crafts

Celebrate Dr. Seuss' Birthday!

Dr. Seuss was born on March 2, 1904. Dr. Seuss' books like The Cat in the Hat, Green Eggs and Ham, Horton Hears A Who and Fox in Socks are entertaining and educational. Preschoolers love the rhyming text, and the zany and fun characters and illustrations.

Seuss characters:

Give children a variety of craft supplies and recycling items such as toilet paper rolls, egg cartons, pipe cleaners, felt, yarn, pompoms, wiggly eyes. The more colourful and crazy the better! Invite the children to create unique creature like forms from the Dr. Seuss Books!

Cat Tails:

Cut out a large circle from black construction paper. Starting at the outside edge, cut one large spiral piece about 2 inches thick. Tape this spiral strip to the back of your child's pants to be a cat tail. Cutting skills for children teach manual dexterity and eye-hand coordination.

Game:

Instead of playing "Duck, duck, Goose" play "Cat, Cat, Hat!" Have all the children sit in a circle. Have an adult start the game. Walk around the outside of the circle and pat each child's head saying "cat". Then the adult should choose a child at random and say "hat". This child gets up and tries to catch the adult before the adult reaches the spot where the child was sitting. If the child tags the adult, then the adult is out. If the adult gets to the seat without getting tagged, then it is the child's turn to go around the circle. Play until each child has a turn.

Cooking with children helps them to practice math & science skills. Measuring, pouring and scooping. Practice hygiene (washing hands) and safety (careful around the hot stove).

Make green eggs and ham: Add a couple drops of green food colouring to eggs before scrambling them. Children may be hesitant to eat these unusual eggs until they realize there is no taste difference. Make some regular scrambled eggs and serve a bit of both on their plates. Model for the children by eating the eggs as well.

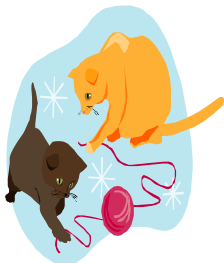
Happy Birthday to Dr. Seuss

Children love to sing "Happy Birthday" at any time, place or for any reason!! You could serve birthday cake at snack time.

I'm A Little Kitty Cat

(tune: I'm a little teapot)

I'm a little kitty cat
Soft and small.
I like to climb
Or chase my ball.
If you pick me up
And rub my fur.
You can hear me
Purr and purr!



Hat Toss:

Make paper bag hats like the ones in the book – The Cat in the Hat. Open your bag and roll down the top to create a brim for your hat. Draw red & white stripes on your bag.

Let the children crumple pieces of newspaper to create balls. Let each child make 5 – 10 balls.

Place your paper hat on the floor so the opening faces up. Have the children stand approximately 3 feet away from the hat and try to toss their paper balls into the hat. This is a great "math" activity. Have children predict how many times they can get their "ball" into the hat. Is it easier when you are closer – 2 feet away or when you are further – 5 feet away? Use language such as: does your ball "always, sometimes, never" go in?

Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte – Holy Name of Mary	10:00 - 11:30	Linda	March 1, 8, 22, 29
Monday	Beckwith – Beckwith Town Hall	9:30 – 11:30	Leanne	March 1, 8, 22, 29
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	March 1, 8, 22, 29
Monday	Perth – Old Stewart School	9:30 – 11:30	Jane	March 1, 8, 22, 29
Monday	Smiths Falls	9:00 – 11:00	Lori	March 1, 8, 15, 22, 29
Tuesday	Almonte – Naismith School	9:30 – 11:00	Linda	March 2, 9, 23, 30
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	March 2, 9, 23, 30
Tuesday	Lanark	9:30 – 11:30	Jane	March 2, 9, 23, 30
Tuesday	Montague –Old Smiths Falls Highschool	9:30 – 11:00	Leanne	March 2, 9, 23, 30
Tuesday	Smiths Falls	9:00 – 11:00 4:30 – 6:30	Lori	March 2, 9, 23, 30
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	March 3, 10, 24, 31
Wednesday	Lanark	9:30 – 11:30	Jane	March 3, 10, 24, 31
Wednesday	Ramsay	10:00 – 11:30	Linda/Janet	March 3, 10, 24, 31
Wednesday	Smiths Falls	9:00 – 11:00	Lori	March 3, 10, 17, 24, 31
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	March 4, 11, 25
Thursday	Clayton	10:00 – 11:30	Linda	March 4, 11, 25
Thursday	Perth – Old Stewart School	9:30 – 11:30	Leanne	March 4, 11, 25
Thursday	Smiths Falls – old High School	9:30 – 11:30	Lori	March 4, 11, 25
Thursday	Smiths Falls	9:00 – 11:00	Parent run	March 4, 11, 25
Thursday	Perth – St. James Anglican Church	4:30 – 7 p.m.	Peter	March 4, 11, 25
Friday	Smiths Falls	9:00 – 11:00	Parent run	March 5, 12, 19, 26

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

Workshops

Topic: Book and Blanket	Date: Tuesday, March 9
Place: Holy Name of Mary School, Almonte	Time: 6 – 7 p.m.
Topic: Infant Massage	Date: Wednesday March 10
Place: Almonte Public Library - Almonte	Time: 10:30 -11:30 a.m.
Topic: Kids have Stress Too	Date: Wednesday March 24
Place: Sacred Heart School – Lanark	Time: 6:30 – 8:30 p.m.
Topic: Sensory Workshop	Date: Thursday March 25
Place: Ontario Early Years Center – Smiths Falls	Time: 9:30 – 10:30 a.m.
Topic: Book and Blanket	Date: Thursday, March 25
Place: Glen Tay Public School, Perth	Time: 6 – 7 p.m.
Topic: Kids Have Stress Too	Date: Thursday April 1
Place: Ontario Early Years Center – Smiths Falls	Time: 10 -11:30 a.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 playgroup March 18.

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 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 Joe Ann Hodgins, Supervisor.....613-259-3389 Catherine Cole, Cook613-259-3389</p> <p>School Age program Natasha Taylor.....613-259-3389</p>

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