

Ontario Early Years Centre Monthly Newsletter



Volume 6, Issue 9 May 2009

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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.



We want to hear from you!!! Tell us how you think we are doing. Our annual survey is out at playgroups in May. This year we would like to see most of the surveys filled out online. **It's easy, go to www.crowoeyc.ca and click on survey.** It takes only 5-10 minutes and will save lots of trees. And, you qualify for a prize for using survey monkey. Prizes will be awarded to the first 100 respondents. Send in your survey before May 29 to be counted in and to qualify for a prize. See your program facilitator at your playgroup for details about the online survey. All prizes will be delivered to playgroups. Your voice is heard and makes a difference.

One of the Web Links on our CROW website is Health and Safety. On this link you will find Kids Health. This is a very comprehensive site that has three sections: parents, kids, and teens. The parent's site provides information about health, behaviour, growth, development, parenting, pregnancy. The kid's site has articles and games about feelings, growth, development, health and where to look for help if they need it. The teen's site deals with issues like the mind, body, sexuality, drugs and alcohol, fitness, school and illness. To get to this site type in: www.crowoeyc.ca and go to Web Links.

KinderCare and School Age Summer Child Care Program

Please enroll now for CROW's KinderCare and School Age Summer Child Care Program for ages 2 – 12 years located at Maple Grove Public School in Lanark Village. This program includes: weekly field trips to the Lanark Library; short hikes through the forest to play, swim and enjoy a picnic lunch at Providence Point. Program themes are designed to suit a variety of interest and ages. A full meal plan is available daily. Subsidy is available for qualifying families. Contact JoeAnn Hodgins 613-259-3389 for more information.

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

Babies and Toddlers Need Language Play Too

Playing orally with nursery rhymes is especially magical. Infants respond to their rhythms and rhymes, tickles and bounces. It does not matter that babies cannot understand the words. When adults do rhymes regularly with babies, they are learning about much more than language. Through eye contact and mutually responsive interaction, they discover the delight of shared pleasure and the solid basis this brings to relationships. The gentle touch many of the rhymes invite helps babies recognize their physical boundaries.

Babies also become familiar with the rhythms, sounds and conventions of our language. They learn if they listen and wait just a little, something pleasurable happens – the tickle or bounce at the end. Although they cannot articulate it, this is the beginning of knowing that rhymes have a structure they can predict. Babies who have favourite rhymes anticipate their endings and crow with glee the moment you begin. As babies begin to understand the content of the rhymes, those rhymes also become their first stories, complete with characters and happenings that can be pictured in the mind.

Not all rhymes are the same and some tend to appeal sooner than others:

- Ø For newborns and very young babies – rhymes with a gentle physical element, working down the face, patting the feet, giving a little bounce and drop, such as Shoe the Wild Horse.
- Ø For older babies – rhymes with more elaborate language and often, though not always, more boisterous actions, such as Father, Mother and Uncle John.
- Ø 1 ½ - 2 years – rhymes like Dr. Foster Went to Gloucester that rely less on a physical punchline and more on story
- Ø 2 – 2 1/2 years – very simple fingerplays, such as Put Your Finger in Foxy's Hole, which they can do on their own or with an adult's help.
- Ø 2 1/2 – 3 years – more complex fingerplays and rhymes that invite large miming actions, like Up, Up the Candlestick. Adult help may well still be needed. Also good are nonsense rhymes such as Dilly Dilly Piccalilli that are silly or whimsical, now that the children have a strong enough grasp of what's real to begin to enjoy spotting what's not.

Children who have had rich language experience begin to enjoy listening to simple stories when they are about two years old. Now playing with rhymes complements listening to stories. Rhymes preschoolers enjoyed in one way when they were smaller can now be enjoyed in other ways. Bouncing rhymes can be acted out. Touching rhymes can be done on a friend, parent or doll. As the children gain more ease with language and movement, they take possession of the material they like and use it actively in their own way in their play.

Shoe The Wild Horse

Shoe the wild horse,
 (make a fist and tap firmly on the ball of the foot)
 Shoe the mare, (then on the heel)
 But let the little coltie
 Go bare, bare, bare
 (stroke length of sole as you say
 bare, bare, bare)

Put Your Finger in Foxy's Hole

Put your finger in foxy's hole
 (make one hand into a loose fist,
 poke index finger of other hand in,)
 Foxy's not a home
 (wiggle finger around and shake head)
 Foxy's out the back door
 Picking on a bone.
 (poke finger through so it sticks out the
 back side of your fist)

Dilly dilly Piccalilli
 Tell me something very silly,
 There was a chap,
 His name was Bert,
 He ate the buttons
 Off his shirt.

Father, Mother and Uncle John

Father and Mother and Uncle John
 (bounce baby on your knee, facing you, in time to the beat)
 Went to the market one by one
 Father fell off, (tip the baby to one side – gently at first)
 Mother fell off, (then to the other)
 But Uncle John went on and on and on and on....
 (then bounce in time for as long as you both feel inclined)

Up, Up the Candlestick

Up, up the candlestick
 (hold one forearm up to make the candlestick)
 Went little mousy brown.
 (run fingers of other hand up to the top)
 She ate a bite of candle (close fingers over top of candle)
 Then she couldn't get back down (shake head)
 She cried out, "Grandma, Grandma
 (cup hands and call)
 But Grandma was in town. (shake head)
 So she curled herself into a ball (hunch shoulders, curl over)
 And rolled herself back down (roll hands over and over)

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.

Following is a quote from *Becoming A Nation of Readers*.

“The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children. This is especially so during the preschool years.”

Vocabulary

- 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 he/she says.
- Speak in the language that is most comfortable for you.
- Read together every day. When you talk about the story and pictures, your child hears and learns more words.
- **Research shows that children who have larger vocabularies are better readers. Knowing many words helps children recognize written words and understand what they read.**

Following is a quote from *Meaningful Differences in the Everyday Experience of Young American Children* by B. Hart and T..R. Risley

“Vocabulary is learned from books more than from normal conversation with adults or children or from television exposure.”



Parenting Page

Kids Have Stress Too!!

Childhood is meant to be a happy, carefree time. But sometimes kids, like adults, can experience stress.

Stress is a normal part of everyday life. Children can feel stress in their lives at home, school or even at play. That's not all bad since stress can motivate or challenge a child. But when kids have more stress than they can handle it can hurt their health.

Signs Vary

Stress can show up in many different ways. Kids may say that they don't feel well or that their head or tummy hurts. You may notice they are acting differently than they usually do. They may become sad or moody, angry or panicky. They may have trouble getting along with family members or friends or they may not want to attend their usual activities. They may have difficulty sleeping, may eat more often or find it difficult to eat at all.

How can you help your kids when they feel stressed?

Stop. Find opportunities to connect with your child. Any quiet time when the two of you are least likely to be interrupted will do. Talking with children works best when you share a neutral activity together such as doing the dishes, colouring, or playing ball.

Look. Scan your child's face. Are you able to make eye contact? Does he/she appear relaxed or tense?

Listen. Sit with your child. Give him/her your full attention. It is important to give your child time to express himself/herself.

You can try the following tips to help children feel good about themselves, learn to relax and have fun:

- Show your child you love them with words, hugs and kisses.
- Spend time with your child. Play and laugh together.
- Give them time to relax and do nothing.
- Limit TV, computer, and video game time and encourage your kids to move their bodies. It is an excellent way to work out frustration and anger.
- Eat meals together and encourage your child to eat foods full of vitamins and minerals from all four food groups.
- Remember that feeling rushed puts pressure on children. Slow down. Try getting clothes, lunches and backpacks ready the night before.
- Be sure your child is getting enough sleep. Children require 10-12 hours of sleep nightly for optimum functioning.
- Encourage a regular bedtime routine with quiet, calming activities such as music, reading or quiet play.
- Kids as young as four can learn deep breathing and relaxation techniques. Do them together.
- Parents are a child's best teachers. Set a positive example by managing your own stress effectively.

--adapted from www.simcoemuskokahealth.org website

Happy Mother's Day.

Job Opportunity
Position: Mother, Mom, Mama

Job Description: Long term, team players needed, for challenging permanent work in an, often chaotic environment. Candidates must possess excellent communication and organizational skills and be willing to work variable hours, which will include evenings and weekends and frequent 24 hour shifts on call. Some overnight travel required, including trips to primitive camping sites on rainy weekends and endless sports tournaments in far away cities. Travel expenses not reimbursed. Extensive courier duties also required.

Responsibilities: The rest of your life. Must be willing to be hated, at least temporarily, until someone needs \$5.00. Must be willing to bite tongue repeatedly. Also, must possess the physical stamina of a pack mule and be able to go from zero to 60 mph in three seconds flat in case, this time, the screams from the backyard are not someone just crying wolf. Must be willing to face stimulating technical challenges, such as small gadget repair, mysteriously sluggish toilets and stuck zippers. Must screen phone calls, maintain calendars and coordinate production of multiple homework projects. Must have ability to plan and organize social gatherings for clients of all ages and mental outlooks. Must be willing to be indispensable one minute, an embarrassment the next. Must handle assembly and product safety testing of a half million cheap, plastic toys, and battery operated devices. Must always hope for the best and be prepared for the worst. Must assume final, complete accountability for the quality of the end product. Responsibilities also include floor maintenance and janitorial work throughout the facility.

Possibility For Advancement & Promotion: Virtually none. Your job is to remain in the same position for years, without complaining, constantly retraining and updating your skills, so that those in your charge can ultimately surpass you.

Previous Experience: None required unfortunately. On-the-job training offered on a continually exhausting basis.

Wages & Compensation: Get this! You pay them! Offering frequent raises and bonuses. A balloon payment is due when they turn 18 because of the assumption that college will help them become financially independent. When you die, you give them whatever is left. The oddest thing about this reverse-salary is that you actually enjoy it and wish you could do more.

Benefits: While no health or dental insurance, no pension, no tuition reimbursement, no paid holidays and no stock options are offered; this job supplies limitless opportunities for personal growth and free hugs for life if you play your cards right.

Author Unknown

Songs, fingerplays and crafts

Hand Shaped flowers

Have each child trace their hand onto a piece of construction paper. Then help the child to cut out their hand. Let each child glue a picture of themselves in the middle of the hand. Give each child a popsicle stick and let them paint them green. When the stick is dry, glue the hand shape onto the stick to make hand shaped flowers.

Love My Mommy

(tune: Up on the Housetop)

I love my mommy, yessiree!

She is very good to me.

She makes me cookies and yummy treats,

That's my mom and she's so neat!

Oh, oh, oh, who wouldn't know,

Oh, oh, oh, who wouldn't know,

I love my mommy and she loves me.

That's the way it's suppose to be!

Five Pretty Mommies

(tune: Five Little Ducks)

Five pretty mommies I once knew,

Fat ones, skinny ones, tall ones too.

But the one in the middle that belongs to me....

I love her and she loves me!

Down to the grocery we did go,

Wibble, wobble, wibble wobble – to and fro,

But the one in the middle that belongs to me,

I love her and she loves me!

Fun Frames

For each child you will need: six popsicle sticks, two small magnets, a picture of the child, construction paper. You will also need some glue, decorations such as macaroni, plastic lace, glitter, string, tissue paper pieces etc. To make the frame, which is a square, take four of the popsicle sticks and glue the ends to each other. Glue the other two popsicle sticks on top of the top and bottom of the square. When the glue is dry, let the children decorate their frames with paint, glue, glitter, macaroni etc. Let them dry. Cut a piece of construction paper to fit the back of the frame. Glue it in place. Cut the picture of the child to fit the frame. Inset the picture into the frame for an awesome mothers day gift.

Rainbow Parade

(tune: When Johnny comes Marching Home Again)

The children are marching into town, hooray, hooray

The children are dressed like rainbows as they come our way

Some wear orange, yellow or red.

Some wear rainbows on their heads.

Oh, we're oh so glad that the children could come today.

The children are marching into town – hooray, hooray.

Some hold prisms as they come our way.

Some wear purple, green or blue.

Some wave rainbow streamers, too

Oh, we're oh so glad that the children could come today.



Great Big Rainbow

(tune: I'm a Little Teapot)

There's a great big rainbow in the sky,

With pretty colours way up high.

When it starts to rain and the sun comes out,

A beautiful rainbow will pop out!

Playgroups

Please note: We are closed May 18 for Victoria Day.

Day	Location	Time	Staff	Dates
Monday	Almonte	10:00 - 11:30	Leanne	May 4, 11, 25
Monday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	May 4, 11, 25
Monday	Smiths Falls	9:00 – 11:00	Lori	May 4, 11, 25
Tuesday	Carleton Place - Arena	10:00 – 11:30	Issie	May 5, 12, 19, 26
Tuesday	Lanark	9:30 – 11:30	Jane	May 5, 12, 19, 26
Tuesday	Smiths Falls	9:00 – 11:00 5:00 – 7:00	Lori	May 5, 12, 19, 26
Tuesday	Stanleyville	10:00 – 11:30	Linda	May 5, 12, 19, 26
Wednesday	Almonte	10:00 – 11:30	Leanne	May 6, 13, 20, 27
Wednesday	Carleton Place – St. Gregory	10:00 – 11:30	Issie	May 6, 13, 20, 27
Wednesday	Perth	9:30 – 11:30	Jane	May 6, 13, 20, 27
Wednesday	Ramsay	9:30 – 11:00	Linda/Janet	May 6, 13, 20, 27
Wednesday	Smiths Falls	9:00 – 11:00	Lori	May 6, 13, 20, 27
Thursday	Carleton Place - Arena	10:00 – 11:30	Issie	May 7, 14, 21, 28
Thursday	Clayton	10:00 – 11:30	Linda	May 7, 14, 21, 28
Thursday	Lanark	9:30 – 11:30	Jane	May 7, 14, 21, 28
Thursday	Montague	9:30 – 11:00	Leanne	May 7, 14, 21, 28
Thursday	Smiths Falls	9:00 – 11:00	Parent run	May 7, 14, 21, 28
Thursday	Smiths Falls – old high school	9:30 – 11:00	Lori	May 7, 14, 21, 28
Friday	Smiths Falls	9:00 – 11:00	Parent run	May 1, 15, 29

Please Note: The playroom is closed on Friday, May 8 and 22.

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

Upcoming Events

Sprinkler Party , August 19 at the Mill of Kintail near Almonte

The Back Page

Early registration is beginning for the following:
Soccer ages 4+ boys and girls
contact Bruce Doef at 283-9865.

Children’s Resources on Wheels Staff																																	
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<table style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: right;">EXT</td> </tr> <tr> <td>Data Analysis.....</td> <td style="text-align: right;">316</td> </tr> <tr> <td>Diane Bennett, Administrative Assistant.....</td> <td style="text-align: right;">313</td> </tr> <tr> <td>Kathy Boelsma, Early Literacy.....</td> <td style="text-align: right;">312</td> </tr> <tr> <td>Emily Cassell , Data Analysis, maternity leave</td> <td style="text-align: right;">316</td> </tr> <tr> <td>Sue Cavanagh, Executive Director.....</td> <td style="text-align: right;">303</td> </tr> <tr> <td>Linda Cybulski, Playgroup Facilitator</td> <td style="text-align: right;">304</td> </tr> <tr> <td>Leanne Dwyer, Playgroup Facilitator</td> <td style="text-align: right;">318</td> </tr> <tr> <td>Janet Wheeler Lackey, Toy Library/Resource.....</td> <td style="text-align: right;">311</td> </tr> <tr> <td>Linda Lalonde, Office Manager/Reception</td> <td style="text-align: right;">300</td> </tr> <tr> <td>Pauline Levesque, Office Support</td> <td style="text-align: right;">305</td> </tr> <tr> <td>Dayna McCumber, Parent Ed.....</td> <td style="text-align: right;">307</td> </tr> <tr> <td>Deb McGuire maternity leave</td> <td style="text-align: right;">307</td> </tr> <tr> <td>Issie Mullen, Playgroup Facilitator.....</td> <td style="text-align: right;">311</td> </tr> <tr> <td>Jane Paul, Playgroup Facilitator</td> <td style="text-align: right;">305</td> </tr> <tr> <td>Lori Wintle, Playgroup Facilitator</td> <td style="text-align: right;">310</td> </tr> </table>		EXT	Data Analysis.....	316	Diane Bennett, Administrative Assistant.....	313	Kathy Boelsma, Early Literacy.....	312	Emily Cassell , Data Analysis, maternity leave	316	Sue Cavanagh, Executive Director.....	303	Linda Cybulski, Playgroup Facilitator	304	Leanne Dwyer, Playgroup Facilitator	318	Janet Wheeler Lackey, Toy Library/Resource.....	311	Linda Lalonde, Office Manager/Reception	300	Pauline Levesque, Office Support	305	Dayna McCumber, Parent Ed.....	307	Deb McGuire maternity leave	307	Issie Mullen, Playgroup Facilitator.....	311	Jane Paul, Playgroup Facilitator	305	Lori Wintle, Playgroup Facilitator	310	<p>EXT</p> <p>Kelli Cassidy, Director 309</p> <p>Sherry Harder, Administrative Assistant 301</p> <p>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</p> <p>Catherine Cole, Cook613-259-3389</p> <p>Barb Bonsall 613-259-3389</p> <p>School Age program</p> <p>Nikki Dailey..... 613-259-3389</p> <p>Mary Rose Corbett.....613-259-3389</p>
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