

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

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



National Family Week is October 5 – 11, 2009.

This year marks the 25th anniversary of National Family Week in Canada. Family is important to everyone. Although no family is “perfect” it can be a wonderful place of growth and nurturance for its members. In a fast paced and demanding world, it can offer a place to connect and catch our breath.

National Family week is a time dedicated to recognizing and celebrating the positives and the strengths of family. This year's theme is: **JUMP INTO FAMILY FUN.** During National Family Week try to strengthen your family ties; reconnect and have fun together by taking part in family activities that nurture your bodies and your spirits.

United Way Campaign

We are collecting toonies from our participants at our playgroups to be given to United Way. Please remember to give your facilitator your toonie.

New : Dad's playgroup in Perth – see the back page of this newsletter.

Special Needs Playgroup:

If you and your child are interested in attending a playgroup for children with special needs, please register at OEYC by October 23 for Friday, October 30 playgroup and by November 20 for Friday, November 27 playgroup. Playgroup runs 10 – 11 a.m.

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. We are concerned about your health and the health of others in the group. Please use hand sanitizer, which will be provided, upon arrival at the playgroups. For more information go to www.fightflu.ca

Fall workshops are on page 7 and they are also posted on our website at www.crowoeyc.ca Our Fall 2009 parent support calendar is posted on our website.

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)

Coaching Children in Cooperative Play With Peers

Join children and their friends when they are playing and “coach” them in good play skills by noticing and commenting on their cooperative efforts. For example:

- Ø **Making suggestions:** “Wow, that was a helpful suggestion to your friend.”
- Ø **Expressing Positive Feelings:** “That’s a friendly way to show how you are feeling.”
- Ø **Waiting:** Super! You waited your turn and let him go first, even when you wanted to be first.”
- Ø **Asking Permission:** “That’s very friendly to ask him/her if he/she want to do that first.”
- Ø **Complimenting:** “What a friendly compliment. I can see he/she feels good about that.”
- Ø **Taking Turns:** “You let him/her take a turn – how very helpful.”
- Ø **Sharing:** “You are both doing it together. I can see you are team players.”
- Ø **Agreement:** “You agreed with her suggestion – what a friendly thing to do.”
- Ø **Using Soft Touch:** “You are using gently and soft touch with him/her. That is friendly.”
- Ø **Asking For Help:** “Wow! You asked him/her to help you – that is what good friends do for each other.”
- Ø **Caring:** “I can see you really care about his/her ideas and point of view. You’re a thoughtful person.”
- Ø **Problem –Solving:** “You both worked out that problem in a calm way. It looks like it feels good for both of you.”
- Ø **Being Polite:** “You were so polite in the way you asked him/her to wait – that’s very friendly.”

Literacy Page

How To Raise A Reader

Reading is good for children. It helps develop new brain cells, turns on thousands more and strengthens connections between others. Reading is crucial if children are to understand everything from math to history. But more than anything, reading is a deeply pleasurable experience – a way to escape the everyday world for far-off places, magical events and unforgettable characters. Although the timing can vary widely, most children tend to move along a predictable path to literacy. Following are some tips to help you raise a child who likes nothing more than to curl up with a book.

Ages 0 – 3 years: Book eaters

The building blocks of reading are laid long before kids, actually begin to sound out words. By focusing on pictures, babies develop their eye muscles, and each time they hear a word it imprints more strongly on their brains. When you read to little ones, you familiarize them with the rhythms of language and teach them the basics of how books work – we open them, there are stories or pictures inside. Books for this age should have few words if any and lots of bright pictures or things babies and toddlers can touch and manipulate.

Make it fun

- Make your own books using pictures of the child's family.
- Take your cue from your child. Babies and toddlers have a limited attention span, so let your child tell you when storytime is over.
- Establish a ritual – the bedtime story, the diaper change book, the home-from-daycare tale etc.
- Read 'Goodnight Moon' again and again and again. You may feel like you have a brain freeze, but the repetition is soothing for your child.
- Make it interactive. (Can you pet the bunny? Point to the red boots. What does a cow say?) When kids participate they are engaged and learning.

Ages 3 – 5 years: Pre-readers

As your child gets a little older, he/she can handle stories with more words. Reading material has to be developmentally appropriate or you will lose the child. The stories themselves will begin to catch his attention and he/she will internalize the fact, for example, that "letters" aren't just put together in random order – we read from left to right and there are spaces between the words. Look for books where the pictures and the words work together to tell the tale.

Make it fun

- Ø Let your inner piglet shine – growl, squeak and oink with the animals in the book, or use different voices. Anything that gets your child giggling is on the right track.
- Ø Point out the title and follow along the text with your finger to show the connection between your voice and the words.
- Ø Play fill in the blanks with those much loved stories, particularly rhyming tales. Encourage your child to finish the lines.
- Ø Let your child turn the pages.
- Ø There are words everywhere. Point the words out. Children will begin to recognize logos like McDonalds big M and road signs too – like STOP.

--adapted from article written by Camilla Cornell

Parenting Page

Supporting Your Child's Physical Development

Your child grows so quickly and explores new challenges every day. Following are some ideas to help ensure your child can practice emerging skills like crawling, reaching, grasping, throwing, walking, climbing and running. Your child will learn how their body works and discover all the amazing things they can do!

Comfort

If you do this:

Show support and provide help as your child attempts new physical activities

Make sure that your child has time for both relaxing and active play

Your child will:

Build confidence in his/her abilities knowing you are there to protect them as they explore new skills

Understand that resting, like exercising, is an important part of taking care of his or her body

Play

If you do this:

Play creative movement games like Simon Says, demonstrating different ways to move

Provide toys that encourage movement Movement (e.g. pull toys, tricycles, crib gyms)

Your child will:

Use his/her imagination as he/she explores how to wiggle his/her fingers, jump, stamp his/her feet

Be encouraged to use different body parts and learn that she can make things happen

Teach

If you do this:

Enjoy physical activities together like yoga, walking, playing catch

Label different body parts and explain how they work (e.g. feet can run and kick a ball)

Your child will:

Learn from your example that there are lots of ways to be active

Begin to use these words to talk about his or her body and all that it can do

ParticipACTION is the national voice of physical activity and sport participation in Canada. Through leadership in communications, capacity building and knowledge exchange, we inspire and support Canadians to move more.
Visit www.participACTION.com for more tips on how to stay active

Family Tips For Encouraging Physical Activity

Physically active children perform better in school, so find ways to get your child active during the school week.

- Walk your child to and from the bus stop or school
- Choose a daycare that, if possible, can walk your child to and from school
- Pack your child's backpack with a baseball glove or skipping rope, so recess can be active time
- Encourage your child to join a school sports team or club
- Make physical activity part of the daily routine, like homework, by setting a time for after-school play
- Make sure your child always brings his/her running shoes and is ready to be active at school

Encourage physical activity at your child's school

- ¶ Ask your child's principal to provide weekly tips in morning announcements on ways students can get more physically active
- ¶ Suggest to the parent council they include 'active' fundraisers such as dance-a-thons, jump rope competitions or laps around the school as the event fundraiser
- ¶ Start a pedometer programs – studies have shown people who wear pedometers walk more
- ¶ Advocate for physical education classes and active opportunities offered every day

Balance screen time with active time

- Remove TV's and computers from your child's bedroom
- Let your child choose two shows or computer games they watch or play a day

Be A Role Model

- è Inspire your child to be physically active by living an active lifestyle
- è Volunteer to coach or help out with your child's sports team or club
- è When watching your kids play sports or take classes, don't sit on the sidelines – walk around the field, stadium or arena
- è Advocate for by-laws which promote physical activity

Use the parks and playgrounds in your community

- ¶ Go for a nature walk or bike ride in a safe area
- ¶ Go swimming or play tennis, baseball or soccer at a community park
- ¶ Play on the jungle gym

Songs, fingerplays and crafts

Glitter Leaves

Take the children on a fall walk and collect leaves with stems. Show the children how to press them in magazines and leave them for a day. Then, let the children paint the leaves with different colours of tempera paint and sprinkle the wet paint with glitter. Let dry. When dry, glue the leaves to a ribbon or you could make a leaf mobile.



Handprint Fall Tree

You need: white construction paper, liquid tempera paint- brown, orange, yellow, red, green, scissors, glue
Paint the child's arm brown and place onto white construction paper to create a tree trunk. Paint the hand green and make three prints on top of the tree trunk. Let dry. Have the children make red, brown, orange, yellow and green fingerprint leaves on their tree. They can also add a few falling fingerprint leaves and some grass at the bottom of the tree.

I Eat Turkey (tune: Frere Jacques)

I eat turkey (point to self)
I eat turkey (point to self again)
Yes, I do (nod head)
Yes, I do.
Turkey in my tummy (rub tummy)
Yummy, yummy, yummy.
Good for me, (point to self)
Good for you. (point to others)

Thanksgiving Turkey Decoration

You will need:

Pine cone for each child, orange, red, green and yellow craft foam, glue, thick pipe cleaner, wiggly eyes.

Cut out feather shapes from the craft foam. Help the children form the pipe cleaners into the shape of a turkey head and neck. Glue wiggly eyes and waddle to the head. Glue the head on the small end of the pine cone. Glue the tail feathers into the spaces on the large end of the pine cone.

Pumpkin

We bought a fat orange pumpkin
The plumpest sort they sell.
We neatly scooped the inside out, and only left the shell
We carved a funny funny face, of silly shape and size
A pointy nose, a jagged mouth and two enormous eyes.
We set it in a window, and we put a candle in.
Then light it up, for all to see
Our jack-o-lantern grin.



Playgroups

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

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

Fall Workshops

Topic: Face Painting workshop	Date: Wednesday, October 7
Place: Lanark, place to be confirmed	Time: 6 – 7 p.m.
Topic: Book and Blanket	Date: Wednesday, October 14
Place: Almonte, Location to be confirmed	Time: 6 – 7 p.m.
Topic: Baby Sign Language 4 session workshop	Date: Thursdays, Oct. 15, 22, 29 Nov. 5
Place: Almonte Public Library	Time: 9:30 – 11 a.m.
Topic: Book and Blanket	Date: Friday, October 16
Place: Lanark Library	Time: 6- 7 p.m.
Topic: Mother Goose on the Loose	Date: Mondays October 19 – Nov. 23
Place: Drummond North Elmsley Township Hall, Perth	Time: 1 – 2 p.m.
Topic: Family Science	Date: Mondays October 19 – Nov. 23 (6sessions)
Place: St. Gregory Catholic School, Carleton Place	Time: 1 – 2 p.m.
Topic: Infant Massage	Date: Wednesday, October 21
Place: Perth Library	Time: 10 – 11 a.m.
Topic: Positive Parenting	Date: Thursday, October 22
Place: St. Gregory’s Catholic School, Carleton Place	Time: 6:30 – 8 p.m.
Topic: Good Discipline Good Kids	Date: Thursdays, October 29, Nov. 5, 12 (3 sessions)
Place: Ontario Early Years Centre, Smiths Falls	Time: 9:30 – 11 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 starting October 1 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.

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,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 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 Joe Ann Hodgins, Supervisor.....613-259-3389 Catherine Cole, Cook613-259-3389</p> <p>School Age program Barb Bonsall613-259-3389 Natasha Taylor.....613-259-3389</p>

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