

Spring Newsletter

1-866-433-8933 ext. 2374

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The Ontario Early Years Centre
is a program of:

United Counties of Leeds & Grenville
200-25 Central Avenue West
Brockville, ON K6V 4N6
613-342-3840
Toll Free: 1-800-770-2170



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Connecting With Communities Through Cyberspace!

Did you know that the Ontario Early Years Centre launched a new webpage in January 2008? Parents, caregivers and professionals can now access and download centre schedules, programming information, outreach community schedules, and the most recent OEYC newsletter. Check it out!

http://www.uclg.ca/en/services/childrensservices_oeyc.asp

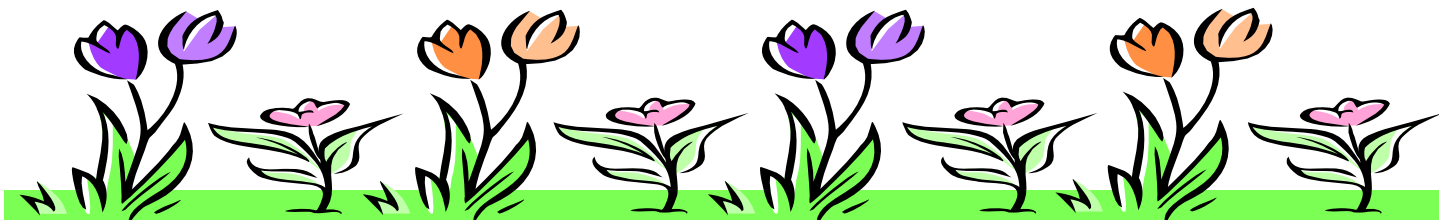


Mobile Outreach

The Ontario Early Years Centre Mobile Toy Bus has expanded its programs and services as of January 2008. Parents and caregivers, with their children 0-6 years of age, can enjoy Early Years programming in their rural communities as well as utilizing the Toy/Resource Lending Library from the bus. The Mobile Outreach offers drop-in Early Years Programs as well as pre-registered programs.

For parents/caregivers/professionals, five 'Make & Take Workshops' are also available throughout Leeds & Grenville.

For the dates and locations near you, please call the Centre or visit our website.



Why are songs and rhymes so important for babies?

Babies learn through their senses. Singing and rhyming is so important because so many senses are being activated.

A Baby:

Feels warm and safe

Hears your voice

Sees your face



Babies learn through repetition. Singing the same songs and repeating the same rhymes and stories over and over, helps a baby to form language patterns.

Babies learn through physical and social interaction. Playing games with physical interaction, such as Peek-A-Boo, helps a baby learn.

Babies learn by being talked to and by trying to talk to you. Talking with a baby throughout the day about everything you do, will help the baby to learn about language.

Research shows that knowing rhymes by age three, is related to how well a child reads at age six.

New Resources

Check out the new resources at your local Ontario Early Years site! Some of the new titles are listed below:

- CHB364 - Five Little Bats Flying in the Night
- CHB362 - "A" Is for Algonquin – An Ontario Alphabet
- CHB360 - Goodnight Moon – 1,2,3 – A Counting Book
- CH-PR045 – Mom and Dad Don't Live Together Anymore
- ADR010 – Helping Your Socially Vulnerable Child – What To Do When Your Child is Shy, Socially Anxious, Withdrawn or Bullied

For more information, please contact the Early Literacy Specialist—Leeds and Grenville at 613-341-9044 extension 2378.

Songs For Spring

Sing a Song of Flowers

(Tune: Sing a Song of Sixpence)

Sing a song of flowers, flowers all around.
Flowers that are growing, growing in the ground.
Flowers of each colour make a pretty view.
Red and orange and yellow.
And blue and purple too.



I'm A Little Daisy

(Tune: I'm A Little Teapot)

I'm a little daisy
Tall and slim (stand on tiptoes).
Here are my petals
(place hands on side of head & wiggle fingers).
Here is my stem
(hold arms down at sides of legs).
When the sun comes up
(make sun with arms).
And the rain comes down
(flutter hands to floor like rain—finish in crouching position).
I grow, grow, grow—up from the ground
(slowly rise up, bring hands over head).

Have Some Fun!

Gather your children and have some fun. Here are some recipes that you can enjoy making with your children. The final outcome is not always as important as the fun you have making your own play-dough, paint or bubbles.

No Bake Play-dough

1 cup flour
½ cup salt
2 tbsp oil
½ cup water
1 package of kool aid

Mix flour and salt together in one bowl. Mix oil, water and kool aid in another bowl; then add mixture to the flour and salt.



Bubbles

1/2 cup dishwashing detergent (120 ml)
4 1/2 cups water (1.1 litre)
4 tbsp. glycerine (available at pharmacies) (60 ml)
Container with a tight fitting lid in which to keep the bubbles
Measuring devices

Spoon

Gather all your supplies. Measure and pour the water, detergent and glycerine into container. GENTLY stir the mixture together. If a foam forms, gently skim it off the top. Find something with which to blow bubbles and have fun!

Tips:

The longer you let the mixture set, the larger the bubbles are, and the longer they seem to last.

Parenting Tips

Taken from Triple P Tip Sheet – Positive Parenting “Being a Parent”

Being a parent is the most important and challenging job many adults will have in their lifetime. The aim of good parenting is to raise healthy, well-adjusted children who have the skills they will need in adult life. Most adults begin their parenting careers unprepared for what lies ahead, and learn their parenting skills through trial and error.

Have realistic expectations of your child and yourself.

As you learn to be a parent and meet the challenges that face you every day, remind yourself that every parent makes mistakes and learn as they go. Try to have realistic expectations of your child. Check if the demands you are making, such as chores or standards of behaviour, are appropriate for your child's age and abilities. In general, expect reasonable behaviour but do not expect perfection.

Enjoy your child and spend fun time together.

Try to make time each day to enjoy your child's company and have some fun together. Find out what has happened in your child's day and talk about what you have been doing. Spending time with your child is important for your relationship and shows your child that you care.'

Look after your own needs and take care of your other relationships.

Just because you are a parent does not mean that your own needs are no longer important. It is much easier to look after your child if your own needs are also being met. If you find it difficult to make time for yourself, start by doing at least one thing you enjoy each day. Everyone needs some time away from children. This is normal and healthy.

Avoid conflict in front of your child – show them how to solve problems calmly.

Do not argue or fight in front of your child as it can be upsetting for them and children learn a lot through watching others. Children who see their parents arguing or fighting can learn inappropriate ways of dealing with problems. These children may yell and shout or become aggressive when faced with a problem. Children who grow up with a lot of tension and conflict in their home can develop behaviour problems and have trouble getting along with others. They may become aggressive, disruptive, withdrawn or anxious.

Get support from your family and friends.

Everyone needs support in raising children. ...

For more information on Positive Parenting or to register for a Triple P workshop, call the Ontario Early Years Centre – Leeds & Grenville @ 613-341-9044 or
1-866-433-8933 ext. 2374

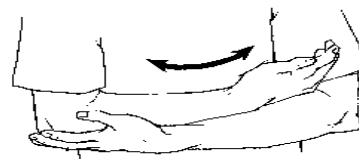


“Signs” for Spring

Communication with your child opens up their world. There are many different types of communication, including “sign language”.

In recent years there has been increased popularity in signing with babies. At this stage, you can describe different routines in your baby’s day, such as diaper change, play time, and bath time. Use facial expression and body language to enhance your signs. In the Spring, you can take a walk with your child and talk about the flowers, insects, and the warmth of the sun.

The sign for "baby" is made by placing both arms together as if holding an infant. Then gently rock your arms back and forth. **Tip:** think of holding a baby in your arms.



The sign for "bug" is made by forming the number "3" with the right hand. Touch your nose with the tip of your thumb. Bend and unbend your first two fingers a few times.

Practice the sign for “baby” and “bug”.



MAKE A STACKING, SORTING TOY AT HOME

What will you need?

- 3 – 6 clean tin cans of various sizes which have had the top removed and any sharp edges smoothed. Tins should fit inside each other.
- 3 – 6 sheets of different coloured construction paper (start with the primary colours of red, blue and yellow if you are doing 3 cans then add your child’s favourite).
- Clear mac-tac or wide scotch tape
- Scissors

How do you do it?

Cut a piece of paper to fit around one of the tins. Tape the seam and around the top to secure it. Cover it with mac-tac or tape. Cover the other tins, each in a different colour.

How do you use it?

These tins can be used in a variety of ways. Simply stack them one on top of the other or inside each other. Sort things into them according to matching colours. For example buttons, coloured pom poms, shapes cut from the extra paper (circles, squares, triangles). Clip clothes pegs around the top as a fine motor exercise.

Play “What tin is it hidden under?” by having the child close their eyes while you hide something under one of the tins. As you play these games talk about the colours, bigger/smaller, on/in/under.

CONTACT INFO.:

MAIN SITE:

Ontario Early Years Centre
166 Pearl Street East
Brockville, ON K6V 1R4

SATELLITES:

Phone: 613-341-9044 ext. 2374
Toll Free: 1-866-433-8933 ext. 2374

Kemptville: 613-258-2225
Gananoque: 613-382-8220
Ext. 3131
Prescott: 613-925-4975

MISSION STATEMENT

The Ontario Early Years Centre -
Leeds and Grenville is committed to
responding to the needs of parents,
caregivers and young children, in
partnership with the community,
to encourage healthy child
development and positive outcomes
for all.



Parent-Caregiver Satisfaction Survey Results

Parent/Caregiver Suggestions:

- Evening would be good idea for parental get together for support – *added a Pyjama Jam at all sites in 2008*
- Help enforce rules when parents are not supervising kids. Toddler - appropriate arts and crafts, more songs at circle time less pauses [keep toddlers engaged] – *reviewed participant guidelines with all adult participants*

Top Workshops requested:

- Child Discipline – *offering Positive Parenting/Triple P workshops*
- Social Skills – *offering Early Learning Programs: Baby Rhyme Time, Toddler Program, Social Skills*
- Family Stress – *offering Kids Have Stress Too workshop and Early Learning Program Mini Mind Masters*

General Comments made by parents/caregivers:

- I think the staff and the program is a real success, don't change a thing.
- It is a wonderful program. The staff is excellent. I look forward to Thursday afternoons ~ playing with baby.
- We all have a great time coming here. The children love to come and play. The staff is great.