

Summer Newsletter

1-866-433-8933 ext. 2374

June 2009

The Ontario Early Years Centre is a program of:

United Counties of
Leeds and Grenville
200-25 Central Avenue West
Brockville, ON K6V 4N6
613-342-3840
Toll Free: 1-800-267-8146



What's Inside

Play & Learn Summer Schedule.....	Page 1
Play in the Park.....	Page 2
Art	Page 3
Summer Book List.....	Page 4
Recipes.....	Page 5
Toys and Games.....	Page 6
Travelling with Young Children.....	Page 7
Making Play Possible.....	Page 8
Thank You.....	Page 9
Connecting to Your Community.....	Page 9
Thank You.....	Page 11

Play & Learn Summer Schedule



Parents, grandparents and caregivers with children birth to 6 years of age, have an opportunity to access early learning activities, resources and early learning professionals.

Program includes art, sensory, literacy, gross motor, fine motor and math activities, as well as a group time.

All programs are **FREE** and operate throughout the year.

Our centres are air conditioned.

Brockville Site:

Play & Learn - Tues. Wed.
Thurs. Fri.

9:30–11:30 a.m.

Gananoque Site:

Play & Learn - Mon. Thurs.
Fri.

9:30 – 11:30 a.m.

Kemptville Site:

Play & Learn - Mon. Wed.
Thurs.

9:30 – 11:30 a.m.

Playing with Baby - Tues.

1:30 – 3:00 p.m.

Pyjama Jam – Tues.

5:00 – 7:30 p.m.

Prescott Site:

Play & Learn – Tues. Wed.
Thurs.

9:30 – 11:30 a.m.

Please note that this is a new schedule. For more information, visit our web-site.



Play in the Park



“Play in the Park” is a free program that offers summer adventures for children 0-6 years and their parents/caregivers in local parks and community spaces. Join us and our community partners for arts/crafts, songs, stories and resources.

Programs will be from 9:30 - 11:30 a.m. in the following local communities:

DATES	LOCATIONS	
Tues., July 7 th	Riverside Park	Kemptville
Wed., July 8 th	Centennial Park	Seeley’s Bay
Tues., July 14 th	Mallorytown Community Centre & Heritage Park	Mallorytown
Wed., July 15 th	Cardinal Community Pool & Park	Cardinal
Fri., July 17 th	Ontario Early Years Centre	Brockville
Wed., August 5 th	Township of Leeds & 1000 Islands Community Park	Lansdowne
Thurs., August 6 th	Ontario Early Years Centre	Prescott
Tues., August 11 th	Riverside Park	Kemptville
Tues., August 18 th	Town Park	Gananoque
Fri., August 21 st	Ontario Early Years Centre	Brockville

- *Wear play clothes - be prepared to get messy & have fun!*
- *Bring a picnic lunch and enjoy the day with your family!*
- *Program will be cancelled if there is lightning, thunder or heavy rain (please call the centre to confirm).*
- *No registration needed.*
- *No pets please.*

For Information Please Call Ontario Early Years Centre - Leeds and Grenville:

1-866-433-8933 ext. 2374

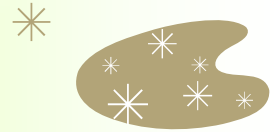
CLOUD DOUGH

½ cup water
½ cup vegetable oil
2 cups flour
2 cups salt
food colouring or liquid tempera paint
peppermint extract
bowl and spoon

Mix together the vegetable oil, flour and salt. Add a few drops of food colouring or liquid tempera paint to the water. Gradually add the coloured water to the other ingredients. Add a few drops of the peppermint extract. Knead the mixture until smooth and pliable.

PUFFY PAINT

1 cup flour
1 cup salt
1 cup water
liquid tempera paint
bowl
spoon
squeeze bottles with large openings
heavy paper



Mix flour, salt and water until the mixture is smooth. Divide mixture and pour into squeeze bottles.

Add liquid tempera paint and mix thoroughly. Squeeze onto heavy paper. The salt gives the 3-D design a glistening quality when dry.

OOBLIK

Large, shallow, waterproof container
1 box of cornstarch
1 cup of water
Food colouring or liquid tempera paint (optional)



In the shallow container, gradually add water to cornstarch to achieve the desired thick consistency. Mix until the mixture is lump-free. Add food colouring or tempera paint, if desired.

Invite the children to experiment with 'ooblik' – a fascinating material with sensory appeal. This 'slime' will appear wet, yet dry when picked up with the fingers. Try making a ball with the mixture and then let it 'drip' through your fingers.

For more information about programs, workshops and resources offered by Ontario Early Years Centre-Leeds and Grenville call 1-866-433-8933 ext. 2374 (toll free) or visit:

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

BOOKS AND RHYMES

SUMMER BOOK LIST

Providing learning opportunities in the early years is important. The books listed below are based on summer themes that range from playing in the backyard to playing at the beach and cozying around a campfire. Invite children to respond to these books by having them draw from some of their own experiences in the summer months. They could also talk about what their family is planning on doing together this summer. After reading each book, take time to talk about the story. Say, “this book reminds me of...” to show children how they can connect the books to their lives.

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don and Audrey Wood

Toasting Marshmallows: Camping Poems by Kristine O’Connell George

A House for a Hermit Crab by Eric Carle

Fun Dog, Sun Dog by Deborah Heiligman

In My Backyard by John DeVries

Planting a Rainbow by Lois Ehlert

Scaredy Squirrel at the Beach by Mélanie Watt

The Sandcastle Contest by Robert Munsch

Waiting for Wings by Lois Ehlert

Way Down Deep in the Deep Blue Sea by Jan Peck



IF ALL THE SUNBEAMS

(TUNE: IF ALL THE RAINDROPS)

If all the sunbeams
Were bubblegum and ice cream
Oh, what a sun that would be!
Standing outside, with my mouth open wide
Ah, ah, ah , ah , ah, ah , ah , ah , ah , ah.
If all the sunbeams
Were bubblegum and ice cream
Oh, what a sun that would be!

A SUMMER FINGERPLAY

These are my sun glasses.
(circle eyes with fingers)
This is my great sun hat.
(hands over head)
This is the way I fold my hands
(fold hands)
And rest them, just like that.
(place hands into lap)

For more information on summer literacy activities,
please contact the Early Literacy Specialist, Leeds and Grenville at
613-341-9044 or 1-866-433-8933, ext. 2378.

RECIPES

Page 5

Summer Newsletter

FABULOUS FISH CAKES (makes 15-20)

1 can (213 g) salmon or tuna
(or 2 cups leftover fish without bones)

¼ cup (50 ml) green onions, chopped (optional)

1 tbsp. (15 ml) plain yogurt or mayonnaise

1 tsp. (5 ml) lemon juice

1 ½ cups (375 ml) bread crumbs or crushed, un-sweetened, whole grain cereal

1 tsp. (5 ml) mustard

1 egg, beaten

1 tbsp. (15 ml) butter or soft margarine

Mash fish in a bowl. Add onions, mayonnaise/ yogurt, lemon juice, 1 cup bread crumbs, mustard and eggs. Mix well. Shape into 1 inch (2.5 cm) balls and flatten into cakes. Roll fish cakes in the remaining bread crumbs. Heat butter in non-stick frying pan. Cook fish cakes until slightly brown. Leftovers are great for lunches.

Help children by setting a good example. Eat with them at the table. Eat well yourself by choosing a variety of foods.

Recipe taken from "BusyBodies", The Nutrition Resource Centre at the Ontario Public Health Association.

A copy of this book is available to borrow at the OEYC or visit their web page and search "BusyBodies" at www.ontario.ca/eatright

CHICKPEA BURGER (serves 4)

2 tsp. vegetable oil

3 green onions

2 cloves garlic, minced

1 tsp. each dried oregano and chili powder

1 cup diced red pepper

1 can (19 oz.) chickpeas, drained and rinsed

1 large egg

1/3 cup dry bread crumbs or flour

2 tbsp. parsley, chopped

Whole wheat hamburger buns or pita bread.

Ketchup, mayonnaise, mustard, relish, tomato slices, romaine lettuce to garnish.

In food processor, combine chickpeas, green onions, red pepper, garlic, oregano and chili powder or chop all ingredients finely.

Transfer to bowl. Stir in bread crumbs, egg, parsley and salt and pepper to taste, until well combined.

Shape into 4 burgers, pressing firmly.

In nonstick skillet, heat remaining oil over medium heat and cook burgers for 4 minutes on each side or until heated through.

This is a great tasting recipe and an economical substitute for buying meat.

For more information about programs, workshops and resources offered by Ontario Early Years Centre-Leeds and Grenville call 1-866-433-8933 ext. 2374 (toll free) or visit:

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

SUMMER FUN AND SAFETY

TOYS AND GAMES

Toys and games can cost more than we want to spend, especially given that they lose their novelty after a few short uses. Instead, introduce your family to the idea of 'From Trash to Treasure'. You can spend quality time together creating fun activities. Also, recycling is good for our environment. This is a good opportunity to teach young children the importance and understanding of recycle and reuse.



A puppet theatre brings out a child's imagination by giving him an opportunity to do a "show" for his family. Use a pizza box or any similar size cardboard box. The curtain can be made using recycled fabric from an old piece of clothing. Use old socks to make puppets, adding faces with marker and/or gluing items. Visit your local library to let them choose a story book to act out or they can make up their own.

A large cardboard box can be hours of imaginary enjoyment. Ask your local department store or furniture store for their recyclable boxes. These boxes are great for indoors and outdoors. Allow your children to use a variety of materials to cover the box with colour including paint, pastels, markers and gluing items.

An obstacle course can be a great way to encourage gross motor skills and can be used indoors or outdoors. The children can learn concepts and language such as under, over, on, through by using chairs, large pillows, tables, etc. Play "follow the leader" and follow your children through the course.

Use your imagination to create a cost free activity with your children. Have fun!



DON'T' FORGET TO WEAR SUNSCREEN!

- Do not use sunscreen on babies under six (6) months old.
- Older infants can use an approved sunscreen with an SPF of 30 or more on any exposed skin. Use a broad spectrum sunscreen, one that protects against both UVA and UVB rays.
- Apply sunscreen at least 15-30 minutes before exposure. Reapply frequently and liberally. Do not rub lotion into skin. Let it be absorbed!

For more information, contact the Health Action Line at 1-800-660-5853 or www.healthunit.org

CAR TIPS

TRAVELLING WITH YOUNG CHILDREN

Do your vacation plans include a lengthy trip to visit family or friends? Are you planning a variety of day trips to see local attractions? Maybe you are hoping to take a trip to see new parts of our country. Long trips with young children can be very stressful, but it is also a great opportunity for parents and children to enjoy each other's company without the distraction of daily chores.

Capitalize on this time to laugh and play games. This will not only make a tedious journey more entertaining, but you will also get a better understanding of how your child is thinking and what is important to him.

GUESSING GAMES

These games encourage young children to observe and think about how objects function in their environment, as well as give practice in using language. You start the game but then let your child take the lead so they have to guess what you are thinking. Some examples include: "I Spy with My Little Eye – something that is (name a colour)", "I am a spoon. What am I used for?", and "I am thinking of something that starts with the sound (name a sound)".

STORYTELLING

Listening to a story without a picture book takes a lot of concentration and imagination for children. Stories about themselves or their family and friends are fun. Create your own story together by starting off with "Once upon a time there was a girl who ...". Encourage your child(ren) to add a sentence to the story. Everyone can take turns adding a sentence, even the driver if they are careful.

CREATING SILLY RHYMES

Use the rhyming words to create funny sentences. For example, "The cat sat on a hat looking for a bat. The goat put on his coat which wouldn't float. The boy has a toy". ... See if anyone can add to this sentence.

Go to www.investinkids.ca/parents/answers-for-parents to see tips on how Car Routines can make your next outing more enjoyable for all.



For more information about programs, workshops and resources offered by Ontario Early Years Centre-Leeds and Grenville call 1-866-433-8933 ext. 2374 (toll free) or visit:

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

CONNECTING TO YOUR COMMUNITY

Page 8

Summer Newsletter

ALL KIDS NEED

- To have fun;
- To feel important;
- To build skills;
- To have things they do that they feel proud of;
- To have adult role models;
- To be respected;
- To hang out with other great kids;
- To be unique
- To feel involved
- To know that their contribution can make a difference.



These needs are met when kids get a chance to play on teams, learn a new skill, be part of a group, or have special time with an adult.

By making play possible in the lives of children, we help them grow up into healthier and happier young adults.

Making Play Possible can help make recreation opportunities possible for kids who might not easily have access to those kinds of opportunities. If your child, or a child you know might benefit, please help them get in touch with the project.



CHILD & YOUTH WELLNESS CENTRE OF LEEDS & GRENVILLE

MAKING PLAY POSSIBLE

FOR MORE INFORMATION CONTACT
US AT:

TEL: 613.498.4844 EXT. 3022

WWW.CYWC.NET

because kids need to play!!



CONNECTING TO YOUR COMMUNITY

Libraries	
Athens Public Library	613-924-2048
Augusta Township Public Library	613-926-2449
Brockville Public Library	613-342-3936
Elizabethtown-Kitley Public Library	613-498-3338
Edwardsburgh Township Library (Cardinal Branch)	613-657-3822
Edwardsburgh Township Library (Spencerville Branch)	613-658-5575
Front of Yonge Public Library	613-923-1790
Gananoque Public Library	613-382-2436
Leeds and Thousand Islands Libraries	613-659-3885
Merrickville–Wolford Public Library	613-269-3326
North Grenville Public Libraries	613-258-5577
Prescott Public Library	613-925-4340
Rideau Lakes Public Libraries	613-359-5315
Westport Public Library	613-273-3223

Recreation-Camp/Swimming (Municipal)	
Municipality of North Grenville - Recreation Programs/Swim Programs/Summer Camp	613-258-9569
Town of Prescott - Swim Programs	613-925-0762
Town of Prescott - Recreation	613-925-2812
Township of Edwardsburgh/Cardinal-Recreation Programs/Swim Programs/Summer Camp	613-802-1582
YMCA (Brockville)-Swim Programs/Summer Camp	613-342-7961
Township of Elizabethtown-Kitley-Swim Programs	1-800-492-3175
Township of Athens-Recreation	613-924-2044
Township of Leeds & the Thousand Islands-Summer Camp/Recreation	613-659-3080
Town of Gananoque - Recreation	613-382-2248, Ext. 111
Township of Rideau Lakes - Summer Camp/Recreation/Swim Programs	1-800-928-2250, Ext. 238
Township of Westport	613-273-2191
Village of Merrickville-Wolford	613-269-4791
Township of Augusta	613-925-4231
City of Brockville	613-342-8772
Township of Front of Yonge	613-923-2251

CONNECTING TO YOUR COMMUNITY

Schools	
Catholic District School Board of Eastern Ontario	1-800-443-4562
Upper Canada District School Board (Public)	1-800-267-7131
Conseil des Ecoles Catholique de Lange Francais du Centre-Est (French Catholic)	1-800-204-4098

Health	
Leeds, Grenville and Lanark District Health Unit	613-345-5685
Health Action Line	1-800-660-5853
Community Primary Health Care Mobile Unit	1-800-465-7646

Food Banks	
Food For All (Prescott)	613-925-2444
Athens Food Bank	613-924-9048/924-9439
Westport Food Bank	613-273-6121
Delta Food Bank	613-928-2761
Gananoque Food Bank	613-382-4434
Portland Food Bank	613-272-3958
Operation Harvest Sharing (Brockville)	613-342-0605

Other	
Child Care Fee Subsidy	1-800-770-2170
Child and Youth Wellness Centre	1-800-809-2494
Child Care Centre Information (Call the OEYC)	1-866-433-8933, Ext. 2374
Language Express Preschool Speech & Language	1-888-503-8885
Ontario Works (Social Assistance Program)	1-800-770-2170
Community Housing	1-800-770-2170
Developmental Services - Inclusive Child Care Program	1-866-544-5614
Ontario Early Years Centre – Leeds & Grenville	1-866-433-8933, Ext. 2374

For other community resources, contact the Ontario Early Years Centre at

1-866-433-8933 ext. 2374

or go to

'Where to Turn' Website

<http://kingston.cioc.ca/browsebyorg.asp?UseCICVw=57&Let=A>



Thank You! Thank You! Thank You!

Volunteers are an integral part of the
Ontario Early Years – Leeds and Grenville
Thank You Volunteers.

Brockville – Kerry, Lacey, Amber, Mary Beth, Roxanne, Brenda and Pam

Gananoque – Jessica

Kemptville – Eileen

Prescott - Trish

For more information about volunteering at the Ontario Early years Centre—
Leeds and Grenville, please call 613-341-9044 or 1-866-433-8933, ext. 2371.

CONNECTING WITH COMMUNITIES THROUGH CYBERSPACE!

Have you checked out the Ontario Early Years Centre. 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