

Newsletter

Volume 12 Issue 4
December 2014

CROW Comments

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www.crowoeyc.com

**Children's Resources on
Wheels (CROW)
programs include :**

**Ontario Early Years
Centre**

**Licensed Home Child
Care**

CROW is dedicated to supporting and strengthening childcare, family life, child development and community links in Lanark County

We Believe:
That programs and services for families should be open to everyone

Holiday Stress Tips

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. If your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Stick to a budget. Decide how much money you can afford to spend before you go gift and food shopping. Try giving homemade gifts instead of buying them.

Don't abandon healthy habits. Try to get outdoors everyday for some physical activity. Sunlight stimulates the production of feel-good serotonin. Get plenty of sleep. If you are going to a party, have a healthy snack before you go so you don't go overboard on sweets, cheese or drinks.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include: taking a walk at night and stargazing, listening to soothing music, or reading a book.

An Open Letter from Children's Resources on Wheels Board of Directors: Regarding Bill 10, Child Care Modernization Act, 2014 is attached to this newsletter.

Playgroups: The last day for playgroups before the Christmas break is December 19. There will be no playgroups the weeks of December 22 — 26 and December 29—January 2. Please join us at our regular playgroups on Monday, January 5.

PLEASE NOTE: When there is inclement weather, all playgroups will be cancelled when school buses are cancelled. Playgroup cancellations will be announced on Jack FM, Majic 100 and Lake 88 radio stations. Cancellations will also be posted on our CROW facebook page.

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Helping Children Behave Well



Children are motivated by a natural urge to play so look for ways you can build games into your routine.

In the men's washroom in Amsterdam's airport, there is a fake fly etched into the porcelain urinals, right at the spot on the bowl where the water carries everything down. Designers have found a way to reduce splashback and cut cleaning costs by 80% by taking advantage of an apparently natural urge to aim. This is called "human factor engineering": looking at how people normally behave and then changing aspects of the environment and the routine to get them to do what you want. Providers and parents can use the same principles to help their children have good behaviour.

Environment

The following ideas might inspire you to think about what would work in your home. Whenever you can, involve children in making the changes. When children have participated in the set-up, they are more likely to pay attention to the new "cues" that are telling them what you expect.

- Provide shelves to put away toys and books at the right height for children. Put hooks to hang up clothes, school bags and wash cloths where they're easy to reach.

- If you want all the blocks to go back into one container, tape a picture of the blocks on the side of the box, where children can easily pick it out on the shelf.

- If children find it hard to put

everything away after playing, maybe there are too many toys out at one time. Put some toys and games away for awhile and rotate them every month or so.

- If you expect children to put their shoes and boots in a particular place by the door, trace around the soles, cut out the footprints and tape them to the floor.

- You can help young children stay away from things you don't want them to touch (like the dog food dish or garbage can) by putting tape on the floor in a square around the forbidden item. Little ones have a hard time controlling their impulses, and the line on the floor is a visual reminder to stop and think before they act. Tape on the floor at doorways can also be a reminder of a rule like, "Juice stays in the kitchen; it can't go over the line."

- Playgroups organizers know an empty space in the middle of a long room just seems to cry out "Run here!" If the rule is "Walk!", why not arrange the equipment and furniture to break up the space?

Routine

Meals, naps and mornings go more smoothly when they are structured by a familiar routine. Children feel more secure and find it easier to follow rules when things happen in the same order everyday. Here are suggestions for building routines.

- Try playing music or singing a

song to announce a change of activity. If the song starts, "Now it's time to put away toys..." make the last line "and wash our hands for snack!"

That focusses children on the next step in the routine.

- Create a visual reminder of a routine. Make a poster with the child, cutting and gluing pictures of a toothbrush, a washcloth and soap, a book, a bed and a big heart for a hug depicting a naptime routine.

- Leave lots of time to complete the routine. When children are rushed, they get anxious and it becomes harder for them to concentrate on behaving well.

- Adjust the routine to fit the children's needs: feed them before they get too hungry, put them down to nap before they get too tired. Don't forget to provide lots of time for active play everyday, outdoors if possible.

- Children are motivated by a natural urge to play so look for ways you can build games into your routine.

Less struggle, more fun

When you pay attention to the children's "human factors," you can organize your living space and your routine in ways that make life go more smoothly for your whole daycare family. Children will find it easier to learn self-control and you can spend more time on the fun part of being a child care provider.

— adapted from www.parentsmatter.ca





Literacy Page

Choosing Books

Why? The kinds of books that you choose are just as important as how you share them together. Choose books that build on your child's interests, as well as books that reflect their daily experiences like going to the DR or a new baby in the family. The best books for your child will be ones he/she enjoys. Visit your local library for a great selection of books to borrow.

Books Children Like:

Babies

- *Books with large, simple pictures or black and white designs.

- *Board books, cloth and soft vinyl books.

- *Photo albums of family and friends.

Toddlers

- *Interactive books (look under the flap, touch and feel).

- *Nursery rhyme books.

- *ABC and counting books.

- *Books about your child's interests (dinosaurs, cars, animals).

- *Concept books - colours, shapes.

- *Books with bright colourful pictures.

Preschoolers

- *Re-read old favourites.

- *Stories that have repetitive phrases or follow a pattern that invite your child to join in the reading.

- *Books with simple storylines.

- *Simple rhyming books that can be memorized.

- *Books with interesting pictures that encourage discussion.

Kindergarten Children

- *Re-read old favourites.

- *Nonfiction books about subjects that interest your child.

- *Introduce maps, recipe books, magazines, and newspapers.

- *Choose children's

books that you enjoy.

Learning More Than One Language

Communicate, read to and teach your child in the language you speak best (Mom speaks French and Dad speaks English). Strong first language skills make it easier for children to learn another language.

Find ways to expose your child to the language(s) you want them to learn (attend playgroups, community or library programs, provide CDs and books.)

—adapted from Building Language and Literacy at Home - a project of the Sudbury Community Emergency Literacy Committee Tip Sheet #5

The kinds of books you choose are just as important as how you share them together.





Parenting Page

Holidays and The Avoidable Accident Speech!

We have a tradition in our house that isn't confined to holiday time. It's called the avoidable accident speech. From the time our kids were young and we noticed them doing something that was likely to lead them into trouble, we would launch into a discussion that caused them to try and foresee the results of their actions. They could then decide if they wanted to continue in their wayward ways and deal with the consequences or choose another direction. Soon all we would have to do is give them the parental eye and ask "Do I need to give the speech?" They got the message.

Now dear parents, holidays and gift giving times are fast approaching. If you are blessed to be one of those "kids" who never grew up, you'll be eyeing all sorts of fun and fabulous toys. I think of you as responsible adults, so I'll bypass "The Speech" and just pass on some safety information and wish you an enjoyable and safe holiday.

1. **Be age appropriate.** Guidelines are on the package for a reason. Please think about your child's skill level, interest and abilities. If these don't match the toy, it may not be used safely.

2. **Avoid toys with small pieces for children under age 3.** These can become choking hazards. This includes balloons or parts that can be bitten or pulled off. A good rule of thumb is if it can fit in a toilet paper roll, it is too small.

3. **Look for strangulation hazards.** No strings or ribbons longer than 7 inches.

4. **No magnets for young children.** If swallowed they can stick together trapping tissue in between and cause holes in the digestive tract.

5. **Made from non-toxic materials,** even if your child is past the hand to mouth age. Small batteries are toxic.

6. **Riding toys must be sturdy and stable,** non-tippable for the little folk, be the right size for preschooler's abilities and come with helmets.

7. **Flame retardant material.** Clothing and toys containing fabric can be a fire hazard. They should be labeled flame retardant or flame resistant. Supervision is a must around candles or open flame!

8. **What else safety wise?** Grandma's pills look

like candy to a young child - make sure purses and suitcases are safely out of reach and medications are secured. Protection from the cold is a must when playing outside—consider neck warmers instead of scarves that can get caught in play equipment. Dispose of plastic bags etc. that toys might have come in - they could be a suffocation hazard. Remember nothing replaces supervision when it comes to safety.

Whether your children are five or fifteen, arming them with age appropriate toys, safety knowledge, and proper supervision can make this time of year as joyful, fun and accident free as possible. If all else fails, there is always "The Avoidable Accident Speech"! From our house to yours, however you celebrate this time of the year, may it bring you joy and peace and love.

—by Jane Paul — Parent Education Coordinator

Safety when purchasing toys for children is a must!





Parenting Page

“I See! I Want!”

Play is a learning experience for children and vital to the healthy development of every child. Toys are the basic tools children use to enrich their play, to develop social, physical and intellectual faculties and to discover the world around them. That's why it is important to choose toys carefully. Parents are constantly bombarded with a wide selection of play materials. They hear cries of “buy me!”, “I want the one with ...” and “all the kids have ...” Children often base their choices on the screens they see everyday.

Advertisements are designed to capture children's attention and their creative imagination. Though children may recognize a phrase or character on a screen, they may not understand the ad's message. Skilled camera-work and special effects can make a toy look exciting, colourful and easy to handle. On closer examination, that same toy may allow for only limited creativity, discovery and learning. Screens (TV, internet, etc) have made many children demanding consumers. Teaching them how to buy products will make them feel both good and happy.

Statistics Canada reports children between the ages of 2-11 watch an average of 18.5 hours of screen time weekly. Extensive viewing by chil-

dren of commercials and ads for toys had helped boost Canadian toy sales to 1.5 billion dollars annually (excluding video games).

- TV shows have become ads for toys
- many shows are simply cartoons based on toy characters. These programs are designed to promote the sale of the product.
- children's screen characters are used to promote toys and various other products including bubble bath soap, lunch boxes and clothing.

How To Reduce The Effect of The Media on Toy Selection

Parents and children can actively work together in choosing suitable toys for play activities.

1. Set limits on screen time (children under the age of 2 should have no screen time). Be aware of what shows and how much screen time your children are exposed to. Help children set their own screen viewing limits.
2. Make toy lists. Encourage older children to make a list of toys they would like to have. Discuss which toys are appropriate. Children will learn about choosing toys and about not getting everything on their wish list.

3. Provide a variety of types of toys. Show children how they can have more fun with the toys they already own, how to invent games and how to make toys from odds and ends around the house. Children will gain from adult involvement in the fun.

4. Evaluate toys on the basis of their play value, not by name brand and/or price. Notice the length of time your child plays with certain types of toys. Do not buy a toy you do not believe will be of value to your children, even if it is labelled educational. All toys children enjoy playing with over long periods of time have educational value.

5. Set limits on screen related toy buying. You are the person responsible for your children's toy-buying. Do not let them talk you into purchasing a toy you do not feel is appropriate. It is OK to say no!

6. When friends and relatives offer to buy gifts for your children, make recommendations. Encourage them to buy toys you would like to see them play with and enjoy.

—adapted from Canadian Child Care Federation Resource Sheet #6

Evaluate toys on the basis of their play value.



Crafts

Submitted by Issie Mullen

Snowflake Ornaments

4 popsicle sticks, circles cut from white or colored construction paper, white paint, hot glue gun and glue sticks, white glue

Directions:

Glue the sticks together. You can do this by placing one on top of another in an X and gluing the center. After they are glued together, let the children paint them white. Let the snowflakes dry and place strips of glue on each stick. The children add the circles. Let them dry overnight.



Twin Trees

Paint two cone water cups green.

Wrap ribbon around one.

Decorate with pom-poms.

When the paint dries, apply a thin layer of glue to the second cup and cover with glitter

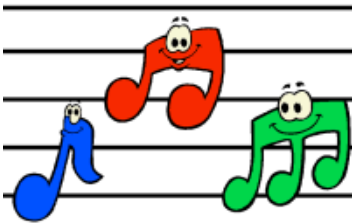
May you and your children
have fun together making
these crafts.

KEY AND POEM FOR SANTA

Make a key out of cardboard and put a hole in it. Type this poem for your child.

Hole punch a hole in the card and with a ribbon thread the key through it.

In our home, there is no chimney,
So Santa we are leaving you this key...
Sprinkle it with your magic dust,
It will open the door with little fuss...
Then while your reindeer wait for you,
Place all the gifts until you are through
Please leave the key for us right here,
We will put it out again next year...



Way up High on the Christmas Tree

Way up high on the Christmas tree (Point up)
Two little candy canes winked at me (wink),
So I shook that tree as hard as I could
(pretend to shake tree)
And down dropped those candy canes (squat down)
Mmm, Mmm, Good!! (Rub Tummy)



Playgroups

Please Note: No playgroups the weeks of December 22—26 and December 29—January 2.

See you on January 5, 2015.

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:30 am - noon	Linda	December 1, 8, 15
Monday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	December 1, 8, 15
Monday	Smiths Falls - Duncan J. Schoular School	9:30 - 11:30 am	Andrea	December 1, 8, 15
Monday	Perth—Dance Studio	9:30 - 11:30 am	Cindy	December 1, 8, 15
Tuesday	Almonte - Naismith School	9:30 am - noon	Linda	December 2, 9, 16
Tuesday	Almonte - Holy Name of Mary School evening	6 - 7:30 pm	Linda	December 2, 9, 16
Tuesday	Carleton Place - Arena, 75 Neelin Street	10:00 - 11:30 am	Issie	December 2, 9, 16
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	December 2, 9, 16
Tuesday	Smiths Falls - OEYC	9:00 -12:00 noon	Lori	December 2, 9, 16
Tuesday	Smiths Falls - Trinity United Church	5:00 - 7:00 pm	Lori	December 2, 9, 16
Wednesday	Almonte - Holy Name of Mary School	9:30 am - 2:00pm	Linda	December 3, 10, 17
Wednesday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	December 3, 10, 17
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	December 3, 10, 17
Wednesday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	December 3, 10, 17
Wednesday	Smiths Falls - Trinity United Church	9:00 - noon and 1:00 - 2:30pm	Lori	December 3, 10, 17
Wednesday	Smiths Falls - OEYC	9:00 - noon	Parent run	December 3, 10, 17
Thursday	Almonte - Naismith School	9:30 am - 2:00pm	Linda	December 4, 11, 18
Thursday	Carleton Place - Arena	10:00 - 11:30 am	Issie	December 4, 11, 18
Thursday	Lanark - Maple Grove	9:30 - 11:30 am	Andrea	December 4, 11, 18
Thursday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	December 4, 11, 18
Thursday	Smiths Falls - Trinity United Church	9:00 - noon	Lori	December 4, 11, 18
Friday	Smiths Falls - OEYC	9:00 - noon	Parent Run	December 5, 12, 19




Workshops

The parent support calendar for the winter and spring of 2015 will be available shortly. Remember to check our website and facebook page for updates.



Staff Directory

Ontario Early Years Centre	Ext	Licensed Home Child Care	Ext
Diane Bennett, Executive Assistant	313	Sherry Rodger, Accounting & Admin Support	301
Kathy Boelsma, Early Literacy Specialist	312	Janice LePage, Home Visitor	306
Emily Cassell, Data Analysis Coordinator	316	 <p>CROW Licensed Home Child Care A Program of Children's Resources on Wheels</p> <p>Do you need child care? Would you like to be a child care provider?</p> <p>Contact Us 613-283-0095 hccrow@bellnet.ca</p>	
Sue Cavanagh, Executive Director	303		
Linda Cybulski, Playgroup Facilitator	304		
Jan Forsythe, Finance Manager	302		
Cindy Goodfellow, Playgroup Facilitator	307		
Linda Lalonde, Reception/Office Manager	300		
Issie Mullen, Playgroup Facilitator	311		
Jane Paul, Parent Education Coordinator	305		
Andrea Snyder, Playgroup Facilitator	318		
Janet Wheeler, Resource	311		
Lori Wintle, Playgroup Facilitator	310		



November 25, 2014

Open Letter from Children's Resources on Wheels Board of Directors:

Children's Resources on Wheels (CROW) is a nonprofit organization in Lanark County with a Licensed Home Child Care program.

We believe that all children, whether they are the Providers own or children they are caring for, deserve a safe, quality care experience. Parents choose home childcare for a variety of reasons including the personalized attention and ability for Providers to easily access community resources and opportunities— the limits and age restrictions are necessary for care in a home-setting to be quality, safe and successful - the population of children aged 0 -4 years is especially vulnerable.

We have recently been getting a number of questions from parents and members of the public about Bill 10 which is currently going through the Ontario legislature. Bill 10 endeavours to replace the outdated Day Nurseries Act with regulations that provide better protection for children in childcare in Ontario. There are different points of view on whether the Bill should be amended or passed. To learn more about Bill 10 please follow this link: http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=3002

The Ombudsman's Report: Careless about Childcare released October 22, 2014, states the following: The Day Nurseries Act has remained largely intact since 1946 which clearly shows that it is outdated legislation... "Its drafters never envisioned today's child care landscape, and it does not cover many of the unlicensed child care arrangements of 2014. Some of its language is unclear, creates confusion and leads to inconsistent enforcement. The enforcement powers it provides are also limited and, in many situations, ineffective". The report includes the following: "Successive governments have been aware of the need for reform, and inquests into several child deaths in unlicensed care have called for legislative change ... Bill 143, the Child Care Modernization Act, 2013 was enacted on December 3, 2013."

The Ombudsman's report made 113 recommendations to address the gaps in the system. Some of these recommendations will have an impact on Independent Child Care Providers should Bill 10 be passed by the legislature. Whether the bill is passed in full or not, it is our hope that the recommendations in the Ombudsman's report will lead to less risk for all children in any type of child care setting which families choose.

There are two types of home child care in Ontario: unregulated home child care and regulated home child care (which is part of the licensed child care system under the Day Nurseries Act). The legislation acknowledges that Providers are self-employed meaning that whether they are affiliated with a licensed agency or independent they still choose which families and children they wish to provide care for.

Under regulated home child care, home child care providers are affiliated with a licensed agency, such as CROW, in their community which is governed by the Ministry of Education. The ratio of one Provider being able to care for 5 children, including their own and age restrictions, has been in place for Providers affiliated with a licensed agency for many years. CROW offers home child care providers education, training, and collection of parent fees, as well as regular, home visitor support to the providers to ensure that quality care is being provided, and that the health and safety of children are being met.



CROW uses a standard business model regarding Licensed Home Child Care. The agency collects the fees (from parents and subsidy) then uses a portion of the fees to support administration of the program (including equipment and resources, home visiting for 25 provider homes, as well as compliance requirements related to licensing) and the remainder of the fees is reimbursed to providers. CROW Licensed Home Child Care receives minimal government grant funding to enhance staff wages and provider income, but does not receive any additional funding to operate the program, other than fees. The agency also works with parents to ensure access to subsidy through municipal programs to ensure all families - regardless of financial status - have access to safe, high-quality, licensed care.

This new Bill 10 would limit unregulated caregivers - who call themselves independents - to a maximum of five children, including their own children, under the age of six. The legislation does not require everyone caring for young children for remuneration to be affiliated with a licensed agency; if a Provider wishes they can remain independent and still care for 5 children. An independent child care provider can register with their municipality, providers association and can get a business license, however none of this means that the provider is a licensed provider. Providers in Ontario cannot be individually licensed and must follow the DNA rules for independent child care providers. They can contract with a licensed agency. The agency then purchases their services but they are still not licensed and have to follow the DNA working with the agency.

We believe that there is a place for all childcare in Ontario whether it is licensed centre based child care, licensed home child care or unlicensed independent child care providers. We recognize that parents have the right to choose the child care most suited to their needs. Our concern rests with the provision of safe, high quality care for all children and we trust that Bill 10 addresses this.

With thanks Barb Cregan, Diane Bennett, Home Child Care Association of Ontario and Carleton Place Childcare for use of source material.

Sincerely,

Arlene Hunter (on behalf of the board of directors), Chairperson, Children's Resources on Wheels