

This Wonderful Time Of The Year

The wonderful time of year is here. No matter how you celebrate this season, the underlying values are the same: caring, gratitude, sharing, togetherness, spirituality, a view of the world as bigger than just ourselves. One of the parts I like the best, is the feeling that what we do makes a difference in the world. We sometimes struggle with taking charge of our life and tackling those things we do have control over. Life can seem hard, kids unmanageable, things out of control, overwhelming. Yet at this time of year we embrace the idea that we can make a difference with our actions. We give to those in need, visit the



elderly, spread joy and love with our greetings, and connect with family and friends knowing it makes the world a better place. We believe our actions make a difference. **The term for this is self-efficacy, a huge resiliency skill.** This skill and belief is one that helps our children develop a can do attitude in life. When they believe that they can do things they try and do it. This positive attitude leads to positive results. Even if they aren't successful the first time, they try again! This is a great time of year to help them see that what they do impacts the world. There are so many opportunities to do this. At our house we bake and deliver cookies to neighbours, drop off coffee to receptionists, decorate a driveway gate, deliver the odd ice candle to a doorstep, chat with someone who doesn't get out

much, things like that. Some know we did it, others don't. It can even be as simple as making eye contact, smiling and saying have a great day to those you meet throughout your day. Last year a Perth community member decided to put a box on her porch and collect socks to be donated to shelters so those in need would get them. She found out socks were in short supply and put the word out through social media. People drove by and put socks in the box! 850 pairs of feet were warmed by her project. Simple or grand gestures, they both make a difference. When children help others, it connects them to their world, values their work and efforts, and teaches skills including problem solving, empathy, resiliency and values. **And it just feels good.** There are other ways to help children gain these skills. When children have age appropriate jobs and responsibilities around the home like feeding the pet, setting the table, tidying up or helping make salad, it impacts family life and they see the results of their efforts. Giving choices helps children learn to make decisions and take appropriate control in their lives. Would you like milk or water? Which book will we read before bedtime? Will you wear your mittens or put them in your backpack? Of course, how we treat others has a huge effect on how our children treat others. We are always teaching with our actions. Model the behaviours you want to see. For help in this area, check out our Parenting Workshops at www.crowlanark.com.



However you celebrate the season, take the time to make a difference in our world. Embrace self-efficacy. Model what you would like your children to learn. Notice the values people of all beliefs share and share in the kindness, caring and joy that is out there. From our house to yours, Merry Christmas and blessings.

Understanding Learning Styles

People learn in different ways. Some learn best by seeing, others by hearing, and still others by touching. Knowing our preferred learning style helps us learn and remember new things.

There are three basic learning styles:

- Auditory (hearing the information)
- Visual (seeing the information)
- Kinesthetic-tactile (touching, participating)

When parents and caregivers know a child's best way to learn, they can help the child learn more effectively. It is just as important for you to know your own learning style. Adults usually teach in their preferred learning style, which may be different from a child's. This can be frustrating for both adult and child. For example, imagine that you are a strong auditory learner and try to verbally explain the rules of baseball to a child who is more visual and really has to **see** the various moves in a diagram!

Even though we have a preferred learning style, we can still learn in other ways. People have varying degrees of preference - some are highly visual, some are highly kinesthetic-tactile (k-t), while others seem to have a moderate preference for all three styles of learning.

At any age, a child will learn more easily using his preferred learning style, but this doesn't mean he can't and won't learn any other way. In fact, he should be encouraged to use and improve all modes of learning. The more senses we use to learn about anything, the more information we get! A good guideline is to allow a child to use his preferred style when learning essential information (e.g. road safety) and to prac-

tice using other learning modes for things that are not as important (e.g. words to songs you sing on car trips). The auditory learner will enjoy listening to tape-recorded songs; the visual learner will enjoy reading the words as he hears them sung; the k-t learner will enjoy dancing or acting as the music conductor.

Young children are all kinesthetic-tactile learners. Watch a baby put everything in her mouth and a toddler reach out to touch and explore his world. Visual and auditory preferences may emerge later. Schools have traditionally used visual and auditory teaching styles, especially in the upper grade. Children who learn easily through these modes are usually successful in school, while k-t learners often find school difficult.

Most of us - not only young children - learn better if we are actively involved in our own learning.

Of course, all future learning is affected by early learning experiences. If these experiences are positive and satisfying, the foundations are formed for enthusiastic lifelong learning. Attention to learning styles when a child is young will help to make learning positive and enjoyable. As she matures, she will better understand and facilitate her own lifelong learning. For example, a visual learner who must remember information given at a lecture (auditory model) will know that she needs to take notes, make sketches or read a book on the topic to reinforce the lecture content.

Observe a child at play. Does she already show a preferred way to learn? Remember young children are still developing and most are

very tactile - **they want and need to be actively involved in order to understand things.** Make sure your children have many opportunities to use all of the learning styles so that they can develop to their full potential.

Learning Style Checklist

What do you think is your preferred learning style?

Auditory learners often:

- enjoy oral discussion
- remember by talking out loud
- need to have things explained orally
- have trouble with written instructions
- talk to themselves while learning something new

Visual learners often:

- remember visual details
- prefer to see what they are learning
- like to have paper and pens handy
- doodle while listening
- have trouble following lectures
- like to write down instructions or phone numbers

Kinesthetic-tactile learners often:

- prefer activities
- want to actually do whatever is being talked about or learned
- like to move around while listening or talking
- often "talk" with their hands
- like to touch things in order to learn about them
- remember things by recalling who did what rather than who said what

— adapted from Canadian Child Care Resource Sheet #45



Workshops

Coming in January 2017 - Winter/Spring Parent Support Calendar. Check our website at www.crowlanark.com

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
Good Discipline Good Kids - 2 session workshop	Thurs. Dec. 1 & 8	6:30 - 8:30 pm	Stewart School, Perth
Christmas Make & Take	Thurs. Dec. 1	6:00 - 7:00 pm	Maple Grove School, Lanark

Staff Directory

Children's Resources on Wheels 613-283-0095

	EXT
Diane Bennett, Executive Assistant	313
Kathy Boelsma, Early Literacy Specialist.....	312
Emily Cassell, Data Analysis Coordinator.....	316
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
Janice LePage, Home Visitor Licensed Home Child Care.....	306
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

EMAIL

- dbennett@crowlanrk.com
- kboelsma@crowlanark.com
- ecassell@crowlanark.com
- scavanagh@crowlanrk.com
- lcybulski@crowlanark.com
- jforsythe@crowlanark.com
- cgoodfellow@crowlanark.com
- llalonde@crowlanark.com
- janice@crowlanark.com
- imullen@crowlanark.com
- jpaul@crowlanark.com
- asnyder@crowlanark.com
- jwheeler@crowlanark.com
- lwintle@crowlanark.com

This months featured program or service in Lanark County: **Lanark Community Programs**

We are a non-profit organization providing support to adults, children and families, especially those made more vulnerable by developmental, physical or economic limitations.

Our nine programs are as follows: Infant and Child Development, Connections, Language Development, Behaviour Development, Autism - Intensive Behaviour Intervention, Autism -Applied Behaviour Analysis, Lanark Early Integration, Family Relief, and Therapeutic Riding.

How Do We Do This?

- Connect with individuals or families in their own everyday settings; home, work, childcare, schools or other day programs.
- Design a plan that is unique to each family or individual
- Work with other community agencies, child care providers or schools to help a person develop to their full potential
- Provide information and workshops for parents, the general public and other organizations.



Call 613-257-7121 or long distance at 1-800-667-2617



Children's Resources on Wheels

Playgroups

Please Note: In inclement weather conditions if school buses are cancelled all CROW playgroups and programs are also cancelled.

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	December 5, 12, 19
Monday	Bay Talk Group at Almonte Library	2 - 3:00 pm	Linda	December 5, 12, 19
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	December 5, 12, 19
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	December 5, 12, 19
Monday	Intergenerational playgroup Smiths Falls — Willowdale Retirement Home	9:30 - 10:30 am	Andrea	December 12
Monday	Intergenerational playgroup Smiths Falls —Van Horne Retirement Home	9:30 - 10:30 am	Andrea	None in December
Monday	Smiths Falls - OEYC Baby Talk (infant playgroup)	1 - 2:00 pm	Lori	December 5, 12, 19
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	December 6, 13, 20
Tuesday	Carleton Place - Arena, 75 Neelin Street	9:30 - 11:30 am	Issie	December 6, 13, 20
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	December 6, 13, 20
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	December 6, 13, 20
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	December 6, 13, 20
Wednesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	December 7, 14, 21
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	December 7, 14, 21
Wednesday	Carleton Place - Carambeck Community Centre	12:30 - 1:30 pm	Issie	December 7, 14, 21
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	December 7, 14, 21
Wednesday	Perth - Perth & District Union Library	10:00 - 12:00 noon	Cindy	December 7, 14, 21
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	December 7, 14, 21
Thursday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	December 1, 8, 15, 22
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	December 1, 8, 15, 22
Thursday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	December 1, 8, 15, 22
Thursday	Perth - The Dance Studio	9:30 - 12:00 noon	Cindy	December 1, 8, 15, 22
Thursday	Perth -The Dance Studio Baby Talk (infant playgroup)	1 - 2:00 pm	Cindy	December 1, 8, 15, 22
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	December 1, 8, 15, 22
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	December 2, 9, 16, 23
Friday	Intergenerational Playgroup — Perth at Carolina Retirement Suites	10:00 - 11:00 am	Cindy	

