

Newsletter

Volume 11 Issue 6
February 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

New Proposed Rules for Childcare in Ontario

The Ontario Government is addressing concerns raised about the high number of infants and very young children in unlicensed informal child care homes. On December 3, 2013, the Ontario Government introduced new, **proposed** legislation for Child Care in the form of the Child Care Modernization Act (CCMA). This proposed legislation is designed to improve access to child care, clarify what child care programs must be licensed, increase the focus on providing quality care and give the government more authority to fine and close unlicensed informal provider homes where a child's safety may be at risk.

Proposed changes to the current child care system may mean more available child care spaces in Licensed Home Child Care in the near future. Currently unlicensed informal home child care providers (providers who are **not** with an agency such as CROW Licensed Home Child Care) can care for up to five children under the age of six, plus their own children. They do not have to adhere to the legislated ratios limiting numbers of children in care to 2 children under the age of 2 and 3 children under the age of 3 that providers with a licensed agency are regulated to follow.

The proposed CCMA legislation will introduce new ratios that apply to both licensed and unlicensed (informal) homes. Both will have to follow the 2 children under the age of 2 ratio (see above) and both will have to include their own children under the age of six in their ratios, however, Providers with Licensed Home Child Care Agencies will be able to have a sixth child in care, while the number for informal care will remain at five. These changes, while positive, may have an impact on informal care as fines for infractions may rise to \$100,000 - \$250,000 per offence.

All child care provider homes contracted to CROW Licensed Home Child Care are regularly monitored by Home Visitors who are Registered Early Childhood Educators. CROW Licensed Home Child Care currently participates in "Raising the Bar" a quality assurance practice. Should you have any questions regarding the proposed legislation or wish to discuss becoming a Provider with CROW Licensed Home Child Care please contact Kelli Cassidy at 283-0095 ext 309.

Please Note: Playgroups will be cancelled when school buses are cancelled. Playgroup cancellations will be posted on our facebook page and announced on Jack FM, Majic 100 and Lake 88 radio stations.





CROW Children's Resources on Wheels

Positive Thinking Habits

Have you heard of “snow plow parenting”? It’s a term used for parents who watch out for any potential problems their children might meet so they can move in and push those obstacles away before their children even notice. In the short term, these parents are protecting their children from unpleasant moments. But in the long term, are they really doing them a favour?

The reality is no matter how much we want to protect our children, life will bring them their share of difficulties, disappointments, rejections, losses and pain. The small challenges of childhood are opportunities for parents and caregivers to coach children in positive thinking habits that will see them through bigger challenges later on.

How the brain works

The way our brain is wired, we tend to pay more attention to difficulties and negative experiences than to positive ones. If someone criticizes us, we probably give their one negative comment more weight than three compliments we receive. This tendency is even stronger in some children due to their inborn temperament. Children who are inclined to think about what might go wrong can use their awareness to prepare to deal with problems. But when their thoughts get stuck on the negative, they can get so discouraged they give up. How can providers and parents counter

these tendencies and set a positive pattern for life?

An example to follow

Children as young as three imitate the thinking styles of the adults around them. You can model a positive outlook by the way you talk out loud about the difficulties you face: “I’m having a hard time putting this new toy together, so I’ll just slow down and try again another way.” Stories and books also provide models of how to keep going in the face of setbacks. Try the story of “The Tortoise and the Hare” for young children; older ones may be inspired by biographies about famous people who have overcome hardship.

Step by Step

Negative thinking can be triggered when children feel overwhelmed by what they are facing. You can help by showing them how to break a large project or a long-term goal into the many small steps that will lead to success. They may not be able to swim the length of the pool now, but could they hang onto the edge and learn to kick their legs effectively? Let them know you recognize the effort they are putting into the learning. This will take their attention away from the fact they haven’t yet reached the end goal. When you celebrate their achievement at each step on the way, they’ll gain the confidence to try the next level.

Keep the memories alive

Negative thoughts are often expressed with the words: “always,” “never,” “everyone” and “no one.” As in, “He never wants to play with me. *Everyone* always makes fun of me.” When you hear such generalizations, it is your cue to put the situation into perspective. As an adult, you can help children remember times in the past when others did want to play with them. Even if things aren’t going their way now, there have been good times in the past and there will be good times in the future. Remind them of situations when they stuck with it and succeeded, even though they thought nothing was going right.

Direct attention toward the positive

You can help children get into the habit of focusing on the positive by setting aside a time each day to go over the good moments that happened to them. Emphasize that these moments can be big (“we went to the library”) or small (“I liked the noodles at lunch.”) They can all be written down in a ‘good times diary’ that you can look through together when they say “nothing good ever happens to me.”

Support Perseverance

Positive thinking habits help children overcome discouragement and continue to try, even when the going gets rough. Tell them what Albert Einstein said: “It’s not that I’m so smart, it’s just that I stay with problems longer.”

—adapted from
www.parentsmatter.ca



Licensed Home Child Care

Snow plow parents protect their children from unpleasant moments.



Ontario Early Years Centre



Literacy Page

Print Motivation

Print Motivation is one of the six early literacy skills that researchers say are important for children to become readers. **Print motivation is a child's interest in and enjoyment of books and reading.**

Books:

- choose books you enjoy
- Choose books your child enjoys
- Give your child opportunities to choose and look at books
- Follow your child's interests; use true books and stories

Book Sharing:

- keep the interaction around the book positive and enjoyable. Your child picks up on your attitude
- When you are reading a book your particularly enjoy, tell your child you like this book
- Keep your child involved, even if it means not reading the book word for word
- Remember your child's age, stage, personality, and mood affect how they interact with

books

- If your child is not interested in reading, start out reading just a page or two at a time. Keeping the interaction positive will help their interest grow. If they are still not interested, try another time
- Share books throughout the day, not just a specific times like bedtime or naptime
- Read with your child every day. Even if the time is short, if it is positive, it will help develop your child's interest in reading

Research tell us:

When the interaction around the book is negative, the child associates books and reading with that negative experience. It is important to keep the interaction around the book a positive one.

—based on information from Every Child Ready to Read, a program of the Public Library Association and the Association for Library Service to Children.
www.ala.org/everychild





Parenting Page

Winter Activities – Strengthening Family Relationships

Going stir crazy in February seems to be a right of passage for Canadian parents and children. Here are some inside and outside ideas to add some fun and enjoyment to winter life. Playing and enjoying time together builds relationships, reduces stress, and opens lines of communication. Don't forget about attending playgroups and workshops! Check our website at

www.crowoeyc.com for more information.

- build a snowperson: right side up or upside down!
- play snow soccer
- warm up around a campfire. Roast your favourite treat.
- have a beach day inside
- make a family storybook, complete with photos
- bake cookies or muffins and deliver to a neighbor
- make a puzzle: glue a picture or photo on to a cereal box and cut a few straight lines.
- go skating. Many rinks allow strollers on the ice and even have free skates
- make tracks in the snow. Hop like a rabbit, run like a deer, slither like a snake
- host a hot chocolate party
- go on a winter hike
- have a movie marathon.

Make it a drive-in by decorating box "cars"

- set up a scavenger hunt, inside or outside
- make a puppet theatre
- put on the music and dance
- do a good deed
- have a fort building contest inside
- go tobogganning. Cardboard works if you don't have a sled!
- turn off the lights and turn on the flashlights
- make shadows on the walls using fingers, toys, pets...
- draw pictures in the snow
- catch a snowflake
- play board games
- go skiing or snow tubing
- trace a silhouette
- read a story and then put a bean, marble, rock or golf ball in a jar. How many stories fill the jar?
- make a snow angel
- fingerpaint with pudding or yogurt
- feed the birds
- play hockey inside or outside
- make a family home movie
- try ice fishing
- bring the snow inside. Mold it, colour it (a few drops of food colouring in water), watch it melt
- freeze water balloons.

You can use coloured water too

- break some records. Be creative.
- have a backward day (wear clothes backwards, eat cereal for dinner etc)
- make a winter wreath, collage or mobile
- eat finger foods
- make a family time capsule
- make playdough
- tuck a skipping rope end into your snowpants, and have the kids catch the snow snake tail as you run
- have breakfast for dinner
- get out the snowshoes
- build a snow fort
- have a pyjama day
- get organized. Sort through toys and clothes and give ones you don't use anymore to friends or a charity
- play dress up
- make paper snowflakes
- But, most of all have fun while spending time with your children. Stay active this winter and don't forget to bundle up when heading outside!

Adapted from Today's Parent Dec. 2013 by Jane Paul, Parent Education Coordinator

Add some fun and enjoyment to winter life with some of these ideas.





Parenting Page

Family Day is February 17

One of the reasons for introducing Family Day was that there was a long period when there were no holidays from New Year's Day until Good Friday .

Family Day was first held in Canada in the province of Alberta in 1990, Saskatchewan in 2007 and in Ontario in 2008, British Columbia in 2013.

Holidays to celebrate families are also held in other places around the globe. In the Australian Capital Territory, the first Tuesday of November is known as Family and Community Day. In South Africa, the day after Easter Sunday is Family Day.

Family Day is on the third Monday in February.

This holiday celebrates the importance of families and family life to people and their communities.

What do people do?

On Family Day, many people plan and take part in activities aimed at the whole family. These include visiting art exhibitions, watching movies, skating on outdoor ice rinks, making snowmen, making snow angels, playing board games and taking part in craft activities. Some communities plan special

public events, and some art galleries and museums may have reduced prices or free entry.

As the weather is usually very cold in February, hot chocolate and freshly baked cookies are popular snacks. Other people use the long weekend as an opportunity for a short winter break or to travel to visit family members or friends. As Family Day falls on the same date as National Heritage Day (except in British Columbia), some people use the day to explore their personal heritage and family history.

Adapted from www.timeanddate.com/holidays/canada/family-day

Following are some ideas for you and your family to have some fun on Family Day.

Freezer/Melter Tag

You will need some different coloured scarves for this game.

This is a frosty variation of Statue Tag. One person is the Freezer and a couple of other people are Melters. The Freezer and Melters wear different coloured scarves around their waists so they can be identified. When you are

touched by the Freezer, you become a snowman and freeze in place until a Melter touches you. Melters cannot be frozen; instead, they try to thaw the snowmen as quickly as possible so everyone stays warm.

Be a kid

This may be obvious, but one of the best ways to have fun outside in the winter is to think like a kid. That means be goofy, make snow angels, jump around, challenge your family/friends to run with you and leap into a big pile of fresh snow. Don't be afraid to get down on your hands and knees and roll around in the snow.

Take a hike

There's nothing more beautiful than long shadows on a wintry day. If you have them you can let everyone strap on skis or snowshoes and go for a hike. Make a list of some things you might want to look for while on your hike. For example, deer tracks, mouse tracks, icicles, birds etc.

—adapted from cottagelife.com

Family Day is
February 17



Songs, fingerplays and crafts

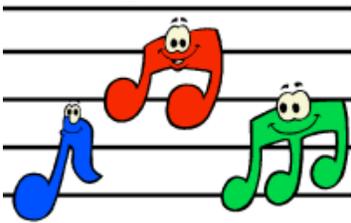
Submitted by Andrea Snyder

Do You Know My Valentine?
Tune: The Muffin Man
Do you know my valentine,
My valentine, my valentine?
Do you know my valentine?
His/her name is _____

Handprint Heart
You need: pink and purple paint, construction paper
Keeping fingers together, print a handprint of purple paint on the centre of the paper. With the other hand add a handprint of pink paint overlapping the fingers with the purple handprint. Add some glitter on top of the paint while it is still wet. What a great keepsake card for loved ones! Don't forget to put your child's name and date on it.

Five Pretty Valentines
(Hold up fingers to start and then put one finger down to match each number)
Five pretty valentines waiting at the store.
(Child's name) bought one and then there were four.
Four pretty valentines shaped like a V,
(Child's name) bought one and there were three.
Three pretty valentines said: "I love you"
(Child's name) bought one and there were two.
Two pretty valentines, this was so much fun.
(Child's name) bought one and there was one.
One pretty valentine sitting on the shelf.
I felt sorry for it, so I bought it myself!

Valentines Day is
February 14. Try
these songs and crafts.



Bird Feeders
Show our feathered friends we love them too! Here are two simple ideas for homemade bird feeders.
You need: pipe cleaners, string, toilet paper or paper towel tubes, shortening, bird seed, cheerios.
To make the Cheerios feeders, all you need to do is bend one end of the pipe cleaner (so the Cheerios don't fall off), and then thread Cheerios on. To finish, make a loop at the top to hang it on the tree. (great fine motor activity)
Toilet Paper Roll Feeder
Use a hole punch to make two holes at the top of your toilet paper roll. (this is where you will be attaching the pipe cleaner). Cover the toilet paper roll with shortening, and then roll it in bird seed until it is completely covered. (this part is a bit messy). Attach a pipe cleaner, and you're done!
You can use a pinecone instead of toilet paper tubes.



Playgroups

Please Note: Monday, February 17 is Family Day.

We will be closed for the holiday.

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:00 am—noon	Linda	February 3, 10, 24
Monday	Carleton Place—Carambeck Community Centre	10:00—11:30 am	Issie	February 3, 10, 24
Monday	Smith Falls - Duncan J. Schouler School	10:00—11:30 am	Andrea	February 3, 10, 24
Monday	Perth—Dance Studio	9:30—11:30 am	Cindy	February 3, 10, 24
Tuesday	Almonte - Naismith School	9:00 am -noon	Linda	February 4, 11, 18, 25
Tuesday	Almonte - Holy Name of Mary School evening	6—7:30 pm	Linda	February 4, 11, 18, 25
Tuesday	Carleton Place - Arena, 75 Neelin Street	10:00 - 11:30 am	Issie	February 4, 11, 18, 25
Tuesday	Montague — Rosedale Hall	9:30 - 11:30 am	Andrea	February 4, 11, 18, 25
Tuesday	Smith Falls - OEYC	9:00-12:00 noon	Lori	February 4, 11, 18, 25
Wednesday	Almonte - Holy Name of Mary School	9:00 am—2:30pm	Linda	February 5, 12, 19, 26
Wednesday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	February 5, 12, 19, 26
Wednesday	Lanark—Maple Grove School	9:30—11:30 am	Andrea	February 5, 12, 19, 26
Wednesday	Perth—Perth Library	10:00—11:30 am	Cindy	February 5, 12, 19, 26
Wednesday	Smiths Falls - Trinity United Church	9:30 - noon	Lori	February 5, 12, 19, 26
Wednesday	Smiths Falls—OEYC	9—noon	Parent run	February 5, 12, 19, 26
Thursday	Almonte - Naismith School	9:00 am—2:30pm	Linda	February 6, 13, 20, 27
Thursday	Carleton Place - Arena	10:00 - 11:30 am	Issie	February 6, 13, 20, 27
Thursday	Lanark—Maple Grove	9:30—11:30 am	Andrea	February 6, 13, 20, 27
Thursday	Perth - Perth Library	10:00 - 11:30 am	Cindy	February 6, 13, 20, 27
Thursday	Smiths Falls - Trinity United Church	9:30 - noon	Lori	February 6, 13, 20, 27
Friday	Smiths Falls - OEYC	9:00—11:00 am	Parent Run	February 7, 14, 21, 28





CROW

Children's Resources on Wheels

Workshops

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
If it looks like a duck and it quacks like a duck , why is it not a duck? Managing extreme behaviours WITHOUT a diagnosis of ADHD	February 10	6:30-8:30 p.m.	Chimo Elementary School, Smiths Falls
How To Talk So Kids Will Listen—3 sessions	Wednesdays, Feb. 19. 26 March 5	6:30-8:30p.m.	Arklan School, Carleton Place
Bounce Back and Thrive a 10 session workshop, where parents will learn how to handle challenges, identify and build strengths through activities, dealing with the 3 R's— relax, rethink and respond which will help enhance the relationship with their children. Childcare available	Wednesdays Feb. 26 - May 7	10 a.m.-noon	St. James Church, Perth
Toddler Music	Thursday, Feb. 27	1-2 p.m.	Naismith School, Almonte

Staff Directory

Ontario Early Years Centre	Ext	Licensed Home Child Care	Ext
Diane Bennett, Executive Assistant	313	Kelli Cassidy, Director	309
Kathy Boelsma, Early Literacy Specialist	312	Sherry Harder, Accounting & Admin Support	301
Emily Cassell, Data Analysis Coordinator	316	Janice LePage, Home Visitor	306
Sue Cavanagh, Executive Director	303		
Linda Cybulski, Playgroup Facilitator	304	Lanark County Child Care Programs	
Jan Forsythe, Finance Manager	302	Licensed Home Child Care offers home based care throughout Lanark County for children 6 weeks - 12 years.	
Cindy Goodfellow, Playgroup Facilitator	307	Caregivers Needed	
Janet Wheeler Lackey, Resource	311	We are currently taking applications throughout Lanark County. Contact us for more information http://www.crowoeyc.com/childcare/providerpage.html	
Linda Lalonde, Reception/Office Manager	300		
Issie Mullen, Playgroup Facilitator	311		
Jane Paul, Parent Education Coordinator	305		
Andrea Snyder, Playgroup Facilitator	318		
Lori Wintle, Playgroup Facilitator	310		



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