

Newsletter

Volume 12 Issue 5
January 2015

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

Welcome to 2015.

Just a reminder to take this opportunity while you are at playgroup to “unplug” and encourage creative play with your children along with the gift of time to explore “playing”.

Check out the winter/spring 2015 parent education calendar on our website at www.crowoeyc.com

Preschool Play and Learn: 3 sessions are being offered two times in Smiths Falls. This drop off program for children focuses on activities that encourage curiosity, self direction, confidence and independence for children starting school in September 2015. Call CROW 613-281-0095 ext 300 to register. You must pre-register for this program.

Did you know...

- the most commonly used letter in the alphabet is E
- The least used letter in the alphabet is Q
- Each time you see a full moon you always see the same side

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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CROW

Children's Resources on Wheels

Are you looking for child care?

CROW Licensed Home Child Care serves:

Almonte
Carleton Place

Lanark

Perth

Smiths Falls

and surrounding areas



When I choose CROW Licensed Home Child Care:

- ◆ My child will be in a safe, stimulating home setting that meets legislated standards
- ◆ My child will be placed with a provider who has had a criminal reference check, a Children's Aid Society Check, and has been screened through interviews and home assessments
- ◆ I will receive tax receipts for my child's care and I can apply for subsidy through the County of Lanark
- ◆ My child will be with a person who has completed First Aid and CPR training. My child will be in a home that has been inspected by the Fire Department
- ◆ I will receive updates about my child from the Home Visitor who visits the provider's home
- ◆ My child will enjoy outdoor play, individual attention, and a caring environment

Do you need
childcare? Call for
more information.

We can help you with your child care needs.

Call CROW today!

CROW offers competitive
fees and flexible hours
including weekend and
evening care.



Please call for more information

613-283-0095 extension 301

1-800-267-9252

91 Cornelia Street West,
Smiths Falls, ON K7A 5L3

www.crowoeyc.com





Literacy Page

Here's what you can do to build your children's language and literacy skills in fun everyday activities.

Why? Play is one of the most important things children do. Children learn about themselves and others during playtime. They learn to explore, discover, and enjoy the world and their role in it through play. Play helps children learn the skills they need to do well in school and later in life.

TV is a reality of everyday life. There are a lot of good programs on TV; however, it is important to set limits.

The Canadian Pediatric Society recommends **no TV for children under two years old** and a maximum daily screen time of **one hour for children two to five**.

Starting at Birth: Make play a part of your daily routines.

Add play to routines such as diapering, bath time or mealtime.

Play turn taking games. Try playing peek-a-boo and pat-a-cake, or copy each other's simple actions and sounds (shaking a toy, rolling a ball, putting a block in a container, clapping, blowing a kiss...)

Get down to child's level and play along. Place colourful toys in

The Power of Play

front of your baby when on their tummy.

Spend time with other babies. Babies start to be interested in other babies at two months. By nine months, they will communicate and make faces with other babies.

Provide a safe play space. Let your baby crawl and explore.

Additional Tips for Toddlers and Preschoolers:

Encourage independent play. Provide opportunities for your child to play on their own. This will help them to be self reliant for small periods of time.

Join in your child's play. Remember to follow their interests. Suggest ideas and play along, but don't take over.

Provide a variety of materials for different kinds of play. Children don't need expensive toys to have fun:

- blocks, cardboard boxes, puzzles, water, playdough can be used in many ways.
- dress-up clothes, plastic dishes, play money
- scissors, glue, crayons, markers, construction paper
- balls, things to climb, and open space are ideal for active play.

Play simple games that require turn tak-

ing. Play Simon says, Follow the Leader, Hide-and-seek, Tag.

Explore together. Take your child to a variety of indoor and outdoor play places. Let them play with other children at parks, play-groups etc.

Additional Tips for Kindergarten Children:

Provide a variety of play opportunities. Children need a balance between daily unstructured playtime and time spent at planned activities (swimming, gymnastics, hockey, music...)

Play board games or card games that have rules. Play Snakes and Ladders, Candyland, Go Fish, Memory...

Focus on the fun. Children will quickly learn that in certain games someone wins and someone loses. Encourage your child not to give up on games or tasks when they play with others. Children need to learn to cope with disappointments as well as successes.

—adapted from Building Language and Literacy at Home—a project of the Sudbury Community Emergency Literacy Committee Tip Sheet #10

Play is one of the most important things children do.





Parenting Page

From Hitting To Words

The current social climate of zero tolerance for violence has made us very sensitive to physical aggression, even in very young children. Sometimes, parents and caregivers seem to feel there's something seriously wrong if toddlers push and shove the other children at playgroup. It's normal for babies and young children to communicate with their bodies. As part of growing up, they learn it's not OK to hurt other people and that there are better ways to interact socially.

Is this normal?

A study in Canada found that "physical aggression starts at about 9 months and peaks between 27-29 months, when 53.3% of boys and 41.1% of girls try it out. About age three, most children learn to use alternative, prosocial strategies rather than physical aggression." For some children it may take longer, in particular, children who are slow to speak are more likely to hit, bite and grab toys. Until their language skills catch up, they count on action to get their message across.

Minimizing aggression

The toddler who hits or bites at playgroups shouldn't be treated in the same way as the Grade 3 bully who starts a fist fight in the school yard. A two year old who grabs a toy from a younger child won't necessarily end up intimidating classmates in highschool. But parents still can't ignore the behaviour. They can act to:

- *prevent the conditions which lead to aggression
- *supervise and redirect play where necessary
- *teach social skills
- *give children chances to prac-

tice

Prevention

Children are more likely to push and grab when they feel crowded, overstimulated and stressed. If you see a child who has trouble controlling physical aggression in a group, check for these factors:

- *too many people in a small space
- *room set-up that encourages disorganized running around
- *a high noise level, echoing off walls and ceiling
- *not enough toys for the number of children
- *expectations children sit still for a long time
- *bad timing in the child's routine—hungry and tired children lose control more quickly.

If you can't change the environment or the schedule, maybe you could shorten the time the child spends in the group. But don't give up on all group experiences; progress comes with practice.

Supervision

You may be looking forward to socializing with other parents at playgroups, but don't expect babies or toddlers to manage on their own for long. You need to stay close so you can see when to join in the game. Sometimes little ones need you to smooth out the rough spots for them. Be ready to pick up your child and start playing with another toy across the room.

With practice, you'll be able to see trouble coming and know when it's time to start a song or bring out the snack. Later, when they are preschoolers, your adult conversations will last longer, but between 9 months and 3 years of age, you

need to keep eyes and ears open, for your child and for others.

Teaching

Gradually, children learn to communicate with language instead of actions. You can help by giving them the words they need to use:

- *words for asking—"Now it's my turn."
- *words for inviting—"you can play with us"
- *words for understanding—"I think Ty wants to play with the train too"
- *words for feelings—"that made you really angry"

You can rehearse some of these words before your child goes to play with others: "If Maria wants to play with the same toy as you, what could you say?"

Practice

At first, your baby and toddler practise taking turns and sharing toys by playing with you. You're more patient than their friends! They will also learn by interacting in a group of other children, especially if they see the same children week after week. They get comfortable together and learn to interpret each other's cues. Over time and with adult guidance, the physically aggressive children gradually start using other strategies; the timid children learn to stand up for themselves.

Learning takes time

Like any skill, learning to get along with other people takes, time. Even if learning doesn't go smoothly at first, don't give up. With prevention, supervision, teaching and practice, your persistence will pay off.

-adapted from www.frp.ca

Physical aggression starts at 9 months and peaks between 27-29 months.



Parenting Page

What is Social Communication and Why is it Important?

When we have a conversation there is a lot more to it than just saying words. We look each other in the eye, we take turns, we read facial expressions and body language, we pay attention to what our communication partner is paying attention to, and we stay on topic. We can read a lot from a person's tone of voice as well.

When a child is having trouble learning about social communication, it is harder to learn language, to join in conversations, and to play with other children. Your Language Express Speech-Language Pathologist can work with you to help develop your child's social communication skills. Social communication difficulties can be associated with other developmental concerns. We recommend that you talk to your family doctor if your child loses social skills or language skills, or if your child does not:

- smile at people when they smile at him/her
- respond consistently

- when you say his name
- pretend and play "make believe"
- show an interest in other children
- enjoy playing with you
- make appropriate eye contact
- show, give, share, and try to get your attention
- ask for help when he needs it
- greet familiar people

Don't Wait and See

From the time they are born, children are learning about communication and are getting ready to read and write. The sooner we see children with delayed speech and language, the more we can help them to be successful in school and in life!

Long before a child starts to talk, she is learning about communication. The sooner we see a child with delayed speech and language, the more we can help!

Early detection of difficulties is crucial for

later success in school and in life. Call **1-888-503-8885** or visit us at www.language-express.ca for more information and for speech and language milestones.

Children born in 2010 must be referred before January 30th 2015 to receive an assessment and recommendations.

After January 30th 2015 referrals will only be accepted for children born in 2011 or later

- information from Language Express



LANGUAGE EXPRESS
Preschool Speech & Language Services System
of Lanark, Leeds & Grenville

Early detection of difficulties with speech and language is crucial for later success in school.



Crafts

Submitted by Janet Wheeler

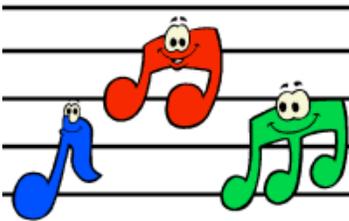
For hours of fun let the children make a fort in the living room using blankets and chairs. Add a few favourite books, flashlight and snacks.

Science:

When the children are outdoors, help them to make a small snowman. When it is time to go indoors, bring the snowman inside and place it in a deep pan. Put some cold water in a spray bottle and add some blue food colouring to it. Spray the snowman with the blue cold water and watch to see what happens.

Next, fill the spray bottle with warm water and add some red food colouring to it. Spray the snowman with the warm water and observe what happens now. Discuss the science of melting.

Children love making forts.



Chubby Snowman Poem

There was a chubby snowman
 And he had a carrot nose (put fist to nose like a carrot)
 Along came a bunny (use two fingers to make bunny ears)
 And what do you suppose. (hands on hips)
 The hungry little bunny (rub tummy)
 Was looking for his lunch (hand to forehead looking)
 He grabbed that snowman's carrot nose
 Nibble Nibble Crunch!
 (Pretend to eat the carrot)

Fill a box with the following items to send when your children go to see their grandparents.

Glue sticks, stickers, paper, markers, crayons, magnetic letters and numbers, pipe cleaners, pasta noodles for stringing on cut up straws, feathers, wiggly eyes, pine cones, homemade playdough etc. (recipe below)

Playdough

1 cup flour, 1/2 cup salt, 2 tablespoons vegetable oil, 2 teaspoons cream of tartar, 1 cup boiling water, food colouring.

Combine flour, salt, cream of tartar, oil. Mix well. Add food colouring to boiling water. Add to dry ingredients and mix well. Turn mixture onto counter top and knead til smooth.



Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:30 am - noon	Linda	January 5, 12, 19, 26
Monday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	January 5, 12, 19, 26
Monday	Smiths Falls - Duncan J. Schoular School	9:30 - 11:30 am	Andrea	January 5, 12, 19, 26
Monday	Perth—Dance Studio	9:30 - 11:30 am	Cindy	January 5, 12, 19, 26
Tuesday	Almonte - Naismith School	9:30 am - noon	Linda	January 6, 13, 20, 27
Tuesday	Almonte - Holy Name of Mary School evening	6:00 - 7:30 pm	Linda	January 6, 13, 20, 27
Tuesday	Carleton Place - Arena, 75 Neelin Street	10:00 - 11:30 am	Issie	January 6, 13, 20, 27
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	January 6, 13, 20, 27
Tuesday	Smiths Falls - OEYC	9:00 -12:00 noon	Lori	January 6, 13, 20, 27
Tuesday	Smiths Falls - Trinity United Church	5:00 - 7:00 pm	Lori	January 6, 13, 20, 27
Wednesday	Almonte - Holy Name of Mary School	9:30 am - 2:00pm	Linda	January 7, 14, 21, 28
Wednesday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	January 7, 14, 21, 28
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	January 7, 14, 21, 28
Wednesday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	January 7, 14, 21, 28
Wednesday	Smiths Falls - Trinity United Church	9:00 - noon	Lori	January 7, 14, 21, 28
Wednesday	Smiths Falls - OEYC	9:00 - noon	Parent run	January 7, 14, 21, 28
Thursday	Almonte - Naismith School	9:30 am - 2:00pm	Linda	January 8, 15, 22, 29
Thursday	Carleton Place - Arena	10:00 - 11:30 am	Issie	January 8, 15, 22, 29
Thursday	Lanark - Maple Grove	9:30 - 11:30 am	Andrea	January 8, 15, 22, 29
Thursday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	January 8, 15, 22, 29
Thursday	Smiths Falls - Trinity United Church	9:00 - noon	Lori	January 8, 15, 22, 29
Friday	Smiths Falls - OEYC	9:00 - noon	Parent Run	January 9, 16, 23, 30





CROW

Children's Resources on Wheels

Workshops

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
Toddler Boogie	Mon. Jan. 19	1:30 - 2:30pm	Dunan J. Schoular School
Preschool Play & Learn—3 session workshop	Mon. Jan. 19, 26 Feb. 2	9:30 -11:30am	CROW
Get Out: Gym Jam	Thurs. Feb. 5	6:30 - 8 pm	Carambeck Community Centre
Toddler Boogie	Mon. Feb. 9	10 - 10:45 am	Perth Dance Studio
Preschool Play & Learn—3 session workshop	Mon. Feb. 23, Mar. 2 & 9	9:30 -11:30am	CROW
Kids Have Stress Too	Wed. Feb. 25	6:30 - 8:30 pm	CROW

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 hcccrow@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		



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 Fax 613-283-3324
 Website www.crowoeyc.com

