

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

NEWSLETTER

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A Glance behind the doors of Playgroup

What do you find if you attend playgroup with your child? Are there baskets filled with “loose parts” (stuff and bits that your child can explore and create with)? Are there “natural” items like wooden pieces, woven baskets, tin pots and pans? Do parts of the room seem more homey or outdoorsy? There might even be information on schemas (what the heck is that?) posted around the room!

Our staff are always learning. Just like your kids! While we agree that many of our staff are still kids at heart, this goes a little deeper. We have been working hard to understand How Learning Happens and provide a space that helps children and families learn and grow.



There are four main concepts that need to be in place to encourage and enhance learning. The first is **Belonging**. We all need to feel a connection and acceptance with others and the world around us. Positive, caring, respectful relationships are what it is all about. Every child deserves to know someone is delighted that they are in this world. This goes for adults too. Playgroup facilitators will smile and welcome you. They have set up the area to be comfortable, inviting and child friendly. Help us create a sense of belonging in all our groups. Share your ideas and traditions. Display your children's creations. Bring something from home: pictures, favourite songs and recipes, something you found on a walk around your neighbourhood. Connect with another family at playgroup!

Well-Being is important for learning. Physical, mental and emotional health along with self-care and self-regulation come into play here. Playgroup facilitators work hard to include opportunities for physical activity, quiet times and information on healthy snacks. They know parents are the first and most influential teachers in their children's lives. Ask them for tips on encouraging children to be aware of their feelings and needs so you can work together with your child when they are out of sorts. A positive relationship is at the core of all these things too.

Children need to be **engaged** to learn. They explore the world with body, mind and all five senses. What they learn through trial and error as they explore the world around them takes them in all sorts of different directions. Playgroup providers offer loose parts (remember those bins of stuff?) to allow children to make their own choices, decisions and discoveries. You can help out by delighting along with them, encouraging curiosity by asking questions and thinking “What is my child thinking right now?”.



Expression can come in many forms. We all need a “voice” to communicate with the world. Our tiny ones goo and smile, wriggle with delight and wait for our response. Some times our two year olds let us know with hitting, temper tantrums and sobbing meltdowns, that they are unhappy or not coping. Communication also happens through creative expression, scribbles, dancing to the music, building a creation or even dramatic play! Of course there is talking, storytelling and all the verbal language we use. Playgroup is designed to be a “language” rich environment: music and movement, art materials, books, loose parts again, and once more at the core ... warm, caring relationships so it can happen in a positive, safe environment. Take time to connect: talk, listen, read, sing and play with your child. Be attuned to and respond to your child's cues and communications.

Happy learning together! Please join us at playgroup.

By Jane Paul, Parent Education Coordinator – CROW www.crowlanark.com

What Are Developmental Domains?

From the moment of birth, children begin exploring their new world by touching, smelling, tasting, listening, observing, and playing. Through this constant exploration, they are rapidly developing the “domains” of their physical and mental abilities. The simplest of activities at every age level promotes stimulation and growth in their cognitive, social, language, and physical (fine/gross motor) skills. These four domains develop at the same time.

Cognitive Development is learning and processing information - our thinking and knowing. Cognition involves language, imagination, thinking, reasoning, problem solving, and memory. Our cognitive skills help us organize what we know and generalize that knowledge into other areas. Help children develop cognitive skills from an early age by having them work with puzzles, blocks, peg games, card games, patterns, and cause and effect activities.

Language Development is learning to express ourselves in order to communicate with others. We learn to express ourselves by learning sounds, combining those sounds into meaningful words, and putting words together into sentences to communicate our thoughts. Then we are able to interpret sounds from others. Talking to children before they can talk, engaging children in conversation (even when they are just beginning to talk), and exposing children to books and reading to them are instrumental in developing later literacy and language skills. Reading, talking, and singing to children from birth will help children develop important language skills.

Social Development is learning to like ourselves and to get along with others. Being in an active environment teaches us to share, take turns, accept the differences in others, include others in play/conversation, etc. Just by watching others interact, children learn valuable social skills. That is why the examples we set and the behaviours we display are important. Children are always watching and copying what they see others do.

Unfortunately, some children may develop serious emotional or personality problems at some point. These problems include symptoms of extreme anxiety, withdrawal, and fearfulness; or, on the other hand, disobedience, aggression, and destruction of property. From an early age interacting with other children and adults as much as possible is the best way to help children devel-

op socially. Playing games, having conversations in the car or at the dinner table, playing with friends, having parties, going out to eat, etc. are all invaluable ways to foster social development.

Physical Development falls into two categories - fine motor and gross motor skills. Fine motor skills are activities occurring with the fingers in coordination with the eyes, such as reaching, grasping, releasing, and turning the wrist. These small muscle movements don't develop overnight, but with time and practice. Fine motor skills help us perform tasks for daily living, such as dressing, eating, toileting and washing. In the early childhood years, children become independent and learn to dress and undress themselves without assistance; use utensils for eating; and pour liquid without assistance. Activities to promote fine motor control include: putting together puzzles with small pieces, peg board games, painting, drawing, cutting, stringing and lacing activities, construction and building sets like Lego, Lincoln Logs, buttons, snaps, and tying.

Gross Motor Development involves the larger muscles in the arms, legs and torso. Gross motor activities include walking, running, throwing, lifting, kicking, etc. These skills relate to body awareness, reaction speed, balance, and strength. Gross motor development allows a child to move and control his/her body in different ways. It promotes a child's confidence and self-esteem and allows the body to perform multiple demands beyond simple muscle movements. Have children practice: walking on their toes or heels; walking with toes pointed in or out; walking or moving like a certain animal (crab, worm, bear, frog, elephant etc.); playing with balls, swinging, sliding, climbing, balancing while walking along a curb; walking forward, backward, sideways, and heel-to-toe; walking while balancing a book on the head; jumping, hopping, crawling, rolling, doing jumping jacks, and jumping over obstacles.

—adapted from www.handyhandouts.com and written by Becky L. Spivey, M.Ed.



Workshops

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
Family Math - 3 session workshop	Wed. Nov. 9, 16, 23	6:00 - 7:00 pm	St. John's Elementary School, Perth
Siblings Without Rivalry—3 session workshop	Tues. Nov. 15, 22, 29	6:30 - 8:30 pm	Ontario Early Years Centre/CROW
Positive Parenting	Mon. Nov. 21	6:30 - 8:30 pm	Almonte Public Library
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

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Diane Bennett, Executive Assistant	313
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This months featured program or service in Lanark County: **CROW Licensed Home Child Care**

Benefits of CROW Licensed Home Childcare include:

- child/ren placed with a provider who has a criminal reference check, Family & Children's Services check, fire department check, has CPR/First Aid training
- parents receive updates about their child/ren from the Home Visitor who visits provider's home
- child/ren will enjoy outdoor play, individual attention and be in a caring environment
- parents receive tax receipts for child's care and can apply for subsidy through the County of Lanark or County of Leeds Grenville to help with their childcare fees

Benefits of being a CROW provider include:

- I can choose my work hours and the days I want to work
- The families I provide care for pay CROW, so I always get paid
- I will be self-employed and can claim business expenses on my income tax
- I can participate in ongoing professional education and networking events
- I will get help with menu planning and ideas for activities (songs, crafts, games)
- CROW has equipment such as double strollers, playpens, gates, highchairs, baby monitors I can borrow



For more information call Janice at 613-283-0095 ext 306



Children's Resources on Wheels

Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov. 7, 14, 21, 28
Monday	Bay Talk Group at Almonte Library	2 - 3:00 pm	Linda	Nov. 7, 14, 21, 28
Monday	Carleton Place - Carambeck Community Centre	9:30 am - 11:30am	Issie	Nov. 7, 14, 21, 28
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	Nov. 7, 14, 21, 28
Monday	Intergenerational playgroup Smiths Falls — Willowdale Retirement Home	9:30 - 10:30 am	Andrea	Nov. 14
Monday	Intergenerational playgroup Smiths Falls —Van Horne Retirement Home	9:30 - 10:30 am	Andrea	Nov. 28
Monday	Smiths Falls - OEYC Baby Talk (infant playgroup)	1 - 2:00 pm	Lori	Nov. 7, 14, 21, 28
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov. 1, 8, 15, 22, 29
Tuesday	Carleton Place - Arena, 75 Neelin Street	9:30 - 11:30 am	Issie	Nov. 1, 8, 15, 22, 29
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	Nov. 1, 8, 15, 22, 29
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	Nov. 1, 8, 15, 22, 29
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	Nov. 1, 8, 15, 22, 29
Wednesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov. 2, 9, 16, 23, 30
Wednesday	Carleton Place - Carambeck Community Centre	9:30 - 11:30 am	Issie	Nov. 2, 9, 16, 23, 30
Wednesday	Carleton Place - Carambeck Community Centre	12:30 - 1:30 pm	Issie	Nov. 2, 9, 16, 23, 30
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	Nov. 2, 9, 16, 23, 30
Wednesday	Perth - Perth & District Union Library	10:00 - 12:00 noon	Cindy	Nov. 2, 9, 16, 23, 30
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	Nov. 2, 9, 16, 23, 30
Thursday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	Nov. 3, 10, 17, 24
Thursday	Carleton Place - Arena	9:30 - 11:30 am	Issie	Nov. 3, 10, 17, 24
Thursday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	Nov. 3, 10, 17, 24
Thursday	Perth - The Dance Studio	9:30 - 12:00 noon	Cindy	Nov. 3, 10, 17, 24
Thursday	Perth -The Dance Studio Baby Talk (infant playgroup)	1 - 2:00 pm	Cindy	Nov. 3, 10, 17, 24
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	Nov. 3, 10, 17, 24
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	Nov. 4, 11, 18, 25
Friday	Intergenerational Playgroup — Perth at Carolina Retirement Suites	10:00 - 11:00 am	Cindy	

