

**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

**When Kids Won't Cooperate:  
Give choices**

Giving choices may be the single most useful tool parents have for managing life with young children. It really is almost a magic wand, at least until children are about five.

*The doctor says you have to have a shot. Do you want it in the right arm or left arm?"*

*"Do you want to go to bed now or in five minutes? Five minutes? Ok, do we have an agreement that in five minutes you'll go to bed no matter what?"*

Why does this little trick work so effectively? Because it's a win-win solution. You're offering only choices that are okay with you, so you're happy. She gets to pick one that's okay with her, so she's happy. You sidestep the power struggle because you aren't making her do something; she is choosing. The child is in charge, within your parameters. No one likes to be forced to do something. Here, because she chooses, she cooperates.

So how do you use this magic wand?

**1. Give limited choices.** Make them as palatable as possible to the child, but eliminate

any options that are unacceptable to you.

- 2. For young children or any child who is easily overwhelmed, an either/or choice works best.** *"We have to leave now. Do you want to put on your shoes yourself or do you want me to put them on for you?"*
- 3. As children get older, choices can get more complicated.** *"You can quit soccer if you want, but what sport or physical activity do you think you'd like to try? You need to choose one physical activity."*



- 4. Choices can be used to help kids learn to manage themselves.** *"As soon as your homework is done, I'll help you carve that pumpkin. Your choice, but I know you want to start on the pumpkin as soon as we can."* He has the choice to procrastinate on his homework, but you're helping him motivate himself to tackle it now.

- 5. Choices can teach children consequences.** *"You know your piano recital is coming up. Extra practice will help you feel more confident, but*

*that's your choice."* Don't offer choices you can't live with, of course. If you aren't willing to let her make a fool of herself at the recital, you may need to help her structure her practice effectively.

- 6. Remember that empathy doubles the effectiveness of giving choices.** Empathy helps the child feel understood, so he's less upset, and less resistant. That means he's more likely to actually be able to make a choice and move on.

Instead of meeting your child's resistance with force - - which creates a power struggle, and, ultimately, a more resistant child -- you affirm his right to some control, but within the bounds you set. The result: A happier, more cooperative child, who knows you're on his side.

by Dr. Laura Markham, founder of [AhaParenting.com](http://AhaParenting.com) and author of [Peaceful Parent, Happy Kids: How To Stop Yelling and Start Connecting](#) and [Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life](#)



**New: visit to see our new online newsletter. You can subscribe to this.**

We are happy to introduce you to one of our Licensed Home Child Care Providers, Barbara Cregan. Barb has been a home child care provider with CROW for over 7 years.



**Barb's testimonial:** I have been a child care provider for over 40 years. I love my job and love the children I care for. Many of them remain with me for years. I teach them and get them ready for when they head off to school... it's so rewarding when I can watch them grow and learn what I've taught them! We grow together with language, crafts, music and Love. I am in it for another few years. They fill my day with challenges and hugs each and every day.

## Cooking and Learning Together

Cooking is an enjoyable activity for many children. Parents and childcare providers, however, may hesitate to welcome eager young chefs into the kitchen - anticipating mess, mayhem and unappetizing results. But planning ahead and taking the time to help children prepare simple recipes is well worth the effort. Cooking is not only fun, it can also be educational. In fact, cooking helps children develop important skills in a number of areas, including language, science, nutrition, art, sensori-motor development, socio-emotional development, social studies and mathematics.

### Science:

- Investigating the origins of food
- Physical properties of food
- Food and temperature changes
- How food changes from one state or form to another
- Predicting and testing predictions

### Socio-emotional Development

- Taking turns, sharing
- Feeling of competence
- Sense of independence
- Respect for other's work
- Trying new experiences

### Art:

- Balance
- Aesthetic development
- Awareness of colour, form, texture, shape

### Social Studies

- Ethnic foods
- Regional food
- Geography
- Meaning of food in different cultures

### Sensori-motor Development

- Taste and smell differentiation
- Touch and food texture, size
- Sight and food appearance
- Small muscle coordination (chopping, stirring)
- Large muscle coordination (kneading, mixing)

### Mathematics

- Numbers, fractions
- Ordering
- Classifying
- Measuring
- Developing spatial concepts

### Language

- Reading recipes
- Asking questions
- Learning new vocabulary
- Writing and recording
- Following written and verbal instructions

### Nutrition

- Trying new and unusual foods
- Learning about Canada's Food guide
- Developing positive attitudes about nutrition
- Planning a healthy meal or snack



## Workshops

<b>Workshop—Pre-registration is necessary— call OEYC ext 300</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Engaging With Children: How to Parent with Purpose	Wed. Oct. 7	Snacks: 5:30 Speaker 6:30 pm	Gallipeau Centre Theatre, Smiths Falls
Art-Tastic for ages 2 and up	Wed. Oct. 7	10 - 11 am	Maple Grove School, Lanark
Good Discipline Good Kids—2 session	Tues. Oct. 13 & 20	6:30 - 8:30 pm	Queen Elizabeth School, Perth
Positive Parenting	Thurs. Oct. 15	6:30 - 8:30 pm	Almonte Public Library, Almonte
Preschool Play & Learn	Thurs, Oct. 15, 22, 29	12:30 - 2:30 pm	Maple Grove School, Lanark
Preschool Play & Learn	Mon. Oct. 19, 26, Nov. 2	1 - 3 pm	Taycare Senior Children's Centre, Perth
Bounce Back & Thrive - 6 weeks	Wed. Oct 21 — Dec. 2	6:30 - 8:30 pm	Stewart School, Perth
Toddler Music	Thurs. Oct. 22	10 - 10:45 am	School of Dance, Perth
Kids Have Stress Too	Mon. Nov. 2	6:30 - 8:30 pm	Carleton Place Day Care Services

## Staff Directory

<b>Children's Resources on Wheels 613-283-0095</b>	<b>EXT</b>
Diane Bennett, Executive Assistant .....	313
Kathy Boelsma, Early Literacy Specialist.....	312
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### **This months featured program or service in Lanark County**

**Connections:** Connections supports you and your family during pregnancy, and right up until your child enters school. They offer four free programs: Birth Companion, Good Food For A Healthy Baby, Home Visiting and Parent and Children's Groups. For more information on any of these programs contact: Head Office: 613-257-2779 or on the web at [www.connectionsprogram.ca](http://www.connectionsprogram.ca) or email at: [info@connectionsprogram.ca](mailto:info@connectionsprogram.ca)

**Good Food for a Healthy Baby** is coming this fall to the North Lanark Community Health Centre. For information contact: Joane at: 1-888-284-2204 ext. # 106 or e-mail: [sf@connectionsprogram.ca](mailto:sf@connectionsprogram.ca)



## Playgroups

**Please Note: No playgroup on October 12. CLOSED for Thanksgiving Day.**

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:00 - 1:00 pm	Linda	October 5, 19, 26
Monday	Carleton Place - Carambeck Community Centre	10:00 am - 11:30am	Issie	October 5, 19, 26
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	October 5, 19, 26
Monday	Smith Falls - Duncan J. Schoular School	9:30 - 11:30 am	Andrea	October 5, 19, 26
Monday	Smiths Falls - OEYC Baby Talk (infant playgroup)	1 - 2:00 pm	Lori	October 5, 19, 26
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	October 6, 13, 20, 27
Tuesday	Carleton Place - Arena, 75 Neelin Street	10:00 - 11:30 am	Issie	October 6, 13, 20, 27
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	October 6, 13, 20, 27
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	October 6, 13, 20, 27
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	October 6, 13, 20, 27
Wednesday	Almonte - Holy Name of Mary School	9:00 am - 1:00pm	Linda	October 7, 14, 21, 28
Wednesday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	October 7, 14, 21, 28
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	October 14, 21, 28
Wednesday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	October 7, 14, 21, 28
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	October 7, 14, 21, 28
Thursday	Almonte - Naismith School	9:00 am - 1:00pm	Linda	October 1, 8, 15, 22, 29
Thursday	Carleton Place - Arena	10:00 - 11:30 am	Issie	October 1, 8, 15, 22, 29
Thursday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	October 1, 8, 15, 22, 29
Thursday	Perth - The Dance Studio	9:30 - 12:00 noon	Cindy	October 1, 8, 15, 22, 29
Thursday	Perth - The Dance Studio Baby Talk (infant playgroup)	1 - 2:00 pm	Cindy	October 1, 8, 15, 22, 29
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	October 1, 8, 15, 22, 29
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	October 2, 9, 16, 23, 30