

Welcome back. Once again our Sprinkler Party on August 19 at the Mill of Kintail was a huge success. We had a total of 440 participants. We collected \$634.10 in donations. Thank you to all for your donations.

Dealing with Stress and Anxiety

Well it's a little late for us to catch about the first day of kindergarten. For many families it's already happened. For some it was an exciting day with first pictures, bus rides and new friends. For others it was a time of tears and anxiety (for children and/or parents). Understandable when you consider there are new routines and expectations and Mom and Dad are not around to reassure you. **What if the tears continue past the first few weeks?** Here are some suggestions to help deal with the situation. As always you need to remember, you know your children best and you decide what fits your child's temperament and your family's situation. No two families are the same.

Stress and anxiety are a part of our lives. Children are asked to be able to move from home to the school bus, to the school yard, to the classroom, to recess, to the classroom...from active to quiet all day long, a recipe for stress. Sometimes the answer isn't to remove the stressor but to help children find ways to manage anxiety and help themselves feel better.

In-born temperament plays a role in this scenario. Some children find it harder to adjust to these changes than others.

Plan ahead. Talk about what's going to happen. Set up a routine at home. Backpacks and lunches packed the night before, getting up 10 minutes earlier for the child who takes longer to wake up and get going or maybe a short play time outside before the bus comes, so snowsuits are already on (yes the snow will come). School usually has a predictable routine for the day. Talk about it. Children find it easier to shift gears when they know what will come next. Routines help instill a sense of security when things happen in the same order every day. Trust is built between the child and the adults around them.

Acknowledge children's feelings.

You can say something like, "It's hard when you feel sad." They may still feel sad but your understanding will make their reaction less intense.

Follow this up with clear expectations, "It's time to get on the bus," and a quick kiss.

Watch your own reaction. When you stay calm through the stress of changing gears, it's more likely your children will too. When we make a big deal of it, we send the message there really is something to worry about. Make a clean break. If you have a hard time dealing with this one "Fake it till you make it." Forcing yourself to be in a positive mood can lead to really feeling that way.

Focus on the next activity. Make plans for when you're back together. Something to look forward to can ease the separation.

Make a Highlight Book. After dinner or before bed, talk about something positive that happened during the day. A highlight is something that makes you feel good. It might be something you did at school, or something said to you or something as simple as seeing a bird. Draw about it or write it down in your highlight book (you can write for your child. It's not supposed to be a tough task). Revisit these things when your child needs to see there are positives in their day.

Is everyone fed and well rested?

When children are tired or hungry, you can expect that even little things will set them off. Young children still need 10-12 hours of sleep a night. Pack bigger healthy snacks/lunches if your child is not a big breakfast eater. Check with our county dietitians for healthy snack ideas. Call CROW (613-283-0095 or long distance 1-800-267-9252) for contact information.

Still concerned?

Call CROW and speak to staff for more ideas or attend a Kids Have Stress Too workshop. Open Doors also has staff that can help call (613-257-8260/613-283-8260)

By Jane Paul Parent Education Coordinator with info from www.frp.ca

Family routines, Making transition times easier.

Look for the new electronic CROW newsletter beginning in October.

Licensed Child Care Providers
are needed more than ever.
BECOME one yourself!

CROW is looking for Providers!

Do you live in

- ◆ Almonte
- ◆ Carleton Place
- ◆ Lanark
- ◆ Perth
- ◆ Smiths Falls
- ◆ or surrounding areas?

There has never been a better time to join CROW; let us help you get started.

Benefits of Joining CROW Licensed Home Child Care



- ◆ Access to Home Child Care Wage Enhancement Grant
 - ◆ Access to safe equipment
- ◆ Reimbursed biweekly on time every time by direct deposit
- ◆ Opportunities for networking, sharing resources and ideas with other caregivers
 - ◆ Free marketing and advertising
- ◆ Support from a qualified Registered Early Childhood Educator

Provider quotes:

“all the support is there, every questions if there are any are answered, well organized and a good follow up if need be.”

“I love working for the organization. Lots of information, lots of help, lots of networking”

Please call for more information

613-283-0095 extension 301

www.crowlanark.com

Playgroups

Day	Location	Time	Staff	Dates
Monday	Almonte - Holy Name of Mary School	9:00 - 1:00 pm	Linda	September 14, 21, 28
Monday	Carleton Place - Carambeck Community Centre	10:00 am - 11:30am	Issie	September 14, 21, 28
Monday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	September 14, 21, 28
Monday	Smith Falls - Duncan J. Schoular School	9:30 - 11:30 am	Andrea	September 14, 21, 28
Monday	Smiths Falls - OEYC Baby Talk (infant playgroup)	1 - 2:00 pm	Lori	September 14, 21, 28
Tuesday	Almonte - Naismith School	9:00 - 12:00 noon	Linda	September 15, 22, 29
Tuesday	Almonte - Holy Name of Mary School evening	6:00 - 7:30pm	Linda	September 15, 22, 29
Tuesday	Carleton Place - Arena, 75 Neelin Street	10:00 - 11:30 am	Issie	September 15, 22, 29
Tuesday	Montague - Montague Centennial Hall	9:30 - 11:30 am	Andrea	September 15, 22, 29
Tuesday	Perth - Taycare Senior Centre, 100 Wilson St.	9:30 - 12:00 noon	Cindy	September 15, 22, 29
Tuesday	Smiths Falls - OEYC	9:00 - 12:00 noon	Lori	September 15, 22, 29
Wednesday	Almonte - Holy Name of Mary School	9:00 am - 1:00pm	Linda	September 16, 23, 30
Wednesday	Carleton Place - Carambeck Community Centre	10:00 - 11:30 am	Issie	September 16, 23, 30
Wednesday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	September 16, 23, 30
Wednesday	Perth - Perth & District Union Library	10:00 - 11:30 am	Cindy	September 16, 23, 30
Wednesday	Smiths Falls - Trinity United Church	9:00 - 12:00 noon	Lori	September 16, 23, 30
Thursday	Almonte - Naismith School	9:00 am - 1:00pm	Linda	September 17, 24
Thursday	Carleton Place - Arena	10:00 - 11:30 am	Issie	September 17, 24
Thursday	Lanark - Maple Grove School	9:30 - 11:30 am	Andrea	September 17, 24
Thursday	Perth - The Dance Studio	9:30 - 12:00 noon	Cindy	September 17, 24
Thursday	Perth - The Dance Studio Baby Talk (infant playgroup)	1 - 2:00 pm	Cindy	September 17, 24
Thursday	Smiths Falls - Lower Reach Park	9:00 - 12:00 noon	Lori	September 17, 24
Friday	Smiths Falls - OEYC	9:00 - 12:00 noon	Parent Run	September 18, 25



Workshops

Workshop—Pre-registration is necessary— call OEYC ext 300	Date	Time	Location
Infant Massage	Thurs. September 24	10 - 11 am	Almonte Public Library
Preschool Play and Learn for children starting school in September 2016	Mondays Sept. 21, 28 Oct. 5	1 - 3 pm	Taycare Senior Centre, Perth
Preschool Play and Learn for children starting school in September 2016	Wed. Sept. 23, 30 Oct. 7	1:30 - 3 pm	CROW
Tips for Twos—2 session workshop	Thurs. Oct 1 & 8	6:30 - 8:30 pm	CROW
Infant Massage	Mon. Oct. 5	1 - 2 pm	CROW
Art-Tastic for ages 2 and up	Thurs. Oct. 7	10 - 11 am	Maple Grove School, Lanark

Staff Directory

Ontario Early Years Centre	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
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

Licensed Home Child Care	Ext
Sherry Rodger, Accounting & Admin Support	301
Janice LePage, Home Visitor	306

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

