

November 2009

## PROVIDER TRAINING

All workshops take place at 700 Industrial Ave (Unless Otherwise Stated)

**Please Register For All Training and Workshops  
(5 days before date of workshop)**

### I Care For Kids I Care For Quality "Chat Night in the Kitchen"

*Get together with other providers for a fun evening sharing stories and discussing child care issues...*

**Chat-night will be about 'Developmental Learning Goals.'**

**Date:** November 17, 2009

**Time:** 7:00-8:30pm

## Toilet Learning

**Share different strategies and tips for successful toilet learning and positive experiences in your home!**

**Date:** November 19, 2009

**Time:** 7:00 pm-10:00 pm

**Location:** 700 Industrial (Boardroom)

**Register for these workshops with Claire @ 613-736-1913 ext. 246**

\*\*\*Please remember we are a Peanut and Scent Free Environment\*\*\*

## A Resounding Success!

Our first presentation of the Home Child Care Training—Level 1 "Nutrition and Healthy Eating Habits" offered a great evening to share ideas and learn something new! Lively discussion took place, where we discussed topics such as highly processed food, using margarine vs. butter, jam vs. fruit, reading labels, sharing recipes, high sugar and high salt, different names for sugar, sneaking vegetables into your recipes, and feeding the picky eater! Obviously there was a lot to talk about! Since this is a new series of workshops being launched across the city, registration for this workshop filled up so quickly that we already have a waiting list for the next time it is presented! Remember to sign up as early as you can so you can be guaranteed a space.

Also, if you are not able to attend a workshop you have signed up for, please call Kim at 613-736-1913 ext. 243 so that we can offer the space to someone who is waiting. You will always get a friendly reminder call a week or so before the workshop is to take place.

We are very fortunate to have providers who share their experience and ideas with others. We are pleased to have Hala El-Kilani present a workshop for you this month. Hala has been a provider with Andrew Fleck since 2002, and this will be an exciting new way to share her creative ideas with others. If you would like to assist in presenting a workshop, or have any ideas regarding provider training that you would like to present, share them with your Consultant!

## Who do you call?

**CALL CLAIRE for:** All First Aid (Full Course and Renewal), as well as Chat Night at Industrial is registered with Claire at 613-736-1913 ext. 246

**CALL KIM for:** Home Child Care Training, Level 1, at 613-736-1913 ext 243)

Please note that contact numbers for other workshops will be written under the workshop information as required.



## HOME CHILD CARE TRAINING

Now offered here at 700 Industrial!

A Certificate of Participation will be given to you for each unit completed. We will keep you informed as they become available! Please note that the units do not need to be taken in any particular order.

**Spaces are limited Sign up EARLY!**

### "Guiding Children's Behavior"

Presented by: Shelley Vermette (Home Child Care Consultant)

**DATE:** Thursday, November 25, 2009

**LOCATION:** 600-700 Industrial Ave. @ 7:00pm - 9:00 pm

**Contact Kim at 613-736-1913 ext. 243 to register**

Please leave a message and I will add you to the register right away. I will call you a week ahead of time as a friendly reminder.

### **NEW!** Friendship & Holiday Ideas with Hala El-Kilany & Sandy Lafave

**Date:** Wednesday December 2, 2009

**Time:** 7:00pm-9:00pm

**Location:** 700 Industrial Ave. (Boardroom)

**Register with Kim @ 613-736-1913 ext. 243**

## Winter Skill Testing Question

Do you remember those crazy winter mornings, wet boots tangled together, mis-matched mittens, a crazy new hat hanging on your banister with no name on it? Here is a fun way to remind parents to label all their children's clothing. Posting this fun little reminder where your parents can see it is a great addition to your bulletin board where you post all other important information.

### What is the grand total of :

- 5 wooly hats
- 10 soggy boots
- 10 colorful scarves
- 5 snuggly coats
- 17 mismatched mittens
- 10 dry white socks
- 5 excited children
- 5 pairs of snow pants
- 3 extra sweaters
- 4 extra pairs of gloves



### Answer ?

**Check out page 4 to see if you got the right answer!**

## I Care For Kids I Care for Quality

### Professional Business Practices

**Module 7 of your ICFK, ICFQ binder focuses on Professional Business Practices.** Take advantage of the many opportunities you have as a Home Child Care Provider with Andrew Fleck to enjoy Provider Training workshops. Along with the new Level One Home Child Care Training ~ Ottawa series of workshops offered city-wide, remember to check out your local Ontario Early Years Centers! Many training opportunities offer a Certificate of Achievement. Celebrate your childcare experience and build a portfolio that can be used during interviews. This will demonstrate your commitment to children and Licensed Home Child Care.



### Day Nurseries Act {L14.2.49(53.6)}

An agency must ensure that the daily program in each home child care location must include outdoor play for each child who is over thirty months of age who is in attendance for six hours or more.

## Outdoor Play is Fun!

**Spending time outside builds up the children's immune systems, channels energy and supports a calmer environment. The outdoors, weather permitting, offers children as much opportunity for active learning as they have indoors.**

The outdoor environment can offer rich learning experiences not found indoors. The play yard is full of wonderful things for children to experience, discover, and explore. In a well-planned outdoor environment, children do much more than run, climb, and ride bikes. They notice the weather, insects, plants, and everything going on around them. Their curiosity is stimulated as they seek answers to their questions about new discoveries. The outdoors is also the ideal place to provide experiences that are sometimes considered too messy to do indoors. Sensory experiences such as measuring flour or mixing sand and water can be more fully explored without the limits of the indoors. For the preschool child, the freedom to use materials, without restriction, always leads to greater levels of creativity and understanding. Consider the weather at different times of the year. Do you have a covered area to use when it rains? Do you have an area protected from the wind and snow? Do you have a well-shaded area for hot, sunny days? How will the different seasons change the types of activities you can provide? Consider who will use the yard and when. How many children will be on the play yard at the same time? Will more than one age group be using the yard at the same time, or at different times? The number of children in the yard will influence how many activities you decide to provide.



Setting up the activity and cleaning it up after can be a group activity all by itself. Make it fun! Enjoy!

Source: Excerpts from "Developing an Outdoor Classroom: Blending Classroom Curriculum & Outdoor Play Space" by Mary L. Studer

The Quality Times ~ HCC/ November 2009



*“When cold winds blow and bring us snow, at night I like it most...to climb in bed and hide my head and sleep as warm as toast!”*

**Self Help Skills** can make your life a whole lot easier! Encouraging the children to get themselves dressed is a great activity in itself!

### Thomas' Snowsuit by Robert Munsch



Thomas refuses to wear his new snow suit despite the pleas of his mother, his teacher and even his principal. When everyone's best efforts lead only to comedic chaos, they all agree it's best to let Thomas suit himself!





### I Can Dress Myself!

**Materials:** Assorted construction paper, scissors, glue, white paint, popsicle sticks with yarn or strings attached, silver glitter or pickling salt, paint trays.

Older children can cut out their own winter shapes like mittens, hats, boots, coats, ear muffs and snow pants etc. Younger children can use pre-cut shapes. Dip the strings into white paint, and decorate by trailing the string across the paper. when everything is dry, children can arrange their clothing items and mix and match with their friends, all dressed for winter!

### Reach and Feel Bag

Sit in a circle. Have a white pillow case filled with real mittens and hats etc. like the ones you made in your art activity. Pass the bag around and everyone grabs an item, puts it on, and passes the bag to the next child. As fast as they can, pass the bag until all items are being worn by the children. Then, do it again!

-  What's missing?
-  What color is it?
-  How does it feel?
-  How many should you have?

## How Many Ways can you Enjoy the Outdoors?

***Can't keep the children indoors another minute? Take them outdoors and explore!. Dress them warmly and enjoy some fresh air and exercise. Dress warm and have fun! When you are tired and chilly, head back inside for a warm drink and a healthy snack. They'll come back in hungry and ready for some quieter activities.***

Take a walk and look for animal tracks \* Play chase, tag, or hide and seek \* Wrap in a big warm blanket and sit on the porch swing \* Bird watch \* Scavenger hunt for Autumn nature stuff \* Sit in a sunny place and absorb sunshine \* Play with toy cars and trucks in the dirt or, maybe if you're lucky...snow! \* Play expedition \* Pretend you are an explorer going to the North Pole \* Pull someone or something in a wagon or on a sled \* Lie on the ground and watch the sky \* What do the clouds look like? \* Collect pinecones for decorations and wreaths \* Take photos of trees...compare to summer \* Ice skate \*Go sledding down a hill \*

Shovel a path in the yard like a maze \* Decorate a tree in your yard with streamers to blow in the wind \* Have a picnic \* Take along a warm sandwich and cookies in an insulated bag , cocoa in a thermos or even warm soup in a soup thermos \*

\* Take a blanket outside to sit on and stargaze at the clouds \*

### Just For Fun!

Collect leaves  
Explore a tree.  
Look for birds' nest.  
Freeze colored water in ice cube trays.  
Look for animal tracks, especially after a snowfall.  
Collect and study rocks.  
Look for colors.  
Look for shapes in the sand as it freezes.  
Go on a listening walk.  
Watch squirrels gather nuts for the winter.

### Special Reminders!

**Toy Lending Library** will be open **Saturday, November 14<sup>th</sup> from 11:00 am to 2:00 pm.**

If you have any questions please call Kat Wilson at 613-736-1913 ext. 254.

**National Child Day** :November 20

**'Reaching In Reaching Out' Training' (RIRO) (at Cornerstone)**

Offered 6 Evenings from November to January ask your Consultant for a brochure!



# PLAYDOUGH FOR BAKING

Use this recipe for making nearly unbreakable miniature tree ornaments and figures.

## Blend in a bowl:

3/4 c flour, 1/4 cup white glue,  
1/4 cup Ivory liquid shampoo,  
food coloring (optional)

Knead the mixture together thoroughly, dusting with flour. Roll dough out flat. Make it thin because it expands when baked. Cut the dough with small cookie cutters. If you wish to hang the cut-outs, poke a hole through the top. Bake on a cookie sheet for 2 hours at 200\* Fahrenheit. When cool, decorate with tempera paint.

**Additional Activity:** Children can attach a ribbon and make a card to give away this away as a special gift.

Source: Resources for Creative Teaching in Early Childhood Education; Darlene Softley Hamilton / Bonnie Mack Flemming

# Winter Fruits & Vegetables

Winter is the season for tangerines and other mandarin oranges. There's something wonderfully comforting about enjoying a big bowl of ripe, juicy, sweet mandarins in the middle of a dismal, dreary winter.



At snack or meal time serve fruits and vegetables that are available in winter; oranges, grapefruit, tangerines. They may not grow here, but in more warmer climates. Talk about how these foods are brought to our local grocery stores, ie ship, truck or train!

# Buttery Biscuits



## Ingredients:

- 1 cup flour \*
  - 1/2 teaspoon salt
  - 2 teaspoons baking powder
  - 1 tablespoon cold butter
  - 1/2 cup milk
- \*For a healthier version use half a cup whole wheat flour

## Preparation:

Lightly spoon the flour into the measuring cup and level it off. Combine with salt and baking powder twice - stirring with a fork. Chop butter in with a knife until mealy. Add milk for a soft dough. Place on a board with a little flour. Knead gently until smooth. Roll out to one-half inch thickness. Use small cutter and place biscuits in greased pan. Bake in a hot oven until nicely browned. Bake on a lightly greased cookie sheet at 425°F for 9 to 11 minutes. Spread with mashed apricots or strawberries and crème cheese for a special treat!

# Dressing For Winter Weather

Do the actions as you sing the song!

*"Let's put on our mittens, and button up our coats.*

*Wrap a scarf snugly around our throats.*

*Pull on our boots, fasten the straps,*

*And tie on tightly our warm winter hats!"*

**Then open the door...and out we go! Yayyyyy!**

# The Mitten Song!

*"Thumb in the thumb place, fingers all together!*

*This is the song we sing in mitten weather!*

*When it is cold out we all play together*

*We will stay warm no matter what the weather!"*

# Autumn Leaves are Falling

Tune: London Bridge

*"Autumn leaves are falling down, falling down, falling down*

*Autumn leaves are falling down.*

*Pretty autumn leaves.*

*Come on (girls, boys) let's rake them up (repeat this 2 times)*

*Come on (girls, boys) let's rake them up*

*Pretty autumn leaves.*

*Let's all jump into the pile (repeat this 2 times)*

*Let's all jump into the pile.*

*Pretty autumn leaves."*



# Answer to Skill Testing Question!

See page 2

# "ONE"

One very busy, super energetic, AMAZING Home Child Care Provider!

Mom and Dad: PLEASE Label All Clothing!