

March 2011

The Quality Times

Andrew Fleck Home Child Care Provider Newsletter

"Caring for children is what we do best!"



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IMPORTANT REMINDERS

- ☀ **March Break**
March 14 - 18
- ☀ **March Break Activity Day:** Wednesday March 16, 2011-Manor Park and Thursday March 17-Albion-Heatherington
- ☀ **St. Patrick's Day**
Thursday March 17

DAYLIGHT SAVINGS TIME

Turn your clocks ahead 1 hour on Sunday March 13

First Day of SPRING!

Sunday March 20, 011

Join Us!

Pot Luck Party

Prepare a favorite dish to share and enjoy with other Andrew Fleck Providers!

Details can be found on the Provider Training & Special Events Bulletin!

Provider Training & Special Events Bulletin!

Due to the amount of provider training and workshop information in our monthly newsletter, it has become increasingly difficult to fit it all onto the front page!

Starting this month, you will receive our new monthly "**Quality Times Bulletin**" with your newsletter, which will contain all information regarding upcoming workshops, ICK-ICQ Provider Chat Nights, as well as community events. An added benefit will be that you can now post it on your bulletin board or near your calendar for easy access!



Did you know? We have museum passes that you can use...free of charge?

Admission is for three museums: The Canadian Science and Technology, Canadian Agriculture and the Canadian Aviation Museum. (children under the age of three are free)

Passes are limited and must be returned to the office for others to use within a reasonable amount of time. For more information or to sign out a pass, call Clarissa at extension 252.

Toy Lending Library

If you would like to book a personal visit after office hours, on a Saturday, or have any questions about the toy library please call Kat Wilson at 613-736-1913 ext. 254. You can also send an email to kwilson@afchildcare.on.ca Just a reminder, toys can be loaned out for a two month period. If you currently have overdue toys please clean and return them to your Consultant as soon as possible. Thank you for your cooperation. Kat Wilson.

A WORD FROM KIM

Newsletter Survey! Many hours are spent developing, researching and compiling activities for the newsletter. It is important to get your feedback to ensure that we are providing you with information and ideas that benefit you and the care that you provide. Please complete the survey by clicking the link found on our website or ask your consultant for a paper copy. **The survey will be available until April 15, 2011.**

TO COMPLETE THE SURVEY ONLINE

visit the agency's website to find the link to the survey.
<http://www.afchildcare.on.ca/HomeCCJ-e.html>

A password will be provided to you by your Consultant. This password protection ensures that your answers remain confidential and the survey can be accessed on the agency website by Andrew Fleck Providers only.

YOU COULD WIN!

All survey participants will be entered into a draw to win a gift certificate from Scholars' Choice. You could be the lucky winner!

March Break

Visit the various branches of the Ottawa Public Library for an amazing selection of activities offered during the March Break, between March 14-18. The activities are suitable for all ages, and available at several locations!

Visit: www.biblioottawalibrary.ca/en/main/program?evdate=2011-03-14 for more details.

Here is one example! See more info on page 4!

Alta Vista

2516 Alta Vista, Ottawa, ON K1V 7T1
613-7372837

Rock and Roll Radio

Monday Mar 14, 2011 Time: 10:00 am Duration: 90 min
Learn how to make and record a radio ad with CKCU, Ottawa's community radio station with children aged 6-12 years. Registration is required, but there are many other fun and interesting things to do. Ask your Consultant for more information on other activities that might be of interest.

Nipissing Developmental Kit Activity Corner

Scissor Skills Project

Source: www.dltk-holidays.com/spring/msscissor-skills.htm



This is a great project to use when you are first introducing a child to cutting with scissors.

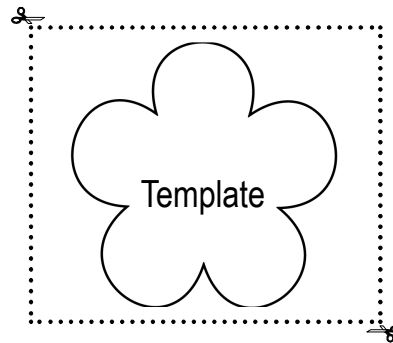
Materials:

Children's (blunt tipped) scissors
Construction paper -- children pick their own color.
Glue

Directions:

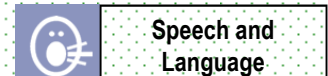
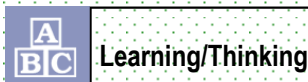
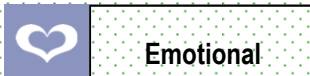
- ✓ Cut the construction paper into long, one inch wide strips (you can cut fast, they don't have to be perfect)
- ✓ Draw a flower shape with black marker (see template)
- ✓ Show the child how to hold their scissors. Then encourage the child to snip off pieces from a strip of construction paper. (see example below)

- ✓ children can fill their flower template by gluing the snipped pieces using glue sticks or q-tips dipped in white glue, don't worry if they go over the lines.
- ✓ encourage the children to use collage materials for added decorations.
-allow to dry.






Nipissing District Developmental Screen Symbols:

The Nipissing District Developmental Screen™ (NDDS) is a checklist that rates the skills that a child should be able to achieve, by a specific age.



Look at me...I'm 5 years old!

According to the Nipissing District Developmental Screen™ children should be able to do the following, by the age of 5:

-  Hop on one foot.
-  Climb playground equipment without difficulty
-  Throw and catch a ball successfully, most of the time.



To encourage these activities ask your Consultant to sign out the Winter Activity Kit!

Remember that April 22 is Earth Day!



Start saving cereal boxes now for an 'Earth Friendly' activity coming up in next months newsletter!



7 Tips for Handwashing Get the Dirt on Clean Hands!

1. **Remove all rings and wet your hands** with warm running water.
2. **Put a small amount of liquid soap in the palm of one hand.** Bar soaps are not as hygienic as liquid soaps because they stay moist and attract germs. If a bar soap is the only option it should be stored on a rack so that the bar doesn't sit in water.
3. **Rub your hands together for 20 seconds so you produce lather.** Make sure you scrub between your fingers, under your fingernails and the backs of your hands.
4. **Rinse your hands well with clean running water for at least 10 seconds.** Try not to handle the faucets once your hands are clean. Use a paper towel to turn off the water.

Dry your hands with a single use paper towel.

Special Note: The Day Nurseries Act requires that you provide separate towels for each child.

5. **Use hand lotion** to moisturize dry skin.

Model good hand washing techniques to the children.

Encourage the children to sing a song like *Twinkle Twinkle Little Star* while rubbing their hands together to teach them the amount of time it takes to clean their hands properly.

Adapted from: www.phac-aspc.gc.ca/im/iif-vcg/wh-lm-eng.php

Day Nurseries Act

{L14.1.47-48}

A program of activities should include:

- a balance between active and quiet activities;
- a balance between group and individual activities;
- a balance between opportunities for creativity and conformity;
- planned indoor and outdoor activities, some of which provide related experiences;
- consideration for the ages and needs of individual children;
- periodic field trips/excursions.

Source: adapted from Ontario Child Care Licensing-Private Home Day Care Manual



Felt Board Fun

Spring is just around the corner! Cut out some felt pieces and encourage the children to create their own spring time stories!

- * Yellow suns
- * Red rain boots
- * Green rain coats
- * Multicolored umbrellas and flowers
- * Blue raindrops
- * White clouds

Leave a basket out with various felt pieces available for children to use as desired.

Be creative!



It's March Break!

Make Your Home a Place For Readers

Here are several tips to help promote literacy in your home during March Break and at any time!

- Choose a quiet time for reading to the children, as in before a nap, or after mealtimes.
- Sit comfortably on a chair or pillows piled on the floor.
- Encourage children to select the book.
- Make sure children can see the pictures and turn the pages.
- Point out letters, shapes, colors, and animals with the help of the children.
- Invite the children to read to you.
- Make lists with the children, lots of them. Make them for grocery shopping, books to buy and things to take on field trips.
- Read aloud to children in your home every day.

*adapted from **My First Week of School** by Derrick Gantt.

Source: www.preschoolrainbow.org/preschoolers.htm

Out and about...

Can't get to a library? Let the library come to you

For more information, please call the bookmobile at 613-580-2424, x32629 or e-mail bookmobile@BiblioOttawaLibrary.ca

The Ottawa Public Library brings the library to your neighborhood once a week. Two Bookmobiles visit more than 20 communities all over the city.

- ☼ a wide range of library material for adults and children in English, French and other languages.
- ☼ books, audio books, large print materials, magazines, DVDs, videos, and English as a Second Language material are available.
- ☼ library items borrowed from a Bookmobile can be returned to any Bookmobile stop or branch of the Ottawa Public Library.
- ☼ bookmobiles are wheelchair and stroller accessible.

Local Neighbourhoods:



Blossom Park
Tuesdays
2:30pm - 5:30pm.
2950 Bank Street

Carson Grove area
666 Bathgate Drive
Mondays
1:30pm-4:30pm
613-580-2424, x32629



BATH SPONGE FLOWER PAINTING

You need: Dollar store bath sponges, non-toxic paint in various colors, trays or shallow bowls, construction or mural paper, newspaper, masking tape, markers or crayons.

What to do: cover a large table with newspaper and secure with masking tape (optional)

Pour paint in trays or bowls. Dip sponges in paint, and use them to stamp designs on construction paper, or a large strip of mural paper.

Let paint dry. Then, using crayons or markers, draw vines, stems, leaves and even flower pots around the sponge 'flowers' collage.

Optional: cut small Styrofoam cups in half and glue on the collage to make 3 dimensional flower pots.

In the Kitchen!



Kiwifruit Yogurt Whip

With so many children at home this week, why not work together as a group to make a delicious snack? Each child will be able to add an ingredient.

Ingredients:

1 large kiwi, peeled, or other fruit.

¾ cup of plain yogurt

¼ cup of milk

2 teaspoons of honey

2 ice cubes



Preparation Instructions:

Purée the peeled kiwi.

Combine with remaining ingredients and process in blender or food processor.

Serve in tall glass. Double the recipe to have enough for a small serving for 5 children.

Source: www.kiwirecipes.org/

