



# The Quality Times

Andrew Fleck Home Child Care Provider Newsletter

"Caring for children is what we do best!"



October 2010

## Provider Training

All workshops take place at 700 Industrial Ave in the Boardroom, unless other locations are listed.

### I Care For Kids ~ I Care For Quality

#### "Chat Night in the Kitchen"

Spend the evening sharing all the wonderful benefits of being a licensed home child care provider with your colleagues!

#### **Chat night with Cindy at Industrial**

**Date:** Tuesday October 19, 2010

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

#### **Chat night with Maha, at her home, in Orleans!**

**Date:** Tuesday October 28, 2010

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

Claire will provide Maha's address and directions when you register at 613-736-1913 ext 246.

### **'Dinosaurs' Make & Take Workshop**

Join Julie Cloutier and enjoy a fun evening using the Mark IV die-cutting machine!

**Date:** Wednesday October 20, 2010

**Time:** 6:30pm-8:30pm

**Location:** OEYC (Cornerstone) 2330 Don Reid Drive

Register with Kim at 613-736-1913 ext. 243

### **First Words on Using Books, Games and Songs to Promote Language with Kathy Torunski**

Please refer to Information Sheet

**Date:** Wednesday November 17, 2010

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

Register with Kim at 613-736-1913 ext. 243

### **Application for Provider Training Allowance**

Andrew Fleck Home Child Care program attaches great importance to Provider Training. We offer evening workshops on a variety of topics, which you are encouraged to attend. A provider training bonus is offered in recognition of your attendance at workshops, excluding First Aid which is mandatory.

Remember to bring your 'Application for Provider Training Allowance' form to your workshops so that they may be signed off by the presenter. **These forms must be submitted on or before December 31 (of the year training is done) for approval.** Please refer to your small white Provider Manual to read the information about Provider Training Opportunities in further detail. Speak to your Consultant if you need any assistance.

## Notes from Neeka

### Saturday Information Session

You will soon be receiving details about our upcoming information session in November. The focus will be on changes that are occurring within the Home Child Care sector, as well as within our Agency. Your attendance at this information session is very important. We look forward to seeing you there!

## Special Thank You to Jean Brockwell!

### "Songs and Rhymes for Circle Times"

This month, along with your newsletter, you will receive a song book and CD of some of your favorite children's songs. Thank you Jean for all of your dedication and hard work compiling "Songs and Rhymes for Circle Times". By using the resource in your Home Child Care program you can hum along with Jean to tunes often heard in playgroups, or learn new songs you haven't heard before.

For added enjoyment, stay tuned for more info on a workshop we are planning for December, where Jean will show you fun ways to use your new song book and bring the joy of music into your home!

## READ THOSE LABELS!

Halloween is coming! 'Tis the season to watch our waistlines and encourage the children to eat healthy! When shopping for your groceries, take a moment to read the label. Here are some interesting new words to watch out for. All of them mean SUGAR!

Excerpts: "Sugar By Any Other Name" Nutrition Action Healthletter-2010

- ✿ Apple juice concentrate
- ✿ Corn syrup (or high fructose corn syrup)
- ✿ Evaporated cane juice
- ✿ Glucose / dextrose
- ✿ Orange juice concentrate
- ✿ Fructose (found naturally in fruits and vegetables)
- ✿ Honey or molasses
- ✿ Agave syrup or nectar
- ✿ Confectioners sugar

**Note: don't worry about the naturally occurring sugar in fruit, milk and plain yogurt. Women should limit added sugars to 100 calories (6½ tsp) a day.**



## Songs and Stories



Jack O Lantern Jack o' lantern you  
are such a funny sight,  
As you sit there in the window staring  
out at the night,  
You were once a shiny pumpkin sitting  
out there on the vine,  
Now you are a Jack o' lantern  
See your candle light shine!

## **Toy Lending Library:**

Membership renewals were due in September. The cost is \$10.00 for the full year and a receipt is provided. If you prefer to visit on a weekday, after work or on a Saturday please contact Kat Wilson (613-736-1913 ext. 254) to book a visit or email her at [kwilson@afchildcare.on.ca](mailto:kwilson@afchildcare.on.ca).



# Happy Thanksgiving

Monday October 11th is a Statutory Holiday.



Remember to turn your clock back to Standard Time on Sunday November 7 this year!

**REMEMBER:** its time to change the batteries in your smoke detector too!

## Arts and Crafts

### Pumpkin Color Rub

**You need:** thin cardboard or construction paper, scissors, crayons, paper, paper clips.

**Directions:** cut a pumpkin shape out of the cardboard. Place cardboard pumpkin between two sheets of paper and paper clip them together. Rub over the paper lightly with orange crayon and the pumpkin will appear. Repeat with other color if desired.

**For added fun:** use the color rubbings as wrapping paper for a gift of Pumpkin Muffins (see recipe) to send home with Mom and Dad.



## Easy Pumpkin Muffins

### Ingredients

1 pkg (reduced sugar) yellow cake mix  
1 (15 ounce) can pumpkin puree  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves

### Directions

Preheat the oven to 350 degrees F (175 degrees C).

Grease a 12 cup muffin pan or line with paper liners. In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth. Spoon equal amounts of batter into the prepared muffin cups. Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.



Prep Time: 5 Min

Cook Time: 25 Min

Ready In: 30 Min

## The Joy of Playing Dress-Up

Excerpts: [preschoolers.about.com/od/social-emotional-growth/a/dress\\_up\\_play.htm](http://preschoolers.about.com/od/social-emotional-growth/a/dress_up_play.htm)

Dress up play is an incredibly fun activity for children. It is also a very important activity as it enhances vocabulary as well as confidence. Dress up play encourages turn taking, cooperation and socialization, and problem solving.

### How to Encourage Dress Up Play

Keep everything handy and in a central location. Have fun, wear some of the clothing yourself. Most children won't need much encouragement, their imagination will take over!

- store bought costumes (try Value Village for gently used)
- towels (attach to a shirt to make a cape)
- glasses with the lenses removed
- costume jewelry ~ **CAUTION** (consider choking hazards)
- plastic colander (makes a good hat or helmet)
- old wallets with play money
- empty no tears bubble bath bottles, baby dolls
- shawls, ponchos, bathrobes, gloves
- old bags like briefcases and small luggage
- aprons, oven mitts, kitchen utensils
- hospital scrubs
- ballerina tu-tus or dance costumes, butterfly wings
- hats, shoes, purses, shopping bags.....



The list is never-ending and ever-changing, so update and add as you like. Gather everything together, wash it often and keep it in a central location. Keep it in the play area for easy access. The best part about open-ended play is that there is no right or wrong. Just fun.

**Special Reminder:** it is recommended to avoid face masks made of rubber or latex, that completely cover the face, and face make-up, both for safety but also for hygienic reasons. Children should always be able to see clearly, and never use items that can't be thoroughly laundered and sanitized.

