



Haldimand-Norfolk
REACH

supporting children, families, communities

Licensed Home Child Care

1 800 265 8087 Ext 302 / Ext 369

Reminders

Please remember to let the program office know when you will be taking vacation this summer!

Office Closures:

Friday, July 1– Canada Day

Monday, Aug. 1– Civic Holiday

Monday Sept. 5– Labor Day

Attendance Forms:

Caregivers, please take a moment to review your attendance forms prior to submission.

Please ensure they are accurately filled out with the child's age and all required signatures.

Attachments:

Move with the Grooves

Summer 2011

Summer Safety

Children need an environment in which learning occurs during play & other scheduled activities and where adults provide them with a feeling of security and safety!

Caregivers, parents, grandparents and teenage babysitters can use the following tips to ensure the safety of the children in their care.

Water Safety

- ◆ Keep children away from water when you are not there to supervise them
- ◆ Swim in pools or parks where there is a lifeguard on duty
- ◆ Know how to administer first aid and CPR
- ◆ Avoid distractions such as cell phone usage in the pool area
- ◆ Remember that arm floats, inner tubes and many other devices do NOT take the place of life jackets and adult supervision

When the hot days of summer arrive, it is important for infants, children and adults to stay safe in the sun.

Sun Safety

- ◆ Always use sunscreen with an SPF of at least 15 or higher and re-apply every two hours or more if swimming or playing in water
- ◆ Ensure the children are wearing a hat and sunglasses with a label stating that they protect against UV rays
- ◆ Avoid sun exposure between 11am and 3pm, when the sun's rays are at its strongest
- ◆ Monitor the children to prevent sunburn as well as heat exhaustion. Adequate hydration is essential be sure to provide the children with plenty of water.
- ◆ If children are going to be in the sun for several hours wear clothing that will block some of the sun's rays (clothing that you cannot see your hand through)



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I Care For Kids I Care For Quality

Relationships

The Environment

The Activities

Developmental
Learning Goals

Safety and Health

Professional and
Business Practices

Resources

Quarterly Home Inspections

A predictor of the quality of care provided to children is the Early Learning Caregiver's ability to provide a Safe and Healthy Environment...Our caregivers participate in Quarterly Home Inspections.

Get down at the children's level and have a peek around your home. Crawling toddlers/ infants love to put everything they find in their mouth. Are the floors as clean as they should be? Are the toys and equipment clean and safe? Remove anything that is broken or damaged. Make time in your week for a regular toy washing. Include the children in the activity!

Make sure all medications and cleaning supplies are inaccessible. This includes toiletries, perfumes, nail polish, mouthwash etc.

Early Learning Caregivers are required to practice fire drills once a month with the children in care. Fire extinguishers and smoke detectors are also checked on a monthly basis and emergency contact numbers are posted and accessible in the case of an emergency.

Awareness of safety issues at home can help us to become 'Prevention Experts' rather than 'trouble shooters'. If you are interested in learning more about the quarterly home inspection, please contact an LHCC Coordinator or talk to your caregiver.

Annual Survey Results

Thank you to everyone who completed our annual caregiver or parent survey. We truly appreciate you taking the time to give feedback on our program.

It is through the feedback we receive that we are able to reflect on the practices of the LHCC program. It is our goal to meet the needs of the families and caregivers that are being served by the LHCC program.

Some of the comments from the 2011 parent surveys we received were "our caregiver exceeds our expectations", "we love that she spends so much time outside with the kids and all of the indoor activities that she plans", "we never worry when we go to work. We trust that our son is in excellent care and appreciate the opportunities that he is presented with through the Licensed Home Child Care Program".

Caregiver surveys indicate that our caregivers value the support and encouragement offered to them through the Licensed Home Child Care Program

Our program will make the effort to focus on caregiver appreciation as well as ensuring interesting and informative information is included in our monthly newsletters.

It is our goal to focus on education and professional development for both parents and caregivers in the areas of child development and play based learning.

We will continue to evaluate our financial practices, to better serve our families.

Please feel free to contact a Licensed Home Child Care Coordinator with any comments you may have.

Benefits of Play

- ◆ Play enables children to develop all their skills - and as children develop so does their play
- ◆ Play provides opportunities to improve small and large muscle skills and maintain physical health
- ◆ Play helps to develop imagination and creativity, provides a context in which to practice social skills, acts as an outlet for emotional expression.
- ◆ Providing for play includes ensuring that the child has opportunities
- ◆ Resources and time for play appropriate to each child's stage of development
- ◆ Long periods of uninterrupted play build children's concentration and motivation to take responsibility for their own learning

Children at Play in the Great Outdoors

Children of all ages love to be outside. Throughout the seasons, they explore their environments. They learn how the weather changes and how animals and plants are affected by these changes. In learning about the seasons, children begin to understand nature's cycles. Below are some simple activities that children can enjoy when outdoors.

- ◆ Pick strawberries, raspberries, blueberries and vegetables and compare their sizes, colour, shape, smell and taste.
- ◆ Plant a garden with the children
- ◆ Set up a tent in the back yard and go camping
- ◆ Look for insects and butterflies.
- ◆ Play in the sand with pails, sieves, funnels and shovels
- ◆ Play at a water table with pouring utensils, troughs and sailing boats, see what floats
- ◆ Visit a pond or stream and feed the fish or other wildlife
- ◆ Pick daisies, cornflowers or other wild flowers
- ◆ Collect natural materials like acorns, leaves, sea shells or special rocks and make a collage
- ◆ Go on a picnic
- ◆ Play under a sprinkler
- ◆ Blow bubbles
- ◆ Take the children Geocaching
(www.geocaching.com)



Why is Play Important?

Play is the way in which children learn. They learn most effectively when they are relaxed and having fun.

Children's learning becomes meaningful when they are free to learn at their own rate and in their own way!

Save the
Date

October 22 & 23,
2011

Week of the Child
and Youth
Celebrations

Details to Follow

Recipes

Kool Aid Playdough

2 1/2 cups flour
1/2 cup salt
3 tbsp oil
2tbsp cream of tartar
2 cups boiling water
2 packages of kool aid

Mix all ingredients together and
enjoy!

Banana Pear Caterpillar

1 lettuce leaf
1 medium banana, peeled
1/2 medium red pear, cut into 1/4-
inch slices
2 raisins

Directions

Place lettuce on a salad plate; top
with the banana. Cut 1/4-in. V-
shaped slices halfway through the
banana, spacing cuts 1 in. apart.
Place a pear slice, peel side up, in
each cut. For eyes, gently press
raisins into one end of banana.
Serve immediately.

Yield: 1 serving.



Summer Songs & Fingerplays

Five Green and Speckled Frogs

Five green and speckled frogs sat on a speck-
led log
Eating some most delicious bugs—Yum, Yum!
One jumped into the pool where it was nice and
cool
Then there were four green and speckled frogs.

Four green and speckled frogs sat on a speck-
led log...

Continue until there is no green speckled frogs



Roly Poly Caterpillar

Roly-poly caterpillar (wiggle right pointer
finger)
Into a corner crept, (place right pointer
finger in left cupped hand)
Spun around himself a blanket (spin
around)
Then for a long time slept (place head on
folded hands)
Roly-poly caterpillar (wiggle right pointer
finger)
Wakening by and by, (“stretch” right
pointer finger)
Found himself with beautiful wings
Changed to a butterfly. (flutter arms like
wings)



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