



Haldimand-Norfolk
REACH

supporting children, families, communities

Licensed Home Child Care

1. 800. 265. 8087

Ext. 302 / Ext. 369

June 2009

Summer

Parents

Thank-you to all our families that attended the Annual Parent Contract Day. Your assistance in updating your child's file is appreciated.

We would also like to thank those that completed our annual survey. Your comments and suggestions are valued and always help us to raise the standards of our program.

We are working on putting strategies in place that will enhance communication between parents and caregivers on a daily basis, as well as reviewing best practices in regards to financial procedures.

Reminders

- **Office Closures:** closed for holidays:
Wednesday, July 1
Monday, August 3
Monday, September 7
- **Vacations:** A reminder for parents and caregivers to give at least one weeks notice if you're taking vacation days this summer.
- **Stay safe:** Check your smoke alarms monthly and change the batteries if necessary.
- **Clothing:** Outdoor play is an important part of our program. Your child will need outdoor clothing appropriate for the weather. Hats and sunscreen are encouraged.

"Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language."

- Henry James



Raising the Bar

Haldimand Norfolk REACH Licensed Home Child Care Program would like to see "all children in Haldimand and Norfolk grow, thrive and learn in a loving, safe, supportive and healthy community" Haldimand-Norfolk Reach strives to go above and beyond the provincial standards set out by the Day Nurseries Act.

In April 2009 the Licensed Home Child Care Program participated in "Raising the Bar on Quality" an annual accreditation program for Licensed Child Care Centres. LHCC is committed to improving measures of quality assurance, best practices, and professional development.

LHCC will continue to provide support and guidance through a self-study guide, "I Care for Kids, I Care for Quality" and we will continue to offer opportunities for caregivers to participate in professional development.

LHCC strives to promote healthy child care environments for children and builds on the strengths of our local child care community.

**"Raising the Bar on Quality- A Commitment to Best Practices
in Early Learning and Child Care"**

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Caregivers

A special thank-you to those who attended the ECE Banquet this year. It was a night to recognize caregivers for their dedication and involvement in the lives of children. For those that were unable to join us, your efforts and commitment to our program have not gone unnoticed. Thank-you for the commitment that you have made to our children and families.

We would like to thank the caregivers who completed the recent survey - your input is appreciated.

Caregiver Appreciation Breakfast

Saturday September 26, 2009

(Details to Follow)

FCCERS Training

The Family Child Care Environment Rating Scale (FCCERS) is an important tool in providing a nurturing and healthy environment for children. It offers ideas on how to fill the home environment with enriching opportunities for the positive growth and development of children.

Training for FCCERS will be

Celebrate Summer

Quesadillas

Drain and mash a can of **kidney beans** with a fork. Add an equal amount of **salsa**. Spread a thick layer of the mixture onto half the flour **tortilla**. Sprinkle grated **cheese** over top (cheddar or marble) and fold in half. **Broil** in the oven for about 5-10 minutes, until the edges brown. Give them a few minutes to **cool**, then cut them into **triangles** and serve as finger food.

For a twist:: add some chopped vegetables, such as peppers, or add cooked meat, like chicken or ground beef.



Plant a Butterfly Garden

The ideal spot has at least 6 hours of sun a day and is protected from the wind (a fence, bush, or even a large rock will do the trick).

A good first step is to make a trip to the library to see what kinds of butterflies are in your area.

Plant flowers that are high in nectar, such as impatiens, marigolds, and black-eyed Susans. Have a variety of perennials and annuals.

Plant some caterpillar food, like pussy willows or violets, to attract the butterflies to lay eggs.

Involve the children as much as possible.

Celebrate Canada! June 21 to July 1

This is a time for Canadians to celebrate our diversity. It's important we teach children to respect people of all backgrounds, especially when there are so many different cultures that shape our society.

June 21: National Aboriginal Day

June 24: Saint-John-Baptiste Day

June 27: Canadian Multiculturalism Day

July 1: Canada Day

Ideas:

- Seniors gathering: have them share their stories with children.
- "Green" projects: clean up the neighbourhood by picking up garbage or planting flowers.
- Garden Party: make finger foods with the children and eat on a blanket in the backyard.

For more information visit: www.canadianheritage.gc.ca



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Summer Safety

The Licensed Home Child Care program encourages each family and caregiver to take a moment and remind our children of summer safety. These items may include:

- **bicycle safety**

http://www.toronto.ca/cycling/safety/helmet/helmet_law.htm

- **water safety** (pools and lakes)

http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html

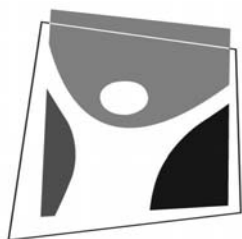
- **sun safety**

<http://www.hc-sc.gc.ca/hl-vs/pubs/sun-sol/safety-prudence-eng.php>

- **stranger safety**

<http://www.childquest.org/Safety%20tips%20for%20KIDS.html>

We would like to wish each of our families a safe and restful summer season!



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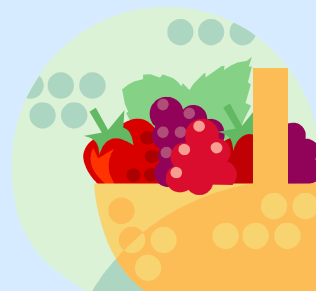
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Summer Fun

Ooey Goey Spelling

Go outside and find a muddy patch of ground. Trace a letter in the mud. Encourage your child to identify the letter and then write it. Spell out your child's first name and last name. Let your child practice writing his or her name in the goey mud.

Variation: Put mud or sand on a baking sheet. Trace letters as above.



Edible Paint

Try an edible painting project. Have your child help you put fresh berries, such as blueberries, blackberries, or raspberries, into a bowl with a small amount of water. Mash the berries into a runny paste to make edible finger paint.

Camp Out

Pretend! Go on a campout without leaving the comfort of your home. Drape a blanket over a small table for a tent. On a sheet of newspaper, arrange rocks in a circle and add some sticks for a pretend campfire. Then, sing silly camp songs with your child. Encourage your child to tell you a story.



Sprouting Seeds

Moisten five or six cotton balls or white paper towels with water and place them in a resealable plastic bag. Let your child place some fast-growing seeds, such as marigold or grass seeds, into the bag. After a few days, watch the seeds in the bag sprout! After sprouting, let your child plant the seedlings in soil.





SMOKE-FREE ONTARIO

Tobacco use is the biggest preventable cause of death and disease in Ontario. It kills 13,000 Ontarians each year. Through the *Smoke-Free Ontario Act* (enacted May 31, 2006), the Ontario Government protects the health of all Ontarians by prohibiting smoking in enclosed workplaces and enclosed public places and banning the public display of tobacco products prior to purchase.

As of January 21, 2009, smoking in a motor vehicle while children under the age of 16 years are present is prohibited. Second-hand smoke in motor vehicles can be up to 27 times more concentrated than in a smoker's home.

Second-hand smoke can influence a child's ability to reason and understand, and can negatively impact behaviour and attention span.

What is Third Hand Smoke?

Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished. Third-hand smoke refers to the tobacco toxins that build up over time. It is the stuff that remains after visible or "second-hand smoke" has dissipated from the air.

Third-hand smoke gets trapped in hair, skin, fabric, carpet, furniture, walls and toys. Smokers themselves are also contaminated and actually emit toxins from their clothing and hair.

There is no risk-free level of tobacco exposure!

Why are the risks associated with exposure to third-hand smoke different for children and adults?

The developing brain is uniquely susceptible to extremely low levels of toxins. Third-hand smoke gets into household dust, which babies swallow when they put their hands in their mouths. Babies take in more third-hand smoke chemicals because they breathe more quickly and because they spend more time on the floor. Due to faster respiration, infants and children can ingest up to 20 times the amount of third-hand smoke than adults.

For more information, please visit the Canadian Lung Association website at www.lung.ca



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