



Haldimand-Norfolk
REACH

supporting children, families, communities

Licensed Home Child Care

1 800 265 8087 Ext 302 / Ext 369

Winter

Reminders

- Office Closures:

Friday Dec 25, 2009– January 3, 2010

Monday Feb 15, 2010– Family Day

- Clothing: Outdoor play is an important part of our program. Your child will need outdoor clothing appropriate for the weather. This includes a coat, snowpants, boots, hat and mittens. We also recommend children have several changes of indoor clothing, including socks. This will help to ensure that your child remains comfortable throughout the day.

- Cold Weather Guidelines: we are asking caregivers to monitor the guidelines as displayed by Environment Canada in regards to cold weather alerts.

- Attachments:

**Your Guide

**Health Matters

**Change Conference
(caregivers)

**Family Literacy Activities

Children Caring for Communities

With the holiday season upon us, many of us take time to reflect on the year that has passed, our accomplishments and set goals for the upcoming year. For Licensed Home Child Care, 2009 has been a year of “character building”.

Many of our early learning caregivers have expanded their boundaries and have reached out to their community. This has provided them opportunities to teach lessons of compassion, respect and responsibility in a practical way, to the children they care for.

Aoife, a caregiver in Dunnville and the children she cares for created more than 80 Christmas greeting cards which they sold for \$94.00. The children then used the money to purchase food for the Salvation Army Food Bank. This activity developed compassion for families in their community that may be struggling and the children felt a sense of accomplishment for being able to contribute to their community in a tangible way.

Merisa, Cori and Michelle, caregivers in Delhi and Courtland began a visiting program with Delhi Long Term Care. One morning per month the children visit the residents and participate in activities together. The children feel comfortable with the residents and look forward to spending time with them. It has helped to develop a sense of respect for individuals and their individual needs.

Licensed Home Child Care has also experienced increased growth with professional education. Early Learning Caregivers have attended ~25 different professional education workshops and networks in 2009. These opportunities have allowed caregivers to develop new skills and gain information they can share with the children and families they care for.

Licensed Home Childcare would like to express our appreciation to all our early learning caregivers for the opportunities you have provided to our children and families. With a new year approaching we will continue to support personal growth and character development of early learning caregivers, children and families in the communities of Haldimand and Norfolk county.

**Licensed Home
Child Care**

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Ext 302 / Ext 369**

Save The Date

Annual Parent

Contract Day

Thursday April 22, 2010

REACH office–

101 Nanticoke Creek

Parkway

Townsend, Ontario

**** We require that all parents
meet with us to renew your
child care contract.****

More information to follow

Early Childhood Educator Awards Banquet

April 15, 2010 will be the third annual Early Childhood Educator Awards Banquet. This year's theme is Springtime in Paris. The event will be held at the Port Dover Community Center. This is an evening to recognize individuals that have made a commitment to early learning and care and the impact they have on the lives of children in our community. For families interested in nominating a caregiver for an award, please speak with a Licensed Home Childcare Coordinator to receive a nomination package.

All Nomination packages must be completed by 4:30 pm on January 29, 2010

Pandemic Influenza

The pandemic H1N1 2009 influenza virus has rapidly spread across the world. To date, infection with the pandemic H1N1 2009 influenza virus has resulted in influenza like illness similar to the seasonal flu. The symptoms include the acute onset of respiratory symptoms with fever and cough and one or more of the following symptoms: sore throat, muscle aches, joint pain or weakness. Hand hygiene and covering coughs and sneezes are important means of preventing the transmission of pandemic H1N1 influenza virus.

We have encouraged caregivers to implement the following measures to reduce the spread of infection:

- Daily washing of all toys and surfaces
- Frequent hand washing throughout the day.
- Distribution of educational activities to promote hygiene

If you have questions or concerns please feel free to speak with the Licensed Home Child Care Coordinator.

For more information on pandemic influenza ... www.hnhu.org



Remember washing your hands is your first level of protection.

Winter Activities

Winter Campout - Pretend:

Go on a winter campout without leaving the warmth 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, serve warm hot cocoa and s'mores for a snack. Encourage your child to tell you a story about a fun winter experience.



Snowball Count– Add it on:

On a snowy day, go outside and make snowballs with your child. Give your child a number and help him or her make that number of snowballs. Then use the snowballs to solve simple subtraction problems. For example, ask your child, “I have two snowballs. I throw one. How many snowballs are left?”



Winter Foods- Oatmeal:

For an interesting sensory experience, finger paint with oatmeal. Pour 2 cups water into a cooking pot and add several drops of food colouring. Add 6 tablespoons quick rolled oats and bring to a boil over medium heat. Cook for 1 1/2 minutes; remove from heat and cover. Cool the oatmeal and use for finger painting! Use hands and fingers to spread the oatmeal on finger-paint paper or shelf-liner paper.



Salt Dough Recipe

2 cups all-purpose flour
1 cup salt
1 cup cold water

Directions: In a large bowl, mix table salt and flour together. Gradually add 1/2 cup of water and mix to desired consistency. Knead the dough on a flat surface, adding a few more drops of water as needed (but not making it too moist).

Once the dough is made, you can divide it up into small portions to roll into 1/8" thick pieces with a rolling pin. Use cookie cutters to cut out a variety of shapes, and place the shapes on wax paper or other surface to dry. If you want to make hanging ornaments, pierce the dough through with a toothpick while it's wet.

Allow the shapes to dry for a day or two, turning them over periodically to speed up the drying process. You may need to re-pierce the hole several times during the drying process. After the shapes dry, you can use a fine grit sandpaper to gently smooth any rough edges.

**Family Literacy
Day**

January 27, 2010

Literacy is more than books. Reading, writing, playing a game, following a recipe, or even singing a song all help prepare children for challenges ahead and sharpen skills for adults.

Participate in the Family Literacy Day 2010 theme and *Sing for Literacy!*

For more information and activities please visit...

familyliteracyday.ca



Read Together, Grow Together

Talk to Your Child

Oral language is the foundation for reading. Listening and speaking are a child's first introduction to language. Talking and singing teach your child the sounds of language, making it easier for him or her to learn how to read.

- Tell family stories about yourself, your child's grandparents, and other relatives.
- Ask your child lots of questions.
- Be patient! Give your child time to find the words he or she wants to use.

Make Reading Fun

Reading aloud can be a lot of fun, not just for parents but for all family members.

- Read stories that have repetitive parts and encourage your child to join in.
- Re-read your child's favorite stories as many times as your child wants to hear them.
- Read all kinds of material- poems, magazine, newspaper articles, and comics
- Read with drama and excitement!

Read Every Day

Children love routine, and reading is something that you and your child can look forward to every day. By taking the time to read with your child, you show him or her that reading is important and fun to do.

Try to read with your child as often as possible. It's the best thing you can do to help him or her learn at school! It also allows you to spend time together in an enjoyable way and to build a strong and healthy relationship

- Read slowly so that your child can form a mental picture of what is happening in the story.
- Choose a comfortable spot to read, where you can be close to your child. Make it your "reading place"! Set aside a special shelf in that area for your child's books.
- Keep reading to your child even after he or she has learned to read.

Set an Example

As a parent, you are your child's most important role model. If your child sees you reading, especially for pleasure or information, he or she will understand that reading is a worthwhile activity. You can also share many daily reading activities with your child.

- Look up information in cookbooks, phone books, atlases, and dictionaries.
- Read traffic signs and signs in stores and restaurants.
- Read greeting cards, letters, and e-mail messages to and from relatives and friends.

Talk About Books

Talking about the books you read is just as important as reading them. Discussing a story or a book with your child helps your child understand it and connect it to his or her own experience of life. It also helps enrich your child's vocabulary with new words and phrases.

Helping your child acquire skills in comprehension, reasoning, and critical thinking.

- Give your child time to think about the story, and then ask him or her about it again a

few days later.

Listen to your child read

As your child learns to read, listen to him or her read aloud. Reading to you gives your child a chance to practice and to improve his or her reading skills. As you listen to your child, remember that your reactions are important. Above all, listen without interrupting. Be enthusiastic and praise your child as often as you can. If possible, be specific with your praise so that your child knows what he or she is doing well.

- Try to have your child read aloud to you at times when there will be no interruptions.

Show that you value your child's efforts

Remember, your child needs to know that you value his or her efforts. Children learn to read over time, with lots of practice and support from parents and teachers.

- Show your child that you see him or her as a growing reader, and praise his or her efforts to learn.
- Be patient and flexible in your efforts to help your child



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