

February/March 2009 Newsletter

Dryden Best Start Hub at 113 Albert Street

Phone 223-7145

If you would like to receive our newsletter by e-mail, please call us or e-mail us your e-mail address and we will send it to you, **our e-mail address is** bavanthey@dryden.ca

Analogy of a visit to a Best Start Hub

Time spent getting your child ready: 15 minutes

Time spent driving: 5 -20 minutes

Price of program: free

Benefits of creative time: child development

Hidden benefits: children learning to share

End results of circle time: smiles

Spending time with your child: PRICELESS

Benefits of Joining a Playgroup

Join a playgroup today, for smiles, laughter and friendship! Interactive programs that you can participate with your child. Children develop literacy skills through songs, music and rhyme. A nurturing environment for your child, enabling them to develop the skills necessary for a lifetime. Parents: Remember to model good listening skills for your child during circle time. Your child will be encouraged to participate if she sees you singing too! A good singing voice is not necessary, just have fun.

- ☺ Sign up for **Mother Goose** (infants) Thursday at 1:00, **Tot Time** (toddlers) Thursday at 10:30 or **Playgroup** (preschoolers) Friday at 1:00.
- ☺ **Aboriginal Playgroup**: Feb 4, 11, 18, 25, March 4, 11, 18 & 25 from 2:00-3:00.
- ☺ **Activity Time in Gross Motor Room** at 2:00: Tuesday's in February. This will be facilitated by High School Parenting Class

Roots of Empathy every Tuesday at 9:30 at New Prospect School

Hat Day On March 16: Come in a hat and make a hat. Hat stories and songs!

Pajama Day on March 17 at 10:30: Come in your pajama's and make green pancakes & drink green milk for St. Patricks Day! Pancake stories & songs.



Upcoming Programs

Esso Family Math

Esso Family Math will be held Mondays beginning March 23 at 10:00. This is for families with children ages 3 to 6 yrs old. This family program is for parents who would like their children to succeed in math. Parents and children will be shown how to make math skills a part of everyday life through games, books, songs and other fun activities. Your children will learn how to enjoy math in a fun and supportive way. No strong back ground is needed to teach your children these basic skills and enjoy math. The program is delivered over six weeks in a 1.5 hour session. There is no cost for registration or materials. Registration is necessary.

February

- ☺ Baby Food Making: Feb. 3 at 1:15
- ☺ Breast Feeding Support Feb. 3 at 1:00
- ☺ Fluoride Varnish Feb 5 at 10:00
- ☺ Fluoride Varnish Feb. 6 at 1:00
- ☺ Infant Massage Feb 25 at 1:00 Max: 10
- ☺ Talking Time with North Word: Feb 12 at 10:30
- ☺ Talking Time with North Words: Feb 13 at 1:00

Beginning in March 18, 25, April 1, 8, 15 & 22
How to Talk So Kids Will Listen and Listen So Kids Will Talk Workshop Series 5:30 -7:00

1. Helping children deal with their feelings
 2. Engaging Cooperation
 3. Alternatives to Punishment
 4. Encouraging Autonomy
 5. Praise
 6. Freeing Children From Playing Roles
- Register, space is limited, child care provided upon request.

Breast Feeding Support: March 3 at 1:00

Family Fun Page

I'll be Wearing Two Warm Mittens

(Tune: She'll be Coming Round The Mountain)

I'll be wearing two warm mittens when it snows. (clap, clap).

I'll be wearing two warm mittens when it snows. (clap, clap).

I'll be wearing two warm mittens.

I'll be wearing two warm mittens.

I'll be wearing two warm mittens when it snows. (clap, clap).

Additional Verses: two warm boots (stamp, stamp,)

One warm hat (pat, pat), One warm jacket (zip, zip)

Magic Bubble Bags

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Materials: 5 TBSP cornstarch, half a cup of water, food coloring: 2 squirts each blue and green or red and green, half a cup vegetable oil, freezer-quality zip-lock bag, duct tape
Directions: Place cornstarch, water and food coloring in bag and shake to mix. Add oil. Seal the bag and reinforce with duct tape. Press the bag with fingers and watch colors blend and separate.

Valentine Activities

- ☺ Talk about what this day means. Talk about how we send cards to tell people we love them. Make a card together and let the child choose who to send it to.
- ☺ Talk about all the people your child loves.
- ☺ Make heart shaped sugar cookies together. Your child can help measure the ingredients, cut them out, and decorate them.

Songs and Rhymes

10 Little Hearts

1 little, 2 little, 3 little red hearts.

4 little, 5 little, 6 little red hearts.

7 little, 8 little, 9 little red hearts.

10 little wiggling hearts.

(Count your fingers as you sing the song and wiggle them when you get to the end)

If You Love Me And You Know It sung to "If You're Happy And You Know It"

If you love me and you know it, clap your hands

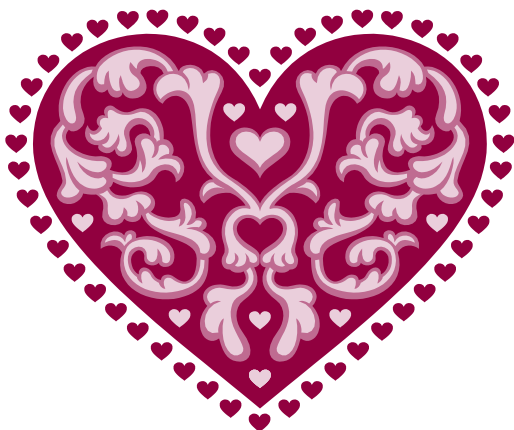
If you love me and you know it, clap your hands

If you love me and you know it

Then your face will surely show it

If you love me and you know it, clap your hands

Other Verses: Say "I Love You" , Blow me a kiss, Give me a hug, Tickle your mommy,



Books

We have a selection of Valentine books to borrow:

Red is Best

Love You Forever

Kisses

Will You Be My Valentine

The Day It Rained Hearts



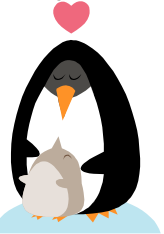

Little Mouse I Love You

and much more....



February 2009



Craft of The Week	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Heart Bunny "Some bunny loves you!" 	2	3 Breastfeeding Support at 1:00 Baby Food Making at 1:15 Activity Time with High School Parenting Class in Gross Motor Room at 2:00	4 Aboriginal Playgroup 2:00-3:00	5 Fluoride Varnish 10:00 Tot Time 10:30 Mother Goose 1:00	6 Fluoride Varnish 1:00 Playgroup 1:00	7
Heart Trees 	9	10 Activity Time with High School Parenting Class in Gross Motor Room at 2:00	11 Aboriginal Playgroup 2:00-3:00	12 Talking Time with North Words 10:30 Mother Goose 1:00	13 Talking Time with North Words 1:00	14 Happy Valentine's Day
Family Tree 	16 Family Day!	17 Activity Time with High School Parenting Class in Gross Motor Room at 2:00	18 Aboriginal Playgroup 2:00-3:00	19 Tot Time 10:30 Mother Goose 1:00	20 Playgroup 1:00	21
Dinosaur Hats 	23 May be closed for Professional Development Please call 223-7145 to check.	24 Activity Time with High School Parenting Class in Gross Motor Room at 2:00	25 Infant Massage at 1:00 Aboriginal Playgroup 2:00-3:00	26 Tot Time 10:30 Mother Goose 1:00	27 Playgroup 1:00	28

Celebrate Family Day!
 Bundle up and play outside! Go sledding, build a snow fort, make snow angels, or go for a walk. Paint the snow with tempera paint! Make a snow man and decorate it with treats for birds....

March 2009

March is nutrition month.

If you have old cooking magazines or grocery flyers, these can be cut and glued to create a beautiful "Foods Collage" Let your child choose the foods to cut and paste and name the foods in the flyer.

Craft of The Week	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
 Printing with Fruits & Vegetables	2	3 Breast Feeding Support 1pm Roots of Empathy 9:30 at New Prospect School	4 Aboriginal Playgroup 2:00-3:00	5 Tot Time 10:30 Mother Goose 1:00	6 Playgroup 1:00	7
Macaroni Collage 	9	10 Roots of Empathy 9:30 at New Prospect School	11 Aboriginal Playgroup 2:00-3:00	12 Tot Time 10:30 Mother Goose 1:00	13 Playgroup 1:00	14
March Break Pancake Man 	16 Hat Day Come in a hat & make a Hat	17 Pajama Day: Green Pancakes & Green Milk 10:30 Come in pajamas.	18 Aboriginal Playgroup 2:00-3:00 How To Talk So Kids Will Listen 5:30	19 Tot Time 10:30 Mother Goose 1:00	20 Playgroup 1:00	21
Cheerio Necklaces 	23 Family Math 10:00	24 Roots of Empathy 9:30 at New Prospect School	25 Aboriginal Playgroup 2:00-3:00 How To Talk So Kids Will Listen 5:30	26 Tot Time 10:30 Mother Goose 1:00	27 Playgroup 1:00	28
Fruit Basket 	30 Family Math 10:00	31 Roots of Empathy 9:30 at New Prospect School				

Is My Child Eating Enough?

At one year of age your child is growing more slowly and his/her appetite may change. It is normal for children to eat more some days and little other days. Appetites even vary from meal to meal. Sometimes children say no to food to have control. Some children want to eat only one food for days at a time. As frustrating as all this may be, it is a healthy part of growing up.

Children need a variety of foods from each food group every day.
To create a personalized food guide for your child with sample portion sizes,
Visit My **Food Guide** at:

http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/myguide-monguide/index_e.html

**For more information contact your local
Northwestern Health Unit or visit www.nwhu.on.ca**

Eat Good Food (tune: This is the Way We Brush Our Teeth)

This is the way we eat good food,
Eat good food, eat good food.
This is the way we eat good food
To keep our bodies healthy.

Brown Bun (Chant)

Brown bun, brown bun what do you see?
I see a green pickle looking at me.
Green pickle, green pickle what do you see?
I see a red tomato looking at me.
Red tomato, red tomato what do you see?
I see some yellow cheese looking at me.
Yellow cheese, yellow cheese what do you see?
I see a brown patty looking at me.
Brown patty, brown patty what do you see?
I see brown bun looking at me.
Brown bun, brown bun what do you see?
I see hungry children looking at me.
Hungry child, hungry child what do you see?
I see a hamburger looking at me.
YUMMY!!! Let's eat!

Coming In March...

We will be providing some fun
Nutrition activities to celebrate
Nutrition Month.



The Soup Is Boiling Up (Sung to: "The Farmer in the Dell")

The soup is boiling up, the soup is boiling up,
Stir slow, around we go, the soup is boiling up.
First we make the broth, first we make the broth,
Stir slow, around we go, the soup is boiling up.
Now we add some carrots, now we add some carrots,
Stir slow, around we go, the soup is boiling up.
Continue with: peas, corn, tomatoes, potatoes, onions,
Last we add some mushrooms, last we add some mushrooms,
Stir slow, around we go, the soup is boiling up!

Easy Freezy Vanilla Ice Cream

Ice cream is a wonderful treat that is easy to make and invites young children to practice important skills like pouring and stirring, counting and measuring. Making and sharing ice cream is a great way to enjoy some **Comfort, Play & Teach™** time with your child!

You will need:

- Measuring cups and spoons
- Mixing bowl
- Wooden spoon
- A flat-bottomed freezer tray
- 2 eggs
- 1 can sweetened condensed milk
- ¼ cup sugar
- ¼ cup brown sugar
- 2 cups whipping cream
- 2 cups half and half or light cream
- ¼ teaspoon salt
- 2 ½ tablespoons vanilla extract

Instructions:

In a large mixing bowl, completely stir together eggs and condensed milk.

Add sugar and brown sugar and mix thoroughly.

Blend in whipping cream, half and half, salt and vanilla.

Place ingredients into the tray and then place in the freezer, stirring the mixture occasionally as it becomes firm, to ensure that it is smooth. (You can also use an ice cream maker if you have one, and follow the manufacturer's directions).

When ready, serve with toppings such as sliced fruit, jam or chocolate syrup. Experiment with different toppings to find your favourite!

Enjoy this more with Comfort, Play & Teach™:



Comfort: Encourage your child to pour different ingredients into the mixing bowl and to stir them together. Praising his efforts will help him to feel capable and proud.



Play: Make up your own silly ice cream song or rhyme, naming the different ingredients and describing something about their colour, texture or flavour. This will help develop your child's creativity and language skills.



Teach: Cooking encourages exploring math concepts like counting, measuring, more/less and temperature. As you pour and combine the ingredients, ask your child what happens when things go in the freezer.