

# CHILD DEVELOPMENT DAYHOMES OF ALBERTA

## AUGUST 2011

### Provider Feature: RUBY

Ruby invested in some dress up items for the kids in her dayhome. There are many benefits to dress-up and pretend play. The children recreate what they have heard and seen around them.

Way to encourage your children to use their imaginations!



### FIELD TRIP IDEAS:

Michelle Atyeo had our local Community RCMP come to her Day Home to visit the children and teach them about all about the important roles that the RCMP do to keep our community safe. The Children had a marvelous time asking questions and being able to explore and learn all about the neat things the Constable's and their cars can do.



Kavitha, Michelle & Lisa



Happy Anniversary with CDDH

Michelle 1 yr- Sonia 2 yrs -Marie 3 yrs

### July is Gross Motor Month:

Active Play

**"Kids... I wish I had their energy!"**

We say it, but take a look at children today and you may see that they are not as active as they should.

Summer is a great time to take advantage of the big outdoor space. Gross Motor builds good physical habits and fitness levels, it also develops their understanding and control of their bodies. Gross motor activities also involve other participants, children learn about important social rules: how to compromise, how to work as a team, how to be assertive, how to deal with different personality styles, etc.

### Child Portfolio Checklist

For the month of **August** you should be filing a sample of your **Childs Paintings**.

Don't forget to name and date your children's examples.

Regardless of age, most children have creative energy that they need to expend, and painting is a good option

You don't need a brush to create paintings -- you can use your hands, marbles, shoelaces or even potatoes!

#### **Infants**

Infants can finger painting on large colorful pieces of poster board.

#### **Toddlers**

Toddlers enjoy feeling like they are 'big kids', so painting projects should provide more challenge.





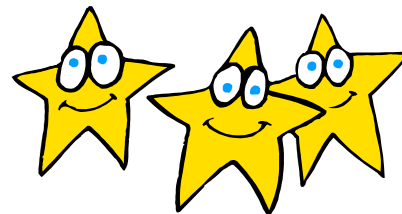
## Many Languages Many Cultures



**CATCHING STARS** (Similar to Mr. Fox) This game was developed in AFRICA...

- Divide the players into two groups: Stars and Catchers. Set up two boundaries about twenty feet apart.
- Catchers: Stand in the middle of the two boundaries
- Stars: Stand on one side of the boundaries
- Catchers: Say "star light, star bright, how many stars are out tonight."
- Stars: Say "more than you can catch!"
- The stars run across to the other end and try not to get tagged.

The winner is the last person to get caught.



### Health/Nutrition: Insect Bites

Most insect bites are harmless, though they feel unpleasant. Bee, wasp, and hornet stings and fire ant bites usually hurt. Mosquito, flea and mite bites usually itch. Insects can also transmit diseases, such as yellow fever and malaria. These diseases mainly are a risk for travelers outside the United States.

To prevent insect bites and their complications:

- Don't bother insects
- Use insect repellent
- Be careful when you eat outside because food attracts insects
- We can wear long-sleeved shirts, long pants, and hats to avoid our skin from being exposed
- Don't wear perfume or scented lotions. Control odors at picnics, garbage areas.



### RECIPES

For caregivers who face the daily challenge of cooking for children it can be even more difficult when there is added intolerances. Be sure you are aware of your children's needs and exceptions.

**Kids with diabetes** may need to pay extra attention to the amount of carbohydrates they eat to maintain control of their blood sugar levels

**Vegetarian** -people who follow a vegetarian (meat-free) diet.

**Lactose intolerance.** Kids with lactose intolerance often need to limit or avoid dairy products.

**Allergies:** egg-free, soy-free, nut-free, peanut-free, wheat-free, gluten-free, sesame-free, fish-free, etc.

# AUGUST 2011

## GROSS MOTOR Activity:

### Dancing

Dancing, either freestyle or through songs with movements, such as "I'm a Little Teapot," "The Wheels on the Bus," or

"Popcorn": *I'm a piece of popcorn, put me in a pan/Shake me, shake me, as fast as you can* (child shimmies, shakes, and jumps)

*And I ... will ...* (child crouches down low) ... **POP!**"

(child jumps as high as he can).



## Child Development:

Children's first worlds are created by the people who take care of their needs - who feed, bathe, talk, sing and play with them. In the first year of life, secure, loving and stimulating relationships between babies and their parents and caregivers lay the foundation for their future development. Communication between parents and caregivers is essential to the children and their needs. A caregiver can maintain communication with parents verbally keeping a balance of negative and positive feedback. You can also use a communication book. This helps with documentation of the daily activities and behaviors.

A parent can be cooperative by participating in drop off or pick up discussions, and by reviewing the books.



## UPCOMING EVENTS

Aug 20-21

FIRST AID COURSE IN CHILDCARE

CALL EARLY TO REGISTER

780-743-0991

### Free Summer BBQ

Aug 22nd, 2011

Fort McMurray public library will be celebrating spring inside the library with games and activities for the kids and a Spring Basket Auction for the adults.



For more information contact Dawn at (780) 799-8659

### **Come on out for RMWB's Movie in the Park!**

This FREE event will be held at the Borealis Park Bandstand on **August 12th and 13th at 9:00pm.**

On Friday, the movie shows will be The Fast and the Furious Five, and on Saturday, bring the whole family out for Rango!

There'll be giveaways for the first 50 people, plus prize packs to be won as a door prizes! Snacks and refreshments will be available.

Both the movies are PG and are brought to you by Cine-Flicks Entertainment.



### **September's upcoming Provider Workshop**

**Community Resources, Healthy & Safety Practices**  
(Stay tuned for times and dates)

### **InterPLAY Visual & Performing Arts Festival**

**Aug 5th - 7th, 2011**

Includes live music, great theatre, street performers, children's entertainment, a huge outdoor marketplace and much more.




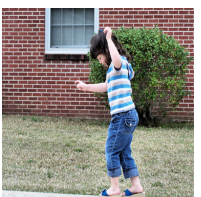

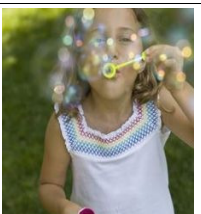



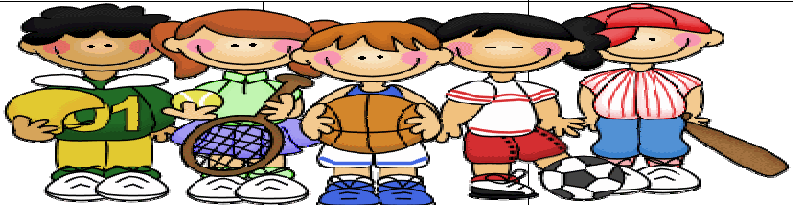
For more information call 780-791-1600





# August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>*Attendance Records are due: August 24</b></p>	<p><b>1</b>  ~Heritage Day~ Agency Closed</p>	<p><b>2</b> Body painting. Tape paper down on the ground and set out trays of easy wash paint. With the children in their bathing suits encourage them to cover themselves with paint then roll, jump, sit, etc on the paper until its all covered with paint</p>	<p><b>3</b></p>	<p><b>4</b> Set up some plastic pop bottles on the floor. Encourage the children to take turns knocking the bottles over by throwing or rolling small plastic balls at them</p>	<p><b>5</b></p>	<p><b>6</b> </p>
<p><b>7</b> </p>	<p><b>8</b> Trace the children's feet and photocopy them. Tape them on the floor creating a path and encourage them to follow the prints</p>	<p><b>9</b> <b>Do the Hokey Pokey</b></p>	<p><b>10</b> Tape bubble wrap to the floor. Encourage the children to pop it by jumping, stomping and marching on it</p>	<p><b>11</b> Outdoors: Draw a long line with chalk on the sidewalk. Taking turns, encourage the children to balance walking on the line. Pretend they're walking over water full of sharks and alligators</p>	<p><b>12</b></p>	<p><b>13</b> </p>
<p><b>14</b> </p>	<p><b>15</b> Go to an open field and play with a parachute. Put small-balls on the top of the parachute . Try and keep the balls from falling off the parachute. Call it popcorn!</p>	<p><b>16</b> Play red light, green light. Red light– Stand still Green light– Move</p>	<p><b>17</b> Set up an obstacle course using mats, tunnels and various gym equipment</p>	<p><b>18</b> Go to: "Let's Play" for a field trip: 780-439-1234</p>	<p><b>19</b> With toddlers, blow bubbles and encourage them to chase and pop the bubbles</p>	<p><b>20</b> </p>
<p><b>21</b> </p>	<p><b>22</b> Bring a variety of soft balls to the field to practice tossing and kicking</p>	<p><b>23</b> Lay hula hoops on the ground. Encourage the children to hop, skip, walk, jump, etc through them</p>	<p><b>24</b> Read the book: "Move!" by Steve Jenkins</p>	<p><b>25</b> Create Shakers with the children using empty water bottles and beads. Glue the lids shut. Play some upbeat ethnic music and encourage the children to shake, rattle and roll using their bodies</p>	<p><b>26</b></p>	<p><b>27</b> </p>
<p><b>28</b> </p>	<p><b>29</b> Make homemade popsicles with the children: Let each child mix finely chopped or mashed fruit with plain yogurt in a Dixie cup and add a popsicle stick. Freeze and eat outside after a walk</p>	<p><b>30</b> Play the "Mirror Game". Children pair off and stand facing each other. One partner performs a series of simple movements (standing in place), which the second partner imitates. After awhile the partners reverse roles</p>	<p><b>31</b></p>			



# September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 2 <u>Leaf Sun Catcher</u>– Sprinkle crayon shavings on a piece of wax paper. Arrange leaves on top. Cover with another piece of wax paper. Place a piece of newspaper on top and iron on low (adult irons) until crayon melts. Hang in window</p>		
	<p>5 <b>HAPPY LABOR DAY</b></p>	<p>6 Place fake leaves and rocks in the water table, for toddlers to explore with. What floats, what sinks?</p>	<p>7 <u>Australian Cave Drawings</u>- have children color on sand paper with crayons, cover the sandpaper with a piece of paper and then a cloth, iron over the picture on low heat then remove the paper and cloth.</p>	<p>8 <u>Egg Carton School Bus</u>– Using the top of an egg carton, encourage children to paint and decorate with glitter their own school buses. Add magazines, or small photos, glue and scissors so the children can add passengers in the windows.</p>		
	<p>12 With the children, place glow in the dark stickers on a large black piece of fabric. Hang the fabric in an enclosed area with blankets, pillows and soft music for children to sit and lay in, to look at the starry fall sky</p>	<p>13</p>	<p>14 <u>Play Bunny Bunny Where's Your Carrot?</u>- 1 child goes in the middle of the circle and closes their eyes. The children pass the carrot to each other around the circle singing "Bunny, bunny, where's your carrot? Somebody stole it from your home! Guess who, maybe you, maybe the monkey from the zoo." Then the child opens their eyes and guesses which child is hiding the carrot behind their back</p>	<p>15</p>	<p>16 Fill the sand table with shredded paper, birds and plastic eggs for exploration</p>	
	<p>19 Take a field trip to Prairie Gardens: <a href="http://www.prairiegardens.org">http://www.prairiegardens.org</a></p>	<p>20 Go on a nature walk with binoculars and a camera to catch special moments!</p>	<p>21 <u>Read: Wow! School!</u> By Robert Neubecker</p>	<p>22 <u>The Leaves On The Tree</u>- The leaves on the tree are falling down, falling down, falling down. The leaves on the tree are falling down, Red, yellow, orange, and brown</p>		
	<p>26 <u>Sand Dough</u>– Combine 2 cups of flour, 3/4 cup of water, 3 cups of sand, 1 tbsp of white glue in a bowl and mix.</p>	<p>27</p>	<p>28 <u>Apple Cobbler</u>– Oatmeal cookies, apple pie filling, large microwavable container. Encourage children to crumble cookies on bottom of the container. Pour the can of pie filling evenly on top. Crumble more cookies on top of the filling. Microwave half covered for 5 min</p>	<p>29</p>	<p>30</p>	<p><b>*Attendance Records are due on: Sept. 23/11</b></p>