

CHILD DEVELOPMENT DAYHOMES OF ALBERTA

JANUARY 2012

Provider Feature: SEEMA



"It is very hard to leave your child at a dayhome for the first time, but Seema has made the transition really easy for our family. Anna always has a huge smile on her face when we drop her off and is so happy to be there. Seema is so affectionate to Anna and the other kids in the home - she really cares for them. We are so lucky to have found such a great caregiver for our daughter".

If you would like to acknowledge your Provider with a bouquet email: cristina@childdev.com

JANUARY is "Cooking with Children" -

Encouraging children to cook is great for creating a healthy eating habit while improving self confidence and self esteem. Cooking with children encourages creativity, an understanding of bad eating habits, responsibility and involvement. It requires hands on use of math concepts, planning, thinking, and time management. Cooking with children provides opportunities for bonding and mastery of new skills, as well as lots of fun! There are wonderful recipe books for children which encourage plenty of creative thinking. Or better yet take your child's lead and be creative together!



St. John Ambulance
SAVING LIVES
at work, home and play



Sat. Jan 22 & Sun Jan 23

8 am—5 pm

Call early to register

780-743-0991

FIELD TRIP IDEAS: Trails

Bundle up and take the children on a Birchwood Trail adventure.

Enjoy nature at its best in the peacefulness of the trees.

Explore the trails and discover footprints in the amazing surroundings.

For a map of the trails-

<http://www.woodbuffalo.ab.ca>



Child Portfolio Checklist

For the month of **JANUARY** you should be filing a sample of your Child's "**DRAWING**"

This month ALL artwork in the portfolio will be given to the parents, for keeping, and reviewing.

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

Learning how to draw is one of the earliest activities that children are generally given .

When being encouraged to draw, children will learn firstly how to make choices. They will view everything before them, weighing the positive and negative.

They begin to learn hand-eye coordination, and to study their subjects carefully. They learn to make comparisons between different aspects like shapes, proportions, tones, textures, and sizes. This shapes their constructive view, allowing them to make assessments of what they see.

Finally, the children will learn that, as with anything in this life, drawing ability will improve with practice. If they keep a portfolio of their work, after a few months they will be able to look back and see how much their work has improved since the earlier attempts. This is a vital skill to instill in children, that with hard work, success will come. This is why, beginning at an early stage, encouraging children to explore their drawing ability can set them up for great success!





Many Languages Many Cultures



I Am Different

Teaches diversity and acceptance of different ethnic backgrounds."

Materials: Just fingers. You can also take the children's pictures and decorated your bulletin board with the poem and the children's pictures. The parents and children loved it!

Description: This is a finger play to do with children during circle time.

I am Different

I am different from my head to my toes (point to self then to head and toes)

I am different from my eyes to my nose (point to self then eyes and nose)

I come from a place that is far and wide (point to self then spread arms wide open)

A place where we all smile instead of cry (act like you are tracing your lips into a smile
and bring hands down eyes as if you were crying)

I am very different as you can see (point to self then at a friend)

But I still have a lot of love in me! (point to self place hand over the heart then hug yourself)



Marylee, Nila, Seema & Alison

Health/Nutrition: Outdoor play



When old man winter rears his head, kids may need a little encouragement to exercise during the cold weather. Some children don't get as much exercise as they need for health and development. For this reason, parents and caregivers have to sometimes go that extra mile to find ways to keep their kids active during the winter months. Regular exercise helps children sleep better, improves their overall health, and reduces the risk of diabetes, high blood pressure, and high cholesterol.

It's tempting to keep kids cooped up in the house when it's cold outside, but there's nothing like good-old-fashioned play to get a child's heart pumping. Outdoor play is not only an excellent form of physical activity for children, it gives them a chance to let loose and do things that are typically forbidden in the indoor environment such as running, digging, climbing, and screaming at the top of their lungs. So unless the weather is unbearable, let youngsters spend a few minutes a day frolicking outside - it won't hurt.

RECIPES



Chicken and Stars Soup

Ingredients

- 1 or 2 medium carrots
- 4 cups chicken broth
- Dash of sage
- 1/4 cup mini star-shaped pasta
- 3/4 cup chopped, cooked chicken

Salt and pepper to taste

Instructions: Cut the carrots into 1/4-inch slices. Use a cutter to cut star shapes out of the carrot slices, and set them aside.

In a midsize pot, bring the broth to a simmer over medium heat. Stir in the sage and carrot stars and simmer for about 10 minutes more or until the carrots are tender. Add the pasta and chicken. Continue cooking the soup for another few minutes, stirring occasionally, just until the pasta is done. Makes 4 servings.



GROSS MOTOR Activity :

Obstacle courses. get the kids to run through them. Use a stopwatch to see which child makes it through in the best time.

Build and navigate obstacle courses--indoors- with furniture, pillows, boxes, blankets, rope, hula hoops etc. Outdoors- with rocks, logs, or playground equipment. Let the kids be creative and build their own.

UPCOMING EVENTS

3rd Annual KAOS Family Skate

Sunday afternoons from 2:30-4:30pm

at MacDonald Island Park. **FREE**

great music, coffee, hot chocolate, and prizes! kids under 16 need a helmet.

This amazing Family Event! See you there!

Here are a list of dates for the KAOS Family Skate 2012 Season:

January 8th, 29th

February 12th, 19th, 26th

March 4th



CELEBRATION OF THE WOMAN:

Recognizing various women who have impacted the community.

Multicultural evening on 6 PM, **SAT, JAN14TH, 2012**

Community Room of Ecole Boreal.

You will discover a lot of things about the culture of Philippines, Rwanda, Québec and Mauritania.

We will also be sharing foods and seeing a dancing show.

A lot of surprises !! Bring friends and family. **It's FREE.**

Call 780-750-7779 for additional information and how to be involved.

Child Development: Frustration could sound like an unimportant, short time thing that comes and goes . But if not handled properly, it could become a huge problem and could go a really long way in hampering a proper growth of your child's personality. It is a very important lesson that we need to give to our children at a very early age - not just to handle and manage their own frustration but also to respond and cope with other people's frustration that could affect them. First thing to make them understand is that there is nothing wrong in feeling any kind of emotion. The only thing that's important is to learn to control the emotions and their expression. If you're feeling angry, it does not mean that you have to express it by yelling, crying or creating a huge scene about it. That is the key to anger management.

Stress Management

The coping strategies discussed provide skills to decrease the impact of stressors so that we can achieve balance, satisfaction and success in our lives.

Dates: Wed ,Jan 11- Feb 1

Time: 6:30-9:30pm **Location:** CMHA office; 10011 Franklin Ave, Suite 302 **Fee:** \$60 Contact Kate at 780-743-1053



Building Self-Esteem in Children

Children aren't born with self-esteem. They learn to love and value themselves as a result of being loved and valued by others. Children with high self-esteem see themselves as worthy and capable and they behave in ways that are healthy, constructive and self-validating

«Learn what self-esteem is and why it's important to children

«How it develops children

«How you can help bolster and encourage its growth

Dates: Mondays Jan 9-Feb 6, 6:30-9:30pm











Fee: \$60/single or \$100/double

Contact Kate MacDonald at 780-743-1053



January 2012







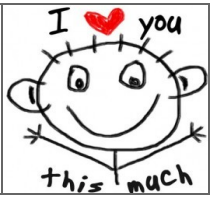



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1. </p>	<p>2 Statutory Holiday (In lieu of New Years day) Office closed</p>	<p>3 Play follow the leader in the snow, step in each others foot tracks</p>	<p>4 Place several items on the floor. Cover with a small blanket. Remove one item. Which one is missing?</p>	<p>5 Hibernation: Make a cave or den using pillows and blankets, the children can wear their pajamas. Encourage them to bring their favorite stuffed animal.</p>	<p>6</p>	<p>7 </p>
<p>8 </p>	<p>9 Make cards with left over wrapping paper</p>	<p>10 Frosty Treasure Hunt: Before your kids head outdoors to build a snowman hide all the accessories they'll need to assemble their Frosty. The kids must collect all the pieces. They'll love hunting down the treasures you've hidden. Give them clues or a treasure map to follow!</p>		<p>11</p>	<p>12</p>	<p>13 Mitten puppet making: Use mismatched mittens to create puppets.  </p>
<p>15 </p>	<p>16 Snowflake cutout: use a round coffee filter. Fold and cut small holes.</p>	<p>17 Play musical hugs: When the music stops, hug a friend. Start dancing when the music starts again.</p>	<p>18 Have a winter picnic. Take a thermos and mitten friendly food outside.</p>	<p>19 Place snow in a water table or bin. Encourage toddler to spoon into dishes. Watch it melt.</p>	<p>20 Read 50 below Zero by Robert Munsch.</p>	<p>21 </p>
<p>22 </p>	<p>23 Make Hockey sticks out of wrapping roles. Add some colored tape.</p>	<p>24 Attendance records due </p>	<p>25 Edible snow: Freeze small portions of juice, put in blender until well crushed. Serve in small bowls</p>	<p>26 Snow globes: Wash and dry a baby food jar completely, including the lid. Attach a figurine to inside of jar lid using hot glue gun. Fill jar with water to within 1/2 inch (1 cm) of top. Use cold water, warm water tends to cloud. Sprinkle 1/2 teaspoon of glitter, into water. Using hot glue gun, line inside of lid with glue. Insert figurine in water and screw on lid. Decorate the lid rim with ribbon or use colored felt Glue on buttons, use stickers, or personalize your globe by writing your name in glue and sprinkling with glitter. You may also paint the lid rather than use ribbon or other embellishments. The possibilities are endless.</p>	<p>27</p>	<p>28</p>
<p>12 </p>	<p>30 Spider snack: 1 babybel cheese, 4 small pretzel sticks raisins. Unwrap cheese, break pretzel and insert to make spider legs. Add 2 raisins for eyes. Kids will love to help create this healthy snack.</p>					



February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Crayon Hearts– Heat oven to 250 degrees. Fill each mold in a heart shaped cookie/muffin tin with leftover crayon pieces. Bake them for 10-15 min. Allow them to cool then color with your new multicolored crayons.</p>	<p>2 Read the book: Olive My Love by Vivian Walsh with the children.</p>	<p>3 Using construction paper, reusable art supplies and crayons, create homemade Valentines Day cards.</p>	<p>4</p> 	
<p>5 Dissolve 4 Tbsp Epson salt with 1/4 cup hot water. Draw freely with crayon on dark paper. Brush with salt solution, stirring the solution often. Dry and display.</p>	<p>6</p>	<p>7 Finger Print Hearts – Press your index fingers on a non-toxic stamp pad. Stamp V shaped hearts on paper by joining two finger prints at the bottoms.</p>	<p>8</p>	<p>9 Bring the children outdoors to a field of snow. In their snow suits, encourage them to make snow angels.</p>	<p>10 Exploring sound with babies- Gather a bunch of things you can make noise with, (eg. a piece of crinkly wrapping paper, squeeze toy). Demonstrate each sound, varying the order so it's always surprising. Then put the noisemakers in baby's hand and help him make the sounds.</p>	
<p>12</p> 	<p>13 Dipped Chocolate Treats– Microwave chocolate until softened and stir in 2 tsp of salad oil. Encourage children to dip fruit and other goodies such as pretzels into their own chocolate dip.</p>	<p>14</p>	<p>15 Set up an obstacle course using furniture, sheets, mats, masking tape and boxes. Have children describe their movements using terms such as over, under, around and through.</p>	<p>16</p>	<p>17 ~ATTENDANCE RECORDS DUE: FEB. 17 ~</p>	<p>18</p> 
<p>19 Create love bugs using toilet paper rolls, construction paper, googly eyes, glue, markers, pipe cleaners</p>	<p>20 Family Day Agency Closed</p>  <p>Family Day!</p>	<p>21 Heart Toast– Toast bread. Next, using a large heart cookie cutter, encourage the children to make a heart out of their toast. Using clean paint brushes, paint the toast with food colored milk</p>	<p>22</p>	<p>23 Use balls, Frisbees, bean bags or paper plates. Put a laundry basket or large box outside at one end of the yard. Children start at the opposite side of the yard and throw their objects one at a time. They pick up their object where it lands & continue throwing.</p>	<p>25</p> 	
<p>26</p> 	<p>27 Fill the water table with shaving foam and add different colors of food coloring. Encourage children to explore it and mix colors.</p>	<p>28 Chart and learn to say “LOVE” in different languages.</p>	<p>29 Play follow the leader. Hop, skip, jump, crouch down low and then jump up high.</p>	