

CHILD DEVELOPMENT DAYHOMES OF ALBERTA

JULY 2011

Provider Feature: Nathali

Nathali has taken advantage of the field trips, with her children. She is always thinking of ways to educate and teach the children while having fun. On their trip the children learned about pets and how to care for pets, with hands on fun! They had a great day.



FIELD TRIP IDEAS:

Go to your local produce section, look at labels and where the food comes from. Look at the places on the globe. talk about why, how, and what local foods they are used in. See the different aisles and what foods there are from around the world.

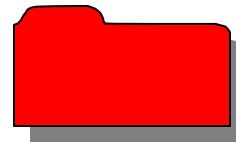


Cassandra, Horiyo, Khadiji,
Manasi, Naima, Nathali

Happy 3 yr Anniversary
with CDDH
Manasi!



Child Portfolio Checklist



For the month of **JULY** you should be filing a sample of your **CHILDS DRAWING**

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

1-2 yrs- Scribbling stage

Random scribbles begin at age one to two, but quite quickly take on shapes.



3 years-The preschematic stage

First conscious creation of form occurs around age three



4 years-The preschematic stage

At four or five, the child begins to tell stories



6 years-The schematic stage

At this stage, there is definite order in space relationships: everything sits on the base line.



July is Multicultural Month:

Incorporate Multicultural into your dayhome

There are many ways to have Multicultural experiences in your home. It can be your own cultural or another that both you and the children can enjoy learning about.

- Add different foods into your menu this month, could be something as simple as a "Burrito, or French bread".
- Visit stores compare products read labels.
- Visit "ethnic" places in the area.
- Gather books from around the world.

Kids love to learn about each other and explore!



Many Languages Many Cultures



Canada Day Overview

Canada Day is celebrated on **July 1st** across the country. July 1st marks the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada - that's the technical explanation, but Canada Day also means fireworks and the year's biggest national party.

Schools, banks, government offices and many other stores and businesses are closed on July 1st.

Canada Day is an opportunity to celebrate our diversity and our commitment to democracy, equality and mutual respect and to appreciate the contributions of the various multicultural groups and communities to Canadian society. Take part in the events and discover the wealth of Canada's diversity.



O Canada! Our home and native land
True patriot love in all thy sons command.
With glowing hearts we see thee rise
The true north, strong and free
From far and wide, O Canada
We stand on guard for thee.
God keep our land glorious and free
O Canada! We stand on guard for thee
O Canada! We stand on guard for thee.

O Canada! Terre de nos aïeux,
Ton front est ceint de fleurons glorieux.
Car ton bras sait porter l'épée,
Il sait porter la croix.
Ton histoire est une épopée,
Des plus brillants exploits.
Et ta valeur, de foi trempée,
Protégera nos foyers et nos droits.
Protégera nos foyers et nos droits.



Health/Nutrition: SUNSTROKE

Sunstroke, more commonly referred to as heatstroke, can be a dangerous and even life threatening during the hot summer months. Sunstroke occurs when overexposure to the sun and extreme heat prevent the body from being able to cool down. The very young, are especially susceptible. Look for the following symptoms: *hot skin, severe sunburn, dry skin, stoppage of sweat, rapid breathing, muscle cramps, headaches.*

- Drink plenty of water before going outside and continue drinking water or a [sports](#) beverage every 15 to 20 minutes while outside to maintain hydration.
- Wear appropriate clothes that are light-colored, lightweight and loose-fitting. Wear a hat and sunglasses or use an umbrella to offer extra protection.
- Wear sunscreen with a sun protection factor (SPF) of 15 or greater when out in the sun.
- Perform outdoor activities during cooler parts of the day, which are before 10 a.m. and stay in shady areas.

RECIPES

TACOS



Easy Ground Beef Taco Recipe

Ingredients

- 1 pound lean ground beef (could be chicken or minus the meat all together)
- 1 package taco seasoning mix
- 10-12 taco shells
- Shredded cheese
- Lettuce, tomatoes (chopped)
- Sour cream, salsa (optional)

Brown meat if using, add taco seasoning as per instructions. Put into taco shells top off with other ingredients. You can use hard or soft tacos.

GROSS MOTOR Activity :

Playing Pretend-

Playing pretend boost gross motor skills when children use their bodies to become waddling ducks, stiff-legged robots, galloping horses, soaring planes—whatever their imagination. Encourage creative and dramatic play daily.

- Let the children take turns acting where everyone has to guess what they are, or a "follow the leader game".
- Pretend you live in a ZOO, what animal will you be?
- How will you get to the market today, fly? Skip? Ride a bike?
- Make it even more fun by using props
- Children love games where they can use their imaginations!



Child Development: TANTRUMS

Tantrums usually begin before a child is fully verbal. We, as parents, and caregivers in all fairness, try to meet our children's needs.



Inadvertently we allow tantrums to grow by reinforcing the child's belief that a tantrum is an effective communication tool. When we give in to a tantrum, the child has found a powerful way to get what he wants. Sometimes, a child will learn that tantrums aren't going to work anymore on the first 'test' of the rule. For others it takes a few times. Remember, don't be held hostage."

If tantrums continue, keep a written record of when and why they occur. A pattern should appear according to time, place and situation. Tiredness, hunger, a parent being gone or over stimulation may be "trigger" factors that will become evident. Tantrums can become a learned behavior to control others.



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



UPCOMING EVENTS

July 10 & 11 Aug 20-21

FIRST AID COURSE IN CHILDCARE

CALL EARLY TO REGISTER

780-743-0991

Battle of the Bands

Do you have what it takes to be crowned Fort McMurray's 'Most Talented'?

Attention all bands, singers, dancers, comedians, acrobatics, gymnasts and any type of talent. Do you think you have what it takes to be Fort McMurray's most talented? Register your act or show today to compete for great prizes and the title of Fort McMurray's most talented! The event will take place on Saturday **July 16th** at the bandstand in **Borealis Park at 1:00** Bring your family and friends for a BBQ and to watch the talent. For any questions and to register please call RMWB Programs at 780-799-1144

Join Parks Patrol - Sapræe Creek Summer Kick-Off Party!

Come to the skate park at Vista Ridge to enjoy burgers, lemonade and music. This is **free** event with plenty of all activities for all ages with lots of fun prizes to be given away!

12:00 to 4:00pm Vista Ridge Skate Park July 16.

Bring your skateboard or bike.



(Helmets are mandatory)

School's Out Beach Party!

Come celebrate the end of the school year!



Where: Gregoire Lake ,Fort McMurray
When: Saturday, July 09, 2011
Web: www.woodbuffalo.ab.ca



"Looking for a fun way to celebrate the end of the school year? Bring your kids to **Gregoire Lake July 9th from 1pm to 4pm**

This event is a great opportunity to spend an afternoon at the beach , enjoy a BBQ and popcorn while kids can join in on entertainment like beach games and face painting!"



July 2011






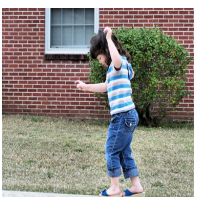

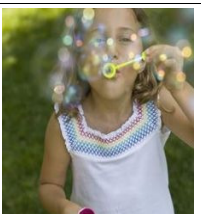



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Happy CANADA Day! ~Agency Closed~	2 Collect leaves on a nature walk and construct Canada Day collages with them using white and red glue
3 	4 Go for a field visit with the children to a grocery store such as Lucky 97, All India Grocery, Italian Bakery, etc. Buy foods and prepare an ethnic lunch with the children	5	6 Read: "Who You Are" by Mem Fox	7 Create Native ceremonial drums– Using reusable string, leather, feathers and using paints, encourage the children to decorate clean coffee cans. After dry, encourage the children to drum on them using dowels or sticks from trees in the park	8	9 	
10 	11 Using air dry clay encourage the children to create Mexican pottery. Add supplies such as plastic knives and old combs. Allow their creations to harden then paint using liquid paints	12	13 Play Folk music and supply various scarves as props for the children to use to dance with	14 Make Mango Lassi-India (A chilled yogurt drink named Lassi, that is a favorite in India). In a blender process 2 ripe mangos (peeled and seeded), 2 cups of plain yogurt, 4 ice cubes. Add milk and honey to taste.	15	16 	
17 	18	19 Supply colored pom poms, and a sorting tray. Give each child a pair of chop sticks and encourage them to separate the pom poms by color using the chopsticks to pick them up	20	21 Create blank booklets of stapled paper. Supply a variety of stamps and ink pads for the children to create their own passports	22 Paint on rocks with colorful paints to create Australian cave paintings	23 	
24 	25 Create Japanese Kites– Cut out card board paper in the shapes of kites. Encourage the children to decorate with markers, crayons, paint, glitter and fabric. Hole punch and add ribbon to the bottom. Bring the kites outside on a walk to fly in the air	26	27 Sing Disney's- It's A Small World (After All)	28 Add African wild animals and greenery to the water table for exploration	29 Add small rakes, shovels, rocks, twigs and wood pieces to the sand table to create a Japanese Garden	30 	
31 	ATTENDANCE RECORDS ARE DUE: ~ JULY 22/ 2011 ~					*Cariwest Festival– August 6 - 8 Heritage Days– July 30 – August 1	





August 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Attendance Records are due: August 24</p>	<p>1  ~Heritage Day~ Agency Closed</p>	<p>2 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>3</p>	<p>4 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>5</p>	<p>6 </p>
<p>7 </p>	<p>8 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>9 Do the Hokey Pokey</p>	<p>10 Tape bubble wrap to the floor. Encourage the children to pop it by jumping, stomping and marching on it</p>	<p>11 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>12</p>	<p>13 </p>
<p>14 </p>	<p>15 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>16 Play red light, green light. Red light– Stand still Green light– Move</p>	<p>17 Set up an obstacle course using mats, tunnels and various gym equipment</p>	<p>18 Go to: "Let's Play" for a field trip: 780-439-1234</p>	<p>19 With toddlers, blow bubbles and encourage them to chase and pop the bubbles</p>	<p>20 </p>
<p>21 </p>	<p>22 Bring a variety of soft balls to the field to practice tossing and kicking</p>	<p>23 Lay hula hoops on the ground. Encourage the children to hop, skip, walk, jump, etc through them</p>	<p>24 Read the book: "Move!" by Steve Jenkins</p>	<p>25 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>26</p>	<p>27 </p>
<p>28 </p>	<p>29 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>30 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>31</p>	