

CHILD DEVELOPMENT DAYHOMES OF ALBERTA

SEPTEMBER 2011

FIELD TRIP IDEAS: Beware of Bears

An increase in bear sightings in Fort McMurray has prompted RCMP to urge residents to take extra precautions so they can avoid any dangerous encounters with the animals.

- Where bells if you walk with the children.
- Do not run from the bear, back away slowly
- Make LOTS of noise

Anyone who spots a bear is asked to call Fish and Wildlife at 780-743-9817

Happy Anniversary with CDDH

Elianne & Lisa 2 yrs

Apologies for Anniversaries missed in last months newsletter!

AUG- Eliana & Jenny 1yr—Horiyo & Jagdish 2 yrs

Congratulations!

Sept is Supporting Kids Health Month: September is National Childhood Obesity Awareness month.

Seen as an epidemic by medical experts, more than twenty-three million children and teens are overweight or obese. This puts our youth at risk of developing diseases such as high blood pressure, heart disease or diabetes, which have until recently, been seen mostly in adults.

We need to give healthy alternatives and provide children with support they need to create healthy eating habits. <http://www.nourishinteractive.com> offers tips and information on healthy eating, while online games for children help promote the eating of nutritious food to our youth in a fun and effective way. Make your choices Healthy Choices, and your children will too!

Happy Birthday

Jenny

Child Portfolio Checklist

For the month of **September** you should be filing a sample of your **Childs cutting/ Ripping**. Don't forget to name and date your children's examples.



Cutting with scissors is a difficult but important skill for children to develop. Cutting requires the coordination of many skills including fine motor coordination, bilateral coordination, and eye-hand coordination. Encourage children to use and develop these skills with craft projects that incorporate different ways of cutting with scissors. Provide safety scissors for young children and supervise all cutting activities. The ability to cut in a straight line is a prerequisite for more advanced cutting skills

Draw four or five straight lines onto a piece of construction or cardstock paper. Let children cut along the lines, forming paper strips. Once a child has mastered cutting on a straight line, they can start to practice cutting on curved lines

An advanced skill, the ability to cut out shapes, requires children to reposition scissors and cut from different angles

Once a child has mastered the three essential cutting abilities, encourage continued development that require kids to cut materials other than standard paper.



Many Languages Many Cultures

"We're raising children for a global world, since we know that much of a child's personality is established early, the values of respect of and appreciation for difference need to be part of early care."

Even before they can talk, children begin to notice differences—in skin color, eye shape, language, hair, etc. And they start absorbing information about biases and stereotypes from television, peers, and, especially, parents, caregivers and teachers. To address diversity issues in child care programs, most people have to start with their own attitudes and beliefs. There are many adjustments you can make to your home to help educate children and encourage understanding of diverse cultures. Make your program reflect the children in your care with some of these suggestions:

Home decorations: blow up photographs of the children and their families, or neighborhood activities,

Books and music: Regularly read stories and play music from the cultures and languages of the children in your care. Have each child bring music from home to share and dance to.

Playspace: Incorporating everyday items from the children's cultures into play areas, such as empty boxes of common foods for the house area. Make sure that dolls reflect a variety of cultures.

Health/Nutrition: LICE

It's back-to-school season and for many families, that means new morning routines, homework and head lice. Say the word "lice" and you immediately get the heebie-jeebies. It's a natural reaction—after all, the thought of tiny critters living in your hair and drinking your blood is not an appealing one. Still, head lice is a common childhood issue. Simply put, you can do everything right and your family could still end up with lice. And of course, head lice have nothing to do with hygiene or income level; anyone can get them. The most common route of transmission is head to head contact.

- Do not make contact with other people's heads or hair.
- Do not share clothing with other children, especially hats or scarves.
- Do not share combs, brushes, barrettes, headbands or hair ribbons

GROSS MOTOR :



Even at the tender age of 3, 4, or 5, your child needs lots of opportunities for physical activity, both for good health and for skill-building. At this age, kids are busy developing gross motor skills—learning to use the large muscles in their legs, arms, and trunk to run, jump, throw, catch, and kick.

Give them opportunities to use these muscles by providing lots of time for Gross motor. It can be done indoors or outdoors. Take the child's lead in "walking like a duck" or "galloping like a horse". Let them have fun hopping from pillow to pillow or crawling under, over in and out.

RECIPES

TUNA Sailboats



SANDWICHES

Try not to choose high fat and salty deli meats as your standard choice, since the nitrates have been tied to all sorts of health problems. Healthier alternatives are fish, low-fat cheese, egg or small amounts of unprocessed, lean meat such as chicken.

Ingredients

- Dinner rolls
- Tuna salad
- Cheddar cheese
- Toothpicks

Slice the tops off the rolls and hollow them out. Fill the rolls with the tuna salad or any other filling. Slice the cheese into rectangles about 1/8 inch thick. Cut the rectangles on the diagonal to make triangles. Insert a toothpick into each triangle to make little sails.

SEPTEMBER 2011

UPCOMING EVENTS

Book & Gift Fair Quality Books & Unique Gifts At Great Savings

September 7 to 9 (Wednesday To Friday)

Wed: 12 noon to 7:30 pm

Thurs: 9:30 am to 7:30 pm **Fri:** 9:30 to 4 pm

Location: Hospital "In the Lobby Shop "

Sponsored by:

Northern Lights

Health Foundation

Fundraising For: Patient Care



Child Development: **MANNERS**



Good manners start early. You can have a polite child if you teach him proper etiquette and manners from an early age. There are many ways to do this, from telling him what to do and reinforcing it positively, to showing him what to do yourself and pointing out other people showing good manners. You must do this consistently until his good manners become automatic. Soon you'll be proud of him as he impresses others with his politeness and proper etiquette.



Teach your child how to be courteous in a variety of settings by choosing activities that are age-appropriate, interesting and fun.

Manners are the seeds we need to sow in children so that they grow into healthy trees in the future!



SEPT 17 & 18

FIRST AID COURSE IN CHILDCARE

CALL EARLY TO REGISTER

780-743-0991

COMMUNITY GARAGE SALE AND OPEN HOUSE!!

Fort McMurray Boys and Girls Club

September 24,-10:00am - 2:00pm.

20 Riedel Street.

Something for the whole family to do tour of the facility, food, garage sale, games and prizes for children.

September 24th 2011-10:00am - 2:00pm.

20 Riedel Street.

Admission and BBQ will be by donation

20.00 dollars to rent a table for the garage sale.

To rent a table or donate items please call Nicole OR Kirby at 780-791-7775

All proceeds go to the United Way Foundation

S.O.S WELLNESS FAIR 2011

we need 1,000 people to come and take part of this Record breaking event
(you must be 15 years or older to participate in the 3 legged race)

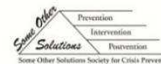


Saturday 09.10.11 10am-2pm

@ Father Mercredi High School (football field)

***RACE STARTS AT NOON

WORLD SUICIDE PREVENTION DAY 2011



September's Provider Workshop:

"Community Resources, Healthy & Safety Practices"

SNACKS

WHERE-The HUB in Timberlea

WHEN-Sept 28th

TIME: 7:00-9:00

SALE TABLE



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 HAPPY LABOR DAY</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: http://www.prairiegardens.org</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>*Attendance Records are due on: Sept. 23/11</p>



October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Supply buckets of soapy water, spray bottles and cloths for the children to have a car wash, cleaning their large bikes/cars	4	5 Read: "Henry's Amazing Imagination" by Nancy L. Carlson	6	7 Set out envelopes, stamps, stamp pads, paper and pens for the children to create their own mail. Write a letter with the children, visit a near by post office and mail the letter to the Dayhome	1
	10 Happy Thanksgiving	11	12 Make play dough with the children. Set up plastic knives, rolling pins, muffin trays, cookie cutters and cookie sheets	13	14 Plan out lunch and snacks for the day. Go through flyers and construct a grocery list with the children. Go for a trip to a local grocery store to collect the items and prepare lunch and snacks together.	
	17 Set up rollers/different colored paint. Paint a large box to create a barn. Allow the barn to dry and cut a hole for a door. Then set it up with shredded paper as hay and farm animal costumes for the children to dress up with.	18	19 Create paper bag puppets using brown paper bags, glue, scissors, markers, scrap art materials/paper	20 Sing: "I am a pizza" by Charlotte Diamond	21 Using paper, stencils and pencil crayons, create library cards, set up a quiet space with books to "check out" with the cards. Then go for a trip to a local library.	
	24 Have a pajama day! Set up a tent, put pillows, blankets, and books inside of it, and camping accessories such as lanterns, flashlights, etc. Make Smores- Chocolate, graham crackers, marshmallows.	25	26 Set up mirrors and multicultural dress up clothes. Play music from different countries and have a fashion show.	27	28 Have a beach day! Set up a kiddo pool in the kitchen with water toys. Have the children bring their swim suits. Set up the sand table with wet sand and sand moulds for the children to explore. Lay out towels on the floor and books.	
	31 					*ATTENDANCE RECORDS ARE DUE: October 21