



# Ontario Early Years Child and Family Centre Newsletter

Apr - June 2017

**Spring Has Sprung! Go outside and have some Fun!**

Special points of interest:

- J Benefits of Playing Outside
- J Healthy recipe
- J Parenting Programs
- J Community Services
- J How to reach us



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### Benefits of Playing Outside

There are many reasons kids should play outside, from expressing creativity to running freely to making messes without worrying about dirtying the house. In addition to these fun reasons, there are also many health benefits that make outdoor play great for children.

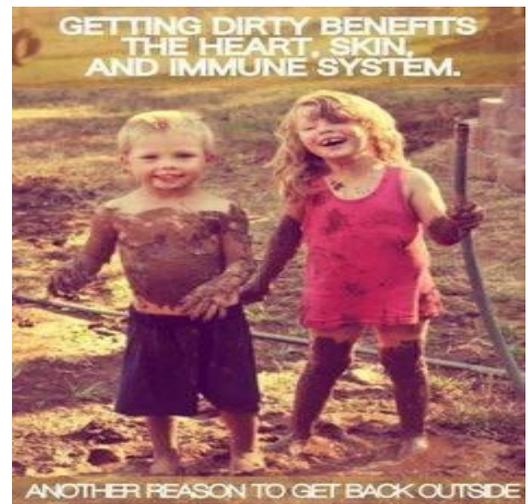
1. Improves Vision
2. Promotes Social Skills
3. Increases Attention Span
4. Reduces Stress
5. Provides Vitamin D

Visit- [www.care.com/c/stories/4178/5-health-benefits-of-playing-outside/](http://www.care.com/c/stories/4178/5-health-benefits-of-playing-outside/)





## Something to Ponder



## Upcoming Community Events– West Parry Sound

### West Parry Sound

#### Triple P Program

Upcoming Training/ Workshops:

**April**– Meal Time Problems

**May** –Sharing with Toddlers.

**June**– Tantrums

#### Moms to Moms

Wednesday afternoons from 2-4pm.

Closed to the public.

For all new Moms and babies, birth to 1 year old

#### Stockey Centre -Children’s Concert

Bob & Lolo -April 17, 2:00 call 705-746-4466

Famous People Players—June 24  
2:00 pm call 705-746-4466

#### Kindergarten Registration

Call your local school for more information.

#### LET’S G.O. Challenge

During the month of May check out the Children and Nature Network

#### Let’s G.O.! Challenge!

For more information contact **Jean MacGregor**

705 746-9522 ext.227

Check out our website and Facebook site

[www.foreverychild.ca](http://www.foreverychild.ca)

[www.facebook.com/ParrySoundOE](https://www.facebook.com/ParrySoundOE)

YCFC

### East Parry Sound

**Let’s Play Gross Motor Event**, April 26th, 9:30 - 11:30 at the Sundridge Lion’s Building

**Family Fun Event in Powassan** May 25th for more information go to [www.foreverychild.ca](http://www.foreverychild.ca)

## This month’s recipe

### Tortellini Spinach Soup

#### Ingredients:

- 1 litre chicken or vegetable stock
  - 2 fresh bay leaves
  - 200 g tortellini
  - 50 g frozen peas
- 1 large handful of spinach

#### Method:

1. Pour the stock into a large pan, add the bay leaves and bring to

the boil.

2. Add the tortellini and cook for 4 minutes.
3. Add the peas, cook for a further 3 minutes, then add the spinach and cook until just wilted.

Ladle into bowls and serve



# Entry to School Planning

## Before school entry (April-June)

- Accompany your child for planned pre-visits to the school
- Create a portfolio about your child and share at the case conference
- Create an *All About Me* album or one page profile of your child to share at the case conference
- Attend case conference
- Enrol your child in school readiness programs for the summer
- Attend a Developmental Screening Clinic in your community
- Arrange before and after school care needs
- Develop a written, individualized transition-to-school plan and a before & after school care plan
- Create a personalized I'm Going to School album

## Before school entry (July-August)

- Visit and explore the school property: kindergarten playground & entrance – take pictures of your child at school to add to the *I'm Going to School* album
- Create a videotape of your child engaged in different activities to share the most complete picture possible with the school staff
- Attend a Developmental Screening Clinic in your community
- Confirm before and after school care

## In the last week or two before school starts

- Visit school: kindergarten hall, classroom, cubby area, washrooms, gym, library, main office
- Check with the school if it's possible to quickly say 'hi' to the relevant school staff who may be at school
- If school staff who will be involved with your child are available, ask if you can take pictures of teacher and support staff – add these pictures to your child's *I'm Going to School* album
- Practice new routines
- Confirm transportation arrangements
- Confirm before and after school care

## SCHOOL (September)

- Inform school of your desire to participate in the development of the IEP
- Develop Individual Education Plan (IEP)
- Partners review the transition to school process and make modifications, as needed, for future transitions



# Inclusion Support Services - *Get Outside and Play!*

## Let's Get Out and Play

Getting outside is so very important to not only a child's gross motor development, but their sensory development as well. We all learn through our senses and what a better place to take in the world around us than outdoors. Here are some activities to try out this spring with your little ones.

- Be barefoot – There are many receptors in our feet that take in much sensory input, let them feel the grass, dirt and mud with their toes.
- Outside chalk – From creative drawings to hopscotch there are so many ways to play with chalk outside. Draw bugs and children can jump from one to the other to “squish” the critters. Try wet chalk or drawing on various items (i.e. Ground, cement, tree stumps).
- Bring indoors out – There are many scientific and creative theories when we incorporate appropriate toys from indoors into the outside world. Bring out scissors and discover what else can be cut. Bring out water to see what floats or sinks, add bubbles or bath toys. Lego, paint, dinky cars, and dolls to take on a walk are just a few more fun ideas for outdoor play.

## What to do when it Rains?

Go out and get wet! It is pure joy for children to play in puddles and feel, smell and taste the drops falling all around them. However gross motor can be indoors as well...

- Put paper on the floor (one page for each foot) and skate
- Lay out cushions, hula hoops, cut out shapes and do some hopping.
- Build a fort together
- Exercise with your children, yoga, running on the spot, jumping jacks kids love and have a desire to be active.
- Dance Parties J Who doesn't love a good dance party to their favourite song!
- Enjoy the weather, enjoy your children, enjoy being active with them!

## Great Beginnings Parent/Child Program

Pregnant women of any age or mothers with infants up to 6 months of age are eligible to attend the **Prenatal Program**.

ble resources, domestic abuse, history of substance abuse, medical history of high-risk pregnancy, children with special needs and a need for additional support.

[Check us out on Facebook!](#)

Parents with children 6 months and up are eligible to attend the **Growing Up Program**. The programs are available to support mothers and families who experience social isolation, financial hardship, limited education, lack of knowledge about availa-

Great Beginnings East Parry Sound: please call 705-384-5225 x 2211 to register with Lori.

Great Beginnings West Parry Sound: please call 705-746-4293 x 4205 to register for the program with

[HandsTheFamilyHelpNetwork.ca](https://www.facebook.com/ParrySoundOEYCF/)

## Program Information

For more information about many of our programs and services please visit our website at:

[www.foreverchild.ca](http://www.foreverchild.ca)

*Remember you are  
your child's BEST  
TEACHER!*

Topic of The Month		
April Let's Go and Grow Outdoors	May Getting Ready for Kindergarten	June Summer Fun
Word of The Month		
April Environment	May Calculate	June Celebration



<https://www.facebook.com/ParrySoundOEYCF/>

