



# Best Start Child and Family Centres and Parry Sound/Muskoka Ontario Early Years System

## How the lack of Outdoor Play is hurting children's overall development

Teachers, parents and health officials in southern Ontario say kids today simply don't know how to play outside.

"We're not talking about structured play. We're talking about free unstructured play outdoors," said Sharon Seslija, a health and physical education consultant for the Greater Essex County District School Board. "When I was growing up and when I was raising my own children it was 'go outside and play. Here are your boundaries ... and don't come in until I call you or the street lights come on.' So, the kids developed imagination, played with kids in the neighborhood and developed problem solving skills. They did that on their own and it wasn't taught."

Children now lack the ability to play freely and unstructured

without the help of adults.

\* Children now are vulnerable to smart phones and tablet addictions

\* Technology deters kids from playing outside

\* According to the Entertainment Software Association of Canada, 90 per cent of Canadian children are gaming and six out of 10 households have a gaming console.

The Ontario Ministry of Health recommends children between the ages of **one and five get 60 minutes** of unstructured play every day.

Physical activity is very important for the healthy development of your child during the first six years of life. It is even more important in the first three years of life when brain development is accelerated. As children get older, physical activity plays a

and it improves cognitive function, concentration, self-esteem, social skills and mood.

Kids who don't play outside don't learn to socialize, share or problem solve; their problem-solving and decision making skills aren't being developed as much. They may not have their negotiating skills developed to their full extent.

A young brain is highly impressionable, and when a child chooses video games over regular play, that should be a red flag for parents, said Hilarie Cash, a technology addictions expert. "The younger a person starts gaming the more vulnerable they are to a severe addiction," Cash previously told CBC. Cash suggests children younger than two years old should not be allowed any screen time. Those aged three to five should only be allowed to watch television.

### What the Research Says?

- \* Children today are 40% less active than 30 years ago
- \* In 2000, over half of Canadian children, aged 5-19 were not active enough for optimal growth and development
- \* The amount of time spent playing video games by Canadian children in 2000, was among the highest in the world
- \* Regular physical activity provides **MANY** short & long term health related and social benefits
- \* Sedentary lifestyles are a major contributing factor to the development of obesity

### Celebrate Family Day

Monday February 17th

Where life begins...  
and love never ends  
*Family*

Jan-April 2016

Best Start Programs & Early Years



Special points of interest:

- ☺ Lack of Outdoor Play
- ☺ Healthy recipe
- ☺ Parenting Programs

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Ontario Early Years Centres



A Place For Parents And Their Children.

# Early Years Satellite Programs and their IMPORTANCE!

## What are Early Years Satellite programs and why are they important?

Our satellite programs are free Early Years programs for children 0-6 years of age. We provide many satellite programs throughout East and West Parry Sound, most programs are held in community centres and local schools.

We strongly urge parents and caregivers to take advantage of these local programs that are nearest to you. Our programs offer qualified programming, activities, toys, a daily snack and daily story time.

Most satellite programs run one to two days a week for two hours. The

importance and advantage of visiting these programs are to allow your children to make friendships with children in the area that they will be going to school with; and if visiting a program in a school to get familiar with their school setting before they begin.

Starting school can be a very difficult time in a young child's life, this is often their first time away from home or from a familiar childcare provider. We encourage families to try visiting the early years satellite closest to them to help your child make the transition to school much smoother and less stressful. During our programs

there are often opportunities to visit the JK classrooms and sometimes JK class will come to visit the Early Years program. There are other occasions when JK teachers will pop into the program to talk with parents and children; providing an opportunities for parents or caregivers to bring up questions or concerns.

Please take advantage of this opportunity and check out the satellite program closest to you.

**For information on the satellite closest to you call:  
1-866-850-8855**

## Upcoming Community Events- West Parry Sound

### Stockey Centre hosts:

March 16 2016 from

1:00pm-4:00pm

"Zoo To You"

March 17 2016

11:00am-Scavenger Hunt

1:00-Showing the movie Minions

March 18 2016

5:00pm-ROCKgarden performance

### Parry Sound Library

Saturday March 5,12,19,26 hosts

Kid's Zone from 2:00-4:00

### Bobby Orr Community Centre

Public Skating schedule

March 14 11:30-1:00

March 15 1:00-2:30

March 16 11:30-1:00

March 17 1:00-2:30

March 18 11:30-1:00

Cost is \$2.00/person

## This month's healthy recipe : *Family-Pleasing Turkey Chili*

### Ingredients

- 1 pound lean ground turkey
- 1 medium green pepper, finely chopped
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1-3/4 cups frozen corn, thawed

- 1 can (6 ounces) tomato paste
- 1 tablespoon chili powder
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cumin
- 1/4 garlic powder

### Directions

\* In a large nonstick skillet, cook the turkey, green pepper and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain.

\* Transfer to a 4-qt. slow cooker. Stir in the tomatoes, kidney beans, black beans, broth, corn, tomato paste, chili powder, pepper,

cumin and garlic powder.

\* Cover and cook on low for 4-5 hours or until heated through. Serve with optional toppings if desired. Yield: 6 servings (2-1/4 quarts).



## Integration Support Services

**Basic communication** isn't just talking and listening. It involves thinking, knowledge and application of skills.

- \* Engage your child in conversations throughout the day.
- \* Do not use baby talk. Speak at an appropriate rate and volume and in normal tones without unnecessary exaggeration.
- \* Read to your child every day. Ask questions, such as: "What do you think will happen next? Would you have done that? What do you like best about?"
- \* Read a variety of things to your child: road signs, menus, newspapers, magazines, comic books, etc.
- \* Play games that focus on the importance of listening, such as Simon Says, Hokey Pokey, telephone, or while read-

ing ask questions related to the story.

- \* Teach the rules of conversation early (listening and speaking): take turns speaking, do not interrupt someone who is speaking, use an appropriate volume while speaking (inside/outside voices), etc.
- \* Create opportunities for children to follow and give oral instructions or directions that follow a sequence, using simple crafts, activities, chores, or while playing games.
- \* Use language for a variety of purposes: singing, reading and talking about signs, reading books, following recipes, writing or reading a letter or email.
- \* Ask children questions about and

discuss age appropriate topics: "What do you like best about preschool, going to the park?"

- \* Encourage children to ask questions and engage in conversations
- \* Prompt children to talk about their feelings and ideas.
- \* Ask open ended questions: "What would you do if...? What if you had...? Where would you go if...?" Encourage children to extend their answers by expanding the question: "But what if you couldn't...? What do you think would happen if you...?"
- \* Teach new words and incorporate them into normal conversation
- \* Talk about things that begin with the same sounds

## Great Beginnings

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

Parents with children aged 0-6 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 available resources, domestic abuse, history of substance abuse, medical history of high-risk pregnancy, children with special needs and a need for additional support.

**Please call 705-746-4295 x 4235 to register for the program!**

Check us out on Facebook!  
Hands TheFamilyHelpNetwork.ca

Great Beginnings West Parry Sound/ East Parry Sound

## What is Best Start/ Early Years?

The first 5 years of life are very important for children as time sets the stage for success in school and later life. During infancy and early childhood, children gain many experiences and learn many skills. It is important to ensure that each child's development proceeds well during this period. The District of Parry Sound Best Start Network wants to help you provide the best start for

your child.

Our Early Years programs are run by knowledgeable and qualified staff who can assist you and your child throughout their early development.

For a schedule of when and where our Early Years programs take place please call our office 705-746-9522.

Information about our programs and upcoming events can also be found on our website @

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

