

Friday January 22, 2021

Parent Newsletter!

Created by Rural Frontenac Community Services EarlyON RECE Staff.

We have put together resources for you and your children. We know this pandemic has been difficult for everybody and thought this might bring you some new, fun activities to do while trying to stay busy at home. We are here for you! If you have questions about parenting, your child's development or community resources or you just want to chat please reach out to us. If you would like to connect with a specific Registered Early Childhood Educator, please let us know!

Activity Bags Information

We are distributing WEEKLY activity bags!

To register for delivery please contact us at: 613-279-3151 EXT 5 or email earlyon@rfcs.ca

OR

Pick up on Friday's at Sydenham & Sharbot Lake Locations 8:30am to 3:30pm

Virtual Program Schedule

Check out our Zoom programming! Feel free to zoom in and out to meet the needs of your family. We are also recording some circle times which will be posted to our Facebook page.

If you can't make it LIVE join in with us later at your convenience. All recorded zoom programming is done separately by our staff after scheduled sessions to protect the privacy of our participants.

Monday - Baby Group 10-10:30 & 1:30-2

Tuesday - Circle Time 10-10:30 & 1:30-2

Wednesday - Circle Time 10-10:30

Thursday - Baby Circle Time 10-10:30 & 1:30-2

**Friday - Indigenous Focused Circle Time 10-10:30 & 1:30-2
- Parent Chat 12:45-1:15**

THIS WEEK'S
TOP ACTIVITIES

What is Process Art & Why is it Important?

By Brittany Fortman

Art allows children to express their creativity, solve problems, enhance fine motor skills, and so much more. Art activities for young children should always strive to be process-oriented art, meaning that **the process involved in creating the piece of art is more valuable than the outcome or product.**

A piece of artwork that is considered “process art” will not look like another child’s art or even look like you think it should. It may use the same materials, but it will not follow an example from a teacher or peer. Creating process art allows children to explore and have a greater sense of ownership over their art because it is all their own work. **Process art is wonderful for supporting the development of self-control and self-regulation** when children are focusing, making choices, taking risks and feeling successful. They love to run up to their parents at the end of that day and say, “Look what I made!” Literacy skills are also developed when children discuss what they made and how they did it.

Retrieved From: <https://dayearlylearning.org/why-your-childs-artwork-doesnt-look-like-it-should/>

Art Activity - Kitchen Utensil Art

This is perfect for toddlers, since it allows them to experience the sensorial element of art without the expectation of creating something recognizable. Put together a tray with three colors (ask your child to choose them!) and add a whisk, a potato masher, a fruit scrubber, and a cookie cutter, any utensil that is safe you might find in your kitchen. Show your child how to press each kitchen utensil into the paint and then stamp it on the paper. It will give you the opportunity to talk about the textures of each kitchen utensil and the shapes they make when you stamp with them in the paint.

Retrieved from: <https://myboredtoddler.com/painting-kitchen-items/>



Ask your child about what they are painting and listen to the stories they tell; they are the masters of creativity!

Sensory Activity - DIY Infant/Toddler Sensory Bags



Sensory bags can even be used with toddlers and babies, with **adult supervision** of course. Sensory bags are great for tummy time. For younger children, you may want to tape the sensory bag

to a table or to the window which will allow your child to still explore through touch but be less tempted to bite the bag or put it in their mouth. Seal the entire bag with duct tape on all sides.

Some suggested materials may include:

water beads, hair gel, glass beads, stickers, beads, buttons, food colouring, plastic letters, magnets, shaving cream, baby oil, pompoms, googly eyes, paint, playdough, glitter, leaves, flowers, seashells, foam shapes, felt scraps, feathers, small toys, animals or shapes, small stones, confetti, aloe vera gel, ribbon, birdseed, elastics, paper shreds, pieces of string or wool, plastic letters or letter beads.

Sensory play impacts many areas of development including:

Language skills – a child will expand and develop their vocabulary and grammar as they describe the senses they are experiencing.

Sensory input – providing sensory input to meet a child's needs.

Fine motor skills – through manipulating small objects, a child's fine motor skills are improved.

Social skills – by communicating what they are experiencing and sharing sensory play with others, a child will naturally improve their social skills.

Retrieved from: <https://www.thechaosandtheclutter.com/sensory-bags>

Songs/Finger Plays

Baby's Fingers

These are Baby's fingers. (Touch the baby's fingers.)

These are Baby's toes. (Touch the baby's toes.)

This is Baby's tummy button. (Touch the baby's stomach.)

Round and round it goes! (Gently circle belly button.)

Five Green and Speckled Frogs

Five green and speckled frogs (Hold five fingers on top of your other arm (log)

Sat on a speckled log

Eating the most delicious bugs. Yum! Yum! (rub tummy)

One jumped into the pool (jump a finger off the log into the pool)

Where it was nice and cool

Now there are Four green speckled frogs (Hold up four fingers)

(Repeat with four, three, two)

One little speckled frog

Sat on a speckled log

Eating the most delicious bugs. Yum! Yum!

It jumped into the pool

Where it was nice and cool

Now there is no more speckled frogs

Homemade Playdough

2 cups of flour 4 teaspoons cream of tartar
4 tablespoons oil 1 cup salt
2 cups water

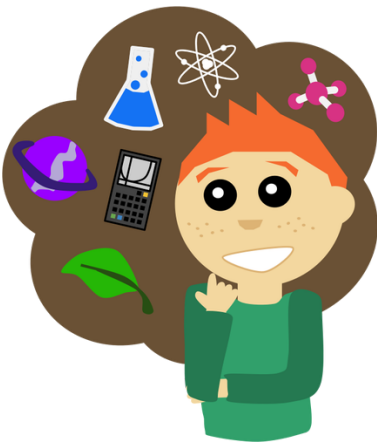
Optional: Food colouring, extract flavours, 1 package kool aid or glitter

In a medium pot, combine all of the ingredients together. Over medium heat, continually stir until a ball forms and the ball has turned a darker shade in colour. Remove from heat and cool briefly. Knead for 2 to 3 minutes. Store in a plastic bag or container.

Science Activity - What colour is hiding in the muffin tray?

Materials Needed: Muffin tray, baking soda, vinegar, food colouring, dropper for vinegar or a small cup and spoon can substitute for the dropper.

Instructions: Line the bottom of the muffin tray with a little bit of baking soda, then place a few drops of food colouring on top of the first layer of the baking soda. Pour more baking soda on top to hide the colour. Then drip small amounts of vinegar on top of the baking soda and watch the magic happen.



Ways to extend the learning;

- 1) Talk about the predictions of what your child thinks is going to happen.
- 2) Talk about the materials, what they smell like, feel like, different ways we might use them.
- 3) Talk about the results of what happens, were they what they predicted, ask why they think this happened.

Domains and Skills children are learning when doing this activity;

There are so many other skills children are learning while exploring this activity but here are 3 highlighted below.

- 1) Communication, language & Literacy - Expressive Language: children are using common verbs and adjectives, by inviting the child to notice detail and respond in expressive language.
- 2) Cognition - Cause and Effect Exploration: Responding with joy to the predictable outcomes of exploration.

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- 3) Physical - Sensory Exploration: Using all sense for exploration of properties and functions of objects and materials.

Source: <http://www.edu.gov.on.ca/childcare/excerptsfromelect.pdf>

Outdoor Activity - Fun in the Snow

Looking for a new and easy way to get out and enjoy the snow? Snow painting is always a hit! For this activity you will need:

- **Cold** water
- Food colouring
- Any spray or squeeze bottles, empty condiment bottles, or paint brushes & bowls.

Fill your bottle or bowl with cold water and add as much food colouring as you like to the water! After you've added your water and food colouring get dressed up warm and head out to the snow! Have fun spraying, squirting, and painting in the snow with your homemade snow paint.

Gross Motor Activities

A great and simple activity to help infants develop their gross motor skills are putting objects that they find interesting just out of reach. This works for infants who are enjoying tummy time, able to sit up or crawling. Just make sure that the object isn't too far out of reach for them but just enough for them to stretch out and grab it especially if they aren't crawling yet. Don't forget to encourage them when they do try to get it!

For your toddler and preschoolers grab some painters tape and tape a line or multiple lines in zig zag, circle or straight lines on the floor. Show your child how to balance and follow the tape line! You can also tape out 6 pieces in a line about one foot apart and see how far they can jump forwards or backward or on one foot and how far they can stretch out while keeping their feet on one piece of tape.

Keep Calm and Manage Stress Tips

UNICEF presents 6 tips for parenting during COVID-19, one tip highlighted here is to keep calm and manage stress levels. During this stressful period, it's important to take care of yourself so you can in turn support your children.

You are not alone

We are all experiencing similar if not the same fears right now, so find somebody you can talk to about how you're feeling. If social media or listening to the news constantly is making you feel panicked, set limits for it.

Take a break

Don't be afraid to let yourself take a break, you deserve it! When your child is sleeping, do something that you find relaxing or fun that YOU enjoy doing.

Listen to your children

Just like you need somebody to talk to, your children do too. They are looking to you for support and reassurance. Pay attention when your children share how they feel through accepting how they feel and giving them comfort.

Take a Pause

Here’s a 1 minute relaxation activity that you can do and you can also revamp it for your children to do it too!

Step 1: Set Up	Step 2: Think, Feel, Body	Step 3: Breathing	Step 4: Coming Back	Step 5: Reflecting
Find a comfortable sitting position, if you feel comfortable close your eyes.	Ask yourself “What am I thinking now or what am I telling myself?” Notice your thoughts and if they are positive or negative How do you feel? Are your emotions happy or not? Notice how your body feels, is anything tense or hurt?	Listen to your breath as it goes in and out, if it helps put your hand on your stomach to feel and watch it rise and fall. You may want to say to yourself “It’s okay. Whatever it is, I am okay.”	Notice how your whole body feels and listen to the sounds around you.	Ask yourself “Do I feel different at all?” When you are ready, open your eyes.

Retrieved from: UNICEF, April 2020, <https://www.unicef.ca/en/blog/covid19/6-tips-for-parents>

Nature EarlyON Program

Hello Everyone, can we get reconnected with mother nature and pretend we are back at the Depot Lakes Program and we are heading off for a hike? We want to challenge you to find one interesting object! It can be something that tells a story, something you haven’t seen before, your favorite thing to see in the winter or something that makes you happy that you found in nature. We want to see what you have found, email all your pictures to shaniaw@rfcs.ca and we will post them all for everyone to see your special objects.

If you are outdoors and wondering what to do check out this article below for some of their favorite activities.

<https://childhoodbynature.com/our-favorite-family-winter-activities/>

Indigenous Language and Culture - Winter

Snow was and still is an integral part of life for First Nations. First Nations people developed techniques for travelling on snow and using snow in many different ways. Snowshoes, toboggans and sleds were effective methods for snow travel invented and developed by First Nations and Inuit. Some First Nations constructed temporary Quinzees by piling snow into a large mound, allowing it to set and then scooping out a chamber big enough for one or several people. These structures provide insulation against extreme outdoor temperatures. Cold temperatures, heavy snowfalls and blizzards in the East, the Prairies and in the North, and long periods of uninterrupted heavy rains on the West Coast, threatened the survival of many First Nations families and communities. Long periods of darkness confined people to their dwellings, and increased the need for heating fuel. High-calorie foods were vital to ensure people produced enough body heat to withstand the cold winter temperatures. Despite winter's hardships, this was also the time for some forms of socializing and entertainment. This was the time for stories. Of course, fresh food could still be found during the winter months. Some First Nations hunters used snowshoes to hunt large game animals such as caribou, deer and moose. Certain First Nations caught fish using nets or artificial lures that were lowered into the water through holes in the ice. In some parts of the country First Nations hunted winter birds such as ptarmigan, grouse and large owls, and smaller animals such as rabbits, beaver and lynx.

Retrieved from: [The Learning Circle](#)

If you were on our zoom circle time or viewed our recorded videos, you may have learned some Anishinaabemowin words. They were given to me by my Chief; Chief Doreen Davis and Danka, Kokum Makwa. These are just a few of them:

Hello: **Kwe** (Kway)

Goodbye: **Baamapee** (Ba-ma-pee)

Thank you: **Chi Miigwech** (Me-gwetch)

Painted Turtle: **Miskwaadesi** (Mis-qua-daisy)

Bear: **Makwa** (Ma-kwa)

Eagle: **Migizi** (Meeg-I-zee)

Beaver: **Amik** (A-mick)

Rabbit: **Wabooze** (Wa-boose)

Fox: **Wagosh** (Wa-gosh)

White Dog: **Animoosh** (Ann-e-moosh)

Family Literacy Day

Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative. This year's theme is "Travel the World Together". At this time, travel is limited to our own region, we can still travel our neighborhoods, trails and plan a trip for when we can see the world around us or do a virtual tour. Check out www.abclifeliteracy.ca/all-programs/family-literacy-day for more fun activities as you learn and celebrate this time together as a family.

Another site to check out is:

<https://www.decoda.ca/support-us/events/family-literacy-week>. This British Columbia based group is celebrating family literacy with week long opportunities to be active together as a family.



Additional Information

Want to know more about the programs and services we offer or have questions? Click the link below, call us 613-279-3151 EXT 5 or email earlyon@rfcs.ca

Don't forget to click LIKE on our Facebook page, [Rural Frontenac Community Services](#)

[READ MORE ON OUR WEBSITE](#)
www.rfcs.ca