

Friday February 5, 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**

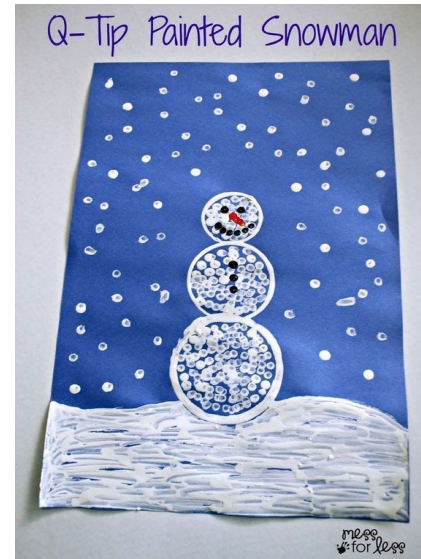
THIS WEEK'S
TOP ACTIVITIES

Art Activity - Q-Tip Painting

You will need: A Tray, 3 q-tips, different colours of paint, and a sheet of paper.

Instructions: Let the children dip the q-tips in the different coloured paint and press, dab, or drag them on the paper to make their own creation. You can also put a rubber band around 8 to 10 q-tips for them to dab on the paper to create a different design.

Area's to extend the craft; Explore different objects dipped in paint and what kind of marks they leave, for example the rim around a cup would leave a circle, get creative and explore the markings of different objects. There's lots of different opportunities just in your kitchen!



SOURCE:<https://www.messforless.net/q-tip-painted-snowman-craft/?epik=dj0yJnU9azRuRG5vR3JtT3RfM2xrVjd4eW9ocWVITDI3cDFvRF1mcD0wJm49LWdRbWRYVVRhd21yZGZvYkstYjloQSZ0PUFBQUFBROFZQ3lj>

Outdoor Activity

Suncatchers aren't only for the summer time, try making a frozen one this winter! Bundle up and head outside to gather some natural materials to use in your ice suncatchers, the more colourful the better! Some examples are branches, berries, twigs, flowers, buds, leaves, small stones...

Lay out a plastic lid, paper plate, pie plate or something similar to use as a mold for your suncatcher. Fill the mold with water and have your children add and design their finds to the mold. Make sure to add a string or something to hang it with once frozen. Leave outside for a few hours or overnight to freeze. Gently remove the ice suncatchers from the mold and hang from a tree branch or window sill!

To extend their learning, ask them if their design changed at all when it froze or try making a second one with boiled water and see if there is any difference in how the ice froze.

Source: February 2021,

<https://runwildmychild.com/outdoor-winter-activities-for-kids/?fbclid=IwAR3OH69ihbnk6wF8MxVjyS2-T0HFZdJV1IINIdyWRxI-X-Kbb3QFZL2cW3o>

Sensory Activity - Homemade Silly Putty

You will need: 1/4 cup white school glue , 45 mls of water, 1/4 cup water, 1/4 tsp borax, 2 plastic cups, glass mixing bowl, 2 spoons, liquid food colouring.

Directions:

1. In one cup combine the glue and 45ml of water. Stir well until mixed together. You can add food colouring at this stage if you would like coloured putty.
2. In the second cup add the 1/4 cup of water and the borax. Stir until borax has dissolved.
3. In the glass bowl pour the glue and water mixture and then slowly add in the borax solution while stirring. The two will react and form a putty substance. You can use your hands to mould the putty and complete the mixing process. Your slime putty is ready to play with!

Extend the activity:

- A. In a ziplock bag hide mini objects or foam letters and shapes inside the slime. Be sure to seal the bag securely with duct tape.
- B. Fill a bag with slime and pour glitter or sequins on top before sealing. Let your child work the glitter through the slime by pressing on the bag.

******PLEASE NOTE****** This recipe contains borax. Borax is often used in laundry, dishwashing and cleaning products. It is a naturally occurring mineral but it is also a possible skin irritant for some children and it is NOT safe for consumption. If concerned, I would recommend you use the silly putty while wearing gloves or inside a ziplock bag. It is NOT recommended for children who still mouth toys and non-food substances. Seal bags with a strong tape, like duct tape.

Retrieved from: <https://childhood101.com/silly-putty-recipe-australia/>

Gross Motor Activities - Get the Ball to the Target

You will need: A ball, and a container, bucket, laundry basket, etc.

Instructions: Set up your target (bucket, basket, container) at one end of the room and have your child try to toss the ball into the target. If that is too easy, have them take a few steps back and try from farther away.

Extend this activity by together thinking of other ways you could possibly get the ball to the target, such as kicking the ball, or giving it a bounce off the floor. This activity can be done indoors, or take it outside for some fresh air! Have fun!

Science- Walking Rainbow Water

You will need: 6 small cups or jars, paper towels, food colouring, water

Directions:

Step 1: Gather all of your materials and arrange the 6 cups or jars in a circle on the table.

Step 2: Fill every other cup with water. Add red food colouring to the first water filled cup, yellow to the second water filled cup, and blue to the last water filled cup. Add as much food colouring as you like! Every other cup should remain empty for this step.

Step 3: Fold your paper towel into thirds, length wise. When placing the paper towel in the cups, each end should be in an empty, non water filled cup, the middle of the paper towel should sit in the coloured water.

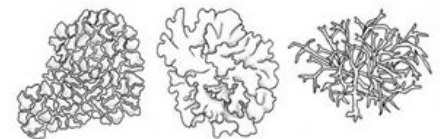
Step 4: Now to wait and see the colours meet in the empty cups and mix together! This may take a few minutes. Add more water if there is nothing happening after a few minutes.

Extend this experiment by predicting what colours will appear, or try mixing other colours! Retrieved from <https://thestemlaboratory.com/walking-water-rainbow/>

Nature EarlyON Program

Remember when we had some mushroom cards during the fall and we went on a mini mushroom hunt? While you can also do that in the winter time with lichen! During the winter lichen is much easier to find because the leaves and grass are all gone.. Head to a park, local trail or maybe your backyard and look for lichen on trees, stumps and fallen logs. Lichen comes in all kinds of varieties, shapes and colours. Look out though if it's protruding from the tree or stump then it's probably not a lichen but a fungi like chicken-of-the-woods or an oyster mushroom. Don't be afraid to get up close but make sure to leave lichen on living trees alone, as removal may disrupt the ecosystem.

Quick Guide to Lichen – recognized as cauliflower-like, moss-like tuffs like that grow on trees, stumps, fallen logs or thinly cover rocks. They grow extremely slowly between 0.1mm-8mm a year and make up the greater part of a caribou diet in the winter. Lichen can also be used to estimate levels of pollution in the air.



Sources: February 2021, <https://www.thecanadianencyclopedia.ca/en/article/lichen>,
<https://runwildmychild.com/outdoor-winter-activities-for-kids/?fbclid=IwAR3OH69ihbnk6wF8MxVjyS2-T0HFZdJVIIINIdyWRxI-X-Kbb3QFZL2cW3o>

Chocolate Chip Cookie Recipe

Ingredients

1 cup soft butter or margarine	½ cup white sugar
1 cup brown sugar	1 tsp Vanilla
2 eggs	2 1/2 cup flour
1 tsp baking soda	1 tsp salt
2 cups chocolate chips	

Steps

1. Preheat oven to 375F. In a large bowl mix softened butter, white and brown sugar
2. Mix in vanilla and eggs
3. Add flour, baking soda, salt (a little bit at a time, continue mixing)
4. Add chocolate chips
5. Drop rounded spoonfuls onto greased cookie sheet
6. Bake 8-10 mins. Let cool and ENJOY

Children of all ages can help by finding/locating the ingredients, reading the labels/recipe, measuring, pouring, mixing ingredients. Cooking together enhances children's fine motor skills, eye-hand coordination, ability to follow directions and problem solving skills. It also encourages thinking and creativity, and offers opportunities to build on mathematical skills and language development.

Songs

I see a Little Groundhog

Tune of I'm a little teapot

I see a little groundhog, furry and brown,
He's popping up to look around.
If he sees his shadow, down he'll go
Six more weeks of winter- Oh No!

Groundhog, Groundhog What Do You See?

Groundhog, groundhog what do you see?
I see Sunshine looking at me!
Sunshine, Sunshine what do you see?
I see a shadow looking at me!
Shadow, Shadow what do you see?
Six more weeks of winter there will be!

Retrieved from https://www.dltk-kids.com/crafts/happy_groundhog-poetry.htm

Groundhog Day Feb 2nd

Groundhogs also known as woodchucks, have a special day of their own- Groundhog Day! The legend says that if the groundhog sees its shadow on February 2nd, there will be 6 more weeks of winter. If it is cloudy and doesn't see its shadow, then spring will arrive early.

Parenting Tip - Developmental Milestones

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family. They will want to explore and ask about the things around them even more. Their interactions with family and those around them will help to shape their personality and their own ways of thinking and moving. During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

Positive Parenting Tips

Following are some of the things you, as a parent, can do to help your preschooler during this time:

- Continue to read to your child. Nurture her love for books by taking her to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps him to learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.
- Help your child develop good language skills by speaking to him in complete sentences and using “grown up” words. Help him to use the correct words and phrases.
- Help your child through the steps to solve problems when she is upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).

Source: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

Indigenous Language and Culture:

How The Turtle Flew South For The Winter

An Oneida legend Retold by Priscilla Dessart

One day while Turtle was walking, he noticed some birds flying overhead. He yelled to them, "Where are you going?" Two birds flew down and answered, "We're flying south for the winter." "What is in the south?" Turtle asked. "Don't you know anything?" the birds said. "In the south there is a lot of food and it is nice and warm." "That sounds wonderful," Turtle said. "May I go with you?" "No way. You can't fly," replied the birds. Turtle kept pestering them until they finally agreed. "But, if you come with us," they told Turtle, "you must hang on to the stick and not let go until we get there." "That won't be a problem," Turtle said. "Once I bite something, I won't let go until I want to." So the two birds grasped each end of a stick with their feet. Turtle bit tightly onto the middle of the stick and hung on.

At first Turtle enjoyed his ride, but then he began to feel anxious. He wanted to know how far they had traveled, so he tried to get the birds attention by mumbling, but the birds pretended not to hear Turtle. Soon they were really high and Turtle was getting worried. He worried about whether the birds knew where they were going and when they would get there. He wiggled his legs to get the birds' attention, but they ignored him. Unfortunately, Turtle's curiosity got the best of him, and he opened his mouth to ask, "Are we there yet?" But the birds didn't hear his question, for he was falling quickly to the earth.

As he fell, he tucked himself into his shell. When Turtle hit the ground, he got up unharmed and buried himself in the mud. That is why Turtles go underground during the cold winter months. From The Mohawks of the Bay of Quinte Retrieved from:<https://www.facebook.com/MBQ.TMT>



Outdoor Family Fun

PHOTO CHALLENGE



Submit a photo of your family enjoying an outdoor activity together for your chance to win

1 of 3 Winter Fun Packs!

Submit Photos by

February 26th @ 4:30pm

Winners will be contacted

March 1st, 2021

Provided By

FHCD, Good Minds, &
Family Wellbeing



Send photo by text or email to 613-961-9762 or
FHCDhomevisitor@mbq-tmt.org

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

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