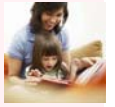




Here's What's Happening in January, February & March!

- January** Friday, January 27 is **Family Literacy Day**
- February** Monday, February 20 is **Family Day**
- March** Join us for March Break Fun at the OEYC in Lindsay!
- Tuesday, March 13 Wacky Hats 
- Wednesday, March 14 Pajamas & Pancakes
- Thursday, March 15 Crazy Colours!

"Children are made readers on the laps of their parents."
 Emilie Buchwald



We encourage participants to bring indoor shoes or slippers during the messy seasons.
 Our Rural Outreach Program may be cancelled due to inclement weather.
 If school buses are cancelled so is our Rural Outreach Program.
 Listen for cancellation announcements on 91.9 Bob FM, (Apsley-Country 105)

Dental Health Visits

The dental health nurse will be visiting and will provide screenings and educational information.

Lindsay Centre
 9:30-12:00
 January 25
 March 1
 March 28



Rural Outreach Stops
 10:00-12:00
 January 17 - in Pontypool
 February 1 - in Omeme
 February 16 - in Bobcaygeon

Fenelon Centre
 9:30-12:00
 March 6
 April 11

Speech & Language

The Speech & Language Pathologist from Five Counties Children's Centre will be visiting our Early Learning Centre in Lindsay.

Please check our monthly calendars for the dates.

Ask the Nurse

The Health Nurse will be at the OEYC between 10:00 - 11:30 a.m. on the following dates:

Lindsay Early Learning Centre
 TUESDAY January 24, February 28, March 27
Fenelon Early Learning Centre
 THURSDAY January 12, February 9, March 8



NEW! Occupational Therapist Visits at the OEYC

An Occupational Therapist from Five Counties Children's Centre will be visiting our Lindsay Centre between 10:00 - 11:00 a.m. on the following dates:

WEDNESDAY January 18, February 15, March 21

This informal visit is your opportunity to come and speak with the Occupational Therapist and ask questions.

The role of an Occupational Therapist is to look at fine motor, perceptual and sensory skills. These skills are used for daily living; such as dressing, toileting and self feeding.



Developing Healthy Children

The early years are a critical period for growth and development.

Parents, health professionals, educators and caregivers must work together to build the foundation needed to sustain physical activity throughout life.




In 1971, the average age at which children began to watch TV was 4 years; today, it is 5 months.

- More than 90% of kids begin watching TV before the age of two despite recommendations that screen time should be zero for children under two, and limited to 1 hour for kids 2-5.
- The National Longitudinal Survey of Children and Youth (NLSCY) indicates that 27% of those aged 2-3 and 22 % of those aged 4-5 are watching more than 2 hours of TV per day.

Complete references are available in the long form Report Card at www.activehealthykids.ca

*Selected and adapted from 2011 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, page 7

Tips & guidelines relating to physical activity & inactivity in infants, toddlers & preschool-age children*

	Structured physical activity	Unstructured physical activity	Sedentary and screen time
Infants (0-1 year) 	<ul style="list-style-type: none"> • Encourage physical activity from birth, every day (moving arms, legs, reaching objects, etc.) • Provide objects, toys & games that encourage infants to move & do things for themselves 	<ul style="list-style-type: none"> • Respect natural activity patterns (spontaneous & intermittent) • Promote gross motor play (e.g. develop head control, sitting, crawling) & fun locomotor activities • Provide a safe, nurturing & minimally structured play environment, inside & outside 	<ul style="list-style-type: none"> • Avoid TV & electronic media • Replace screen time with interactive activities that promote brain development: singing, talking, playing & reading together • Avoid prolonged periods restrained in high chair, stroller, etc.
Toddlers (1-3 yrs) 	<ul style="list-style-type: none"> • Provide 30 minutes of daily (cumulative) structured physical activity • Activities should be fun & occur through physical activity, but also as part of games, transportation & planned activities • Encourage activity that helps child develop competence in movement skills (e.g. throwing, catching or kicking a ball) 	<ul style="list-style-type: none"> • Provide 60 minutes to several hours of daily unstructured physical activity, as part of play, games, transportation & recreation • Develop outdoor activity & unstructured exploration under adult supervision (e.g., walking in the park, free play) 	<ul style="list-style-type: none"> • No more than 60 consecutive minutes of sedentary activity (except sleeping!) • With children under 2, avoid spending time viewing TV or electronic media (DVDs, computer & electronic games) • With children between 2 & 3, limit media time to no more than 1-2 hours per day of quality programming • Do not put TV sets in bedrooms • Encourage activities such as reading, athletics, hobbies & creative play • Encourage child to walk
Preschoolers (3-5 yrs) 	<ul style="list-style-type: none"> • Provide 60 minutes of daily (cumulative) structured physical activity • Encourage activity that helps child develop competence in movement skills (e.g., throwing, catching or kicking a ball) 	<ul style="list-style-type: none"> • Provide 60 minutes to several hours of daily unstructured physical activity, as part of play, games, transportation & recreation • Ensure that free play is fun, safe, & allow for experimentation & exploration • Include a few variables & instruction in unorganized play 	<ul style="list-style-type: none"> • Limit media time to no more than 1-2 hrs per day of quality programming • Do not put TV sets in bedrooms • Encourage activities such as reading, athletics, hobbies & creative play • Encourage child to walk instead of using the stroller

ELECT - Early Learning for Every Child Today

Quote: "the developmental literature is clear: play stimulates physical, social, emotional and cognitive development in the early years. Children need time, space, materials and the support of informed parents and thoughtful, skilled early childhood educators in order to become master players. They need time to play for the sake of playing." -Hewes (2006), Let The Children Play



Gingerbread Playdough - "Run, run as fast as you can. You can't catch me, I'm the gingerbread man!"

Ingredients

- 1 cup flour
- 1 cup water
- $\frac{1}{2}$ cup salt
- 1 tbsp. vegetable oil
- 2 tsp. cream of tartar
- 1 tsp. each of cinnamon, nutmeg, allspice and ginger (add more or less depending on your preference)



Directions

1. Combine the dry ingredients together in one bowl.
2. In another bowl, mix the wet ingredients (oil and water).
3. Add the dry ingredients to the wet ingredients and mix thoroughly.
4. Heat the mixture over low heat for 3 minutes or until mixture gets a dough-like consistency.
5. Knead the dough until smooth.

Gingerbread Man (Action Poem)

Stir a bowl of gingerbread
(stir as in a bowl)
Smooth and spicy brown
Roll it with a rolling pin
Up and up and down
(Pretend to roll)
With a cookie cutter
(pretend to cut out)
Make some little men
Put them in the oven
Till half past ten!

Snow Scene

Saturate hot water with salt. Let the water cool. Let children use the salt water to paint on dark blue or black paper. When the painting dries, have the child look at the crystals of salt (snow) on their picture. You can also use Epsom salts and water to paint with.



There are lots of great ideas for fun physical play.
For more ideas check out the website www.haveaballtogether.ca

It's fun & easy to be active with children! Run, jump, dance...

- ✓ Read your child a story and act out parts of the story together.
- ✓ Set up a place indoors where your child can safely jump and climb.
- ✓ Find objects to push (empty boxes) and roll (cans). Have a race.
- ✓ Use handfuls of packed snow to create funny characters on a tree trunk.
- ✓ Streamer fun: provide your child with a strip of toilet paper to twirl and run around with.
- ✓ **Group Activity:** Make a snow man. Make snow angels.

WINTER

Have a Ball Activities

www.haveaballtogether.ca





Everyday Ways to Support Your Baby's and Toddler's Early Learning



Your baby is learning - about you, himself, and the world around him - from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.

What's Going On With Your Baby or Toddler	What You Can Do
<p>Language and Communication Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p>	<ul style="list-style-type: none"> • Watch and listen to see how your baby communicates what she is thinking and feeling. • Repeat the sounds and words your child uses and have back-and-forth conversations. • Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas. • Talk about what you do together—as you play, do errands, or visit friends and family.
<p>Thinking Skills Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p>	<ul style="list-style-type: none"> • Encourage your child to explore toys in different ways - by touching, banging, stacking, shaking. • Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>. • Follow your child's interests. Children learn best through activities that excite them. • Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask: <i>Why do you think the girl is laughing?</i>



Ontario Early Years Centre Haliburton Victoria Brock Inc.

LINDSAY - MAIN CENTRE

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Suite 106
Lindsay, ON K9V 5Z6
Phone: 705-324-7900
Fax: 705-324-7902
E-mail: admin@oeyc.ca

SATELLITES

Fenelon Falls

12 Water St., Rear, Fenelon Falls
705-887-9972

Haliburton

83 Maple Ave., Unit 5, Haliburton
705-457-2989

Minden

144 Bobcaygeon Rd., Minden
705-286-1770

Children's Learning Centre

16 Prentice St., Minden
705-286-4074

OTHERS IN THE REGION

Millbrook

Old Millbrook School Family Centre
1 Dufferin St., Millbrook
705-932-7088

Brock Township

Beaverton, Cannington &
Sunderland Durham Farm & Rural
Family Resources
905-852-4791



OEYC Board of Directors 2011/2012

We welcomed a new 2011-2012 OEYC Board of Directors in September.

Board Members:

Pippa Stephenson - Board President
Debra Runco - Vice-President
Rosemary McColeman - Secretary
Johanna Van Oosterom - Treasurer
Christine Peel
Robert Allen
Meryka Wyman

We appreciate the volunteer hours the Board dedicates to helping ensure the Ontario Early Years Centre Haliburton Victoria Brock operates smoothly and efficiently.

For calendars & information check out our website www.oeyc.ca

