

NOVEMBER 2014

PARENT NEWS

County of Renfrew Child Care Division

“Helping to Make Renfrew County the Best Place to Raise a Child”

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Who we are:

County of Renfrew Child Care Services provide funding for Special Needs Resourcing Services and Fee Subsidy which are available to children who live in Renfrew County and are enrolled in licensed childcare facilities.

What we do:

Fee subsidy is full or partial payment of licensed child care fees according to the income of a caregiver/parent.

Special Needs Resourcing supports children who have a diagnosed cognitive, physical or behavioural concern that limits their ability to partake in activities related to normal living.

Special Needs Resourcing Funds provide support for enhanced child care staffing, resource materials, workshops and direct intervention planning and implementation planning in licensed child care centres which includes Nursery Schools, Daycares and Licensed Family Homes.

Our Location:

County of Renfrew Child Care Services

545 Pembroke Street West

Pembroke, ON K8A 5P2

Tel: 613-732-4100

Toll Free: 1-866-561-7679

Fax: 613-732-4437

<http://www.countyofrenfrew.on.ca/departments/social-services/child-care/>



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November is Epilepsy Awareness Month

Did you know? 1 in 100 people are affected with epilepsy

“Epilepsy isn't contagious. In epilepsy, the brain's electrical circuitry doesn't work properly. Normally, the brain sends electrical signals throughout the body to control movement. In epilepsy, the brain sometimes creates an electrical storm - called a seizure - that scrambles these signals. While it lasts, a seizure affects how your brain works. That's why you can suddenly experience uncontrolled body movements, unusual sensations, or changes in behaviour or awareness. During a seizure, you may stare into space or be unable to speak or experience strange smells, sounds or sights - without losing consciousness.”

<http://www.epilepsy.ca/en-CA/Home.html>

Remembrance Day Wreath

What you'll need:

- Green, Red and Black construction paper
- Glue
- Scissors
- Large paper plate



How To:

1. Trace your child's hand on the green construction paper (4-5 times), then have them cut them out.
2. Cut the middle out of the paper plate so you only have the outside ring left.
3. Glue the hands around your paper plate.
4. On the red construction paper, draw some poppies and cut them out. Cut out black circles for the middle.
5. Glue them on to the green hands.
6. Display your wreath somewhere everyone can see!

<http://www.familycorner.com/forums/daycare-providers-preschool-teachers/12937-remembrance-day-crafts.html>

With the cold weather quickly approaching, it's important to remember to send your kids to school with appropriate clothing for staying warm. Check out the link below for some tips for cold weather fun!

<http://www.quickanddirtytips.com/parenting/family-time/keeping-kids-warm-and-safe-during-winter>

The week of November 9th to November 15th 2014 is Mental Health Wellness Week.

It is estimated that nearly **1 in 5** Ontario children under the age of 19 experience a mental, emotional or behavioural disorder that is severe enough to seriously affect their daily functioning at home, school or within the community.

It's easy for parents to tell when their child is feeling under the weather, or has a cold or fever, but a child's mental health is very different. It can be very hard to tell the difference between "normal" problems and difficulties children may experience in their day to day life, compared to behavior that may be an indication of an underlying mental health disorder. Check out the link below for some tips, tricks, and warning signs to look for.

<http://www.kidsmentalhealth.ca/parents/introduction.php>

Cake Cones!

A yummy treat for a cool fall day!

What you need:

- ❖ Flat bottomed ice cream cones
- ❖ 1 cake mix (any flavor)
- ❖ 1 can of icing (any flavor)
- ❖ Decorations-sprinkles, candy etc.
- ❖ 1 baking sheet
- ❖ Large spoon



What you do:

1. Mix cake mix according to the directions on the package.
2. On your baking sheet, arrange the flat bottomed ice cream cones.
3. Use your cake batter to fill the cones with the large spoon, almost to the top to allow room for rising.
4. Being extra careful not to tip the cones, place in a heated oven - 350 degrees on second last rack.
5. Cones are done when cake springs back by lightly touching the tops. Of course, this is to be done by a grown-up!
6. Remove cones from oven and place on a wire cookie rack to cool.
7. When they are completely cooled, let the "artists" begin

<http://www.kinderart.com/kitchen/cakecones.shtml>

November 11th is Remembrance Day

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."*

From "For the Fallen" by Laurence Binyon

It is important that we teach our children the importance of Remembrance Day, and what it's all about. Remembrance Day is a day for us to remember and give thanks to those who have not only lost their lives in the line of duty in the past, but also those who have been involved with and affected by war to this very day. It was originally declared a special day by King George V in 1919. Initially it was meant to remember the soldiers killed in the First World War, but now we remember soldiers from all of the wars.

To show respect, we hold two minutes of silence on November 11th, because the First World War was formally declared over on the "11th hour on the 11th day of the 11th month".

There are likely activities going on in your community surrounding Remembrance Day that you can bring your children to learn about this important day in November.

Contact your local Legion for more information.



Importance of Reading Aloud!



Benefits of reading to your child!

Children will:

- ✓ Acquire listening skills
- ✓ Learn to love reading
- ✓ Develop self-regulation skills
- ✓ Develop problem solving skills
- ✓ Learn about the look and purpose of print



Starting at a young age also:

- ✓ Prevents reading problems later in life
- ✓ displays evidence of parental love, care and focused attention



When to read aloud?

- ✓ Anytime!
- ✓ Start at birth
- ✓ Bring your child's favorites books with you at all times (appointments, car, or park). It's a good tool to help your child self-regulate when he's bored, anxious, whiny, irritated and disruptive
- ✓ Create a read aloud routine (bedtime, bath time etc.)



Talk, Talk, Talk!

- ✓ Talk to your child as often as you can!
- ✓ Sing song and nursery rhymes
- ✓ Comfort your crying baby or child with soothing words or songs
- ✓ Take them on many excursions (park, farm, museum, etc)

How to read?

- ✓ Be expressive
- ✓ Use a range of vocalizations: loud and soft, fast and slow, high and low
- ✓ Uses pauses
- ✓ Use facial expressions
- ✓ Make eye contact with your child
- ✓ Play reading games: reading the book upside down, so the child can tell you that you're not holding it right.
- ✓ Finding letters or repetitive words

DID YOU KNOW?

- ✓ Reading starts when the child first hears the voice of another
- ✓ By the age of one, children have learned all the sounds that make up their native language
- ✓ Expressive reading is reading that is remembered
- ✓ Reading problems are difficult to fix but very easy to prevent
- ✓ The faster children pick up the rhythm of the words, the more they'll remember those words and enjoy reading themselves



In Your Community...

Madawaska Valley:

- ❖ November 22nd- Barry's Bay Santa Claus Parade (Downtown Barry's Bay; begins at 12:00)
- ❖ November 29th- Cobden's Santa Claus Parade (downtown Cobden in the afternoon)

Pembroke & Area:

- ❖ November 2nd- Carefor Christmas Craft Fair (Carefor Pembroke Civic Complex)
- ❖ November 8th- Worlds Biggest Walk (Champlain Trail Museum and Pioneer Village) for organ donation & transplantation
- ❖ November 15th/16th- Pembroke Christmas Craft & Gift Show (Travelodge Hotel)
- ❖ November 29th- Pembroke's Santa Claus Parade of Lights (starting at 5:30 pm)

Eganville & Area:

- ❖ Sundays- Public Skating at the Eganville Arena
- ❖ November 15th- Craft sale (Eganville Seniors Centre)

Renfrew & Area:

- ❖ November 1st- Gourley's Variety Annual BBQ/Bake Sale
- ❖ November 7th-9th- Valley Craft Sale (Renfrew Armouries)
- ❖ November 15th- The 2nd Annual Charity Christmas Bazaar (Rankin)

Petawawa & Area:

- ❖ November 1st- Petawawa Heritage Society Pumpkin Parade
- ❖ November 16th- Petawawa Santa Claus Parade! (Starts at 1pm)
- ❖ November 22nd-30th- annual Festival of Trees and Snowflake Gala

Deep River & Area:

- ❖ November 14th- P.A Day Skate and Swim



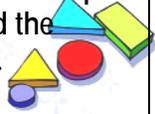
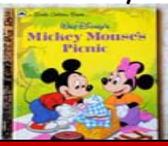
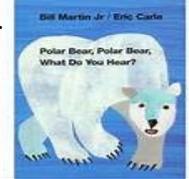
Arnprior & Area:

- ❖ Nov 10th- Memorial Candle Walk & Vigil (Giant Tiger)
- ❖ November 30th- Scott Woods Band Christmas Tradition 2:00-4:00 p.m. (St John Chrysostom Parish Hall)



Do you have a Community Event, Workshop, or Early Childhood Educator you would like featured in our newsletter? Email your ideas to tmathieson@countyofrenfrew.on.ca

NOVEMBER LITERACY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="color: purple;">REMEMBRANCE DAY</h2>  						1
2	3	4	5	6	7	8
<p>Cookie Monster's Birthday! Bake some cookies together.</p> 	<p>Stellaluna author Janell Canon's birthday! Read her book today.</p> 	<p>Sing "If Your Happy & You Know It" doing the actions together.</p>	<p>Drum Month. Use a hardcover book or pot and make a beat.</p> 	<p>Make a drum with an empty can covering the sharp edge with duct tape and decorate.</p>	<p>Help make a shopping list while looking through the flyers together.</p> 	<p>Take a counting walk; pick something to count (cars, people, birds)</p>
9	10	11	12	13	14	15
<p>Draw some shapes and look for those shapes around the house.</p> 	<p>Talk about what Remembrance Day is and join in on a Celebration tomorrow in your community.</p>	<p>Remembrance Day <small>"We honour those who have given their lives serving Canadians and helping people of other nations."</small></p> 	<p>National Pizza Day! Make pizza together for supper.</p> 	<p>Play a game of "I Spy" and see how many things of a specific colour you can find.</p>	<p>Visit your local library to find a book on trees or things that live in trees.</p> 	<p>Look with your child at what lives in the trees and talk about their homes.</p> 
16	17	18	19	20	21	22
<p>Teddy Bear Day! Have a Teddy Bear picnic in the living room.</p> 	<p>Read Brown Bear, Brown Bear what do you see? Cut out pieces to tell the story. http://www.kizclub.com/</p>	<p>Mickey Mouse's Birthday!</p> 	<p>Bake your favorite muffins together measuring out the ingredients and share with family or a friend.</p>	<p>As you read a story talk about the pictures in the book pointing out objects.</p>	<p>Look through a family album and talk about the pictures.</p> 	<p>While walking outside listen for what sounds you here and talk about them.</p>
23/30	24	25	26	27	28	29
<p>Read a book of Nursery Rhymes.</p>	<p>Talk about kitchen utensils while helping to make supper.</p>	<p>Practice writing the letters of your name with some help.</p> 	<p>Sing a song while having a bath.</p> 	<p>Read your favorite book.</p> 	<p>Trace your hand on coloured construction paper, get help to cut them out then glue them together to make a wreath.</p>	<p>Play hide and seek with favorite play items/toys.</p>